

Parents and Prospective Cheerleaders,

Welcome to Dominican's Cheerleading tryouts for the 2014-2015 school year. Please read over the following handouts and return the consent form by Monday, April 21 for current Dominican students; Monday, April 28 for incoming students. Please take time to review and discuss the cost and time commitments involved.

Remember that cheerleading is a yearlong activity that requires dedication and effort! Dominican High School offers both a game squad and a competition squad. Dominican students have the option to participate in one or both squads. Please consider the differing requirements for each squad before trying out. Members must not participate in any other school sport or the spring musical if they make the team. This is due to the amount of practices they will miss if they are involved in these activities. If the member participates in other extracurricular activities they must not conflict with Dominican Cheerleading. Parents of cheerleaders who do not drive are responsible for providing or arranging transportation to and from games and for picking up their daughter(s) from practices and events promptly. Failure to do so may result in probation or removal from the squad. Practices are often extended while preparing for certain events throughout the year. Your daughter will receive a calendar on Edline informing her of the dates and times. In addition, a positive attitude, cooperation, dependability, punctuality and the ability to work well with others as well as accept constructive criticism are all important qualities of a good cheerleader.

According to the Dominican High School Cheerleader Constitution, any student trying out for the squad must meet eligibility requirements. These requirements include good disciplinary standing (not on probation) and good academic standing (at least a 2.0 cumulative GPA). Any student not meeting these requirements will not be allowed to try out. Please read the constitution thoroughly and take all of this into consideration before completing the tryout process.

Thank you for your cooperation. We wish you the best at tryouts!

Sincerely,  
Hannah Richard & Sheridan DuPont  
Cheerleader Moderators

## **Dominican High School Cheerleader Tryouts**

### **Monday – Wednesday, April 28-30**

#### **Clinic (Monday & Tuesday April 28-29):**

1. The clinic will be held from 3:30-5:00 pm. Girls are informed that they will be numbered and grouped upon arrival on tryout day.
2. Parental/Student Consent, Registration, and Permission slip forms as well as a \$10 tryout fee and a copy of both side of your insurance card are due on Monday, April 21 for current Dominican students; by Monday, April 28 for incoming students. Students will not be allowed to participate in the clinic or try-outs if she doesn't have the permission slips signed by a parent or guardian in her possession on that day.
3. PARENTS WILL NOT BE ALLOWED DURING THE CLINICS. IF PARENTS WOULD LIKE TO VIDEOTAPE MATERIAL FOR TRYOUT THEY ARE WELCOME TO DO SO AT 5PM BUT NOT BEFORE.
4. Current cheerleader officers and senior members will instruct the girls in a cheer, chant, and dance. The instructors will be available for individual help during the clinic.
5. Monday: Meeting & begin learning material
6. Tuesday: Finish learning material, practice technique, & review
7. **The clinic will end at 5:00. Students MUST be picked up promptly at 5:00.**

#### **Tryouts (Wednesday, April 30):**

1. Tryouts will be held from 3:30-5:30. Again, all students must be picked up promptly. **Parents should plan to arrive at 5:00 in case try-outs end early.**
2. Students may not tryout if they have not attended both clinic days.
3. Tryouts are required for all students. Students must tryout every year while enrolled at Dominican High School.
4. Special treatment/recognition will not be given to previous squad members trying out.
5. Girls will sign in upon arrival.
6. There will be two to three qualified and objective judges.
7. The girls will be judged according to:
  - a. Entrance (enthusiasm, crowd appeal, and appearance)
  - b. Cheer/Chant (motion sharpness, voice, timing, placement, facials)
  - c. Dance (timing, placement, facials)

- d. Physical Ability (jumps, stunting, tumbling)
- e. Overall Performance
- 8. Girls may not practice while waiting to try out.
- 9. Girls must leave the room immediately after trying out. They will wait in Siena atrium.
- 10. Girls may repeat each routine only once.
- 11. No one will be allowed in the tryout room except the judges, the moderators, and the senior captains.

**Results:**

Results will be announced at the end of try-outs on Wednesday.

**There will be an organizational meeting Tuesday, May 13 after school promptly at 3:30 p.m for the 2014-2015 Cheerleaders and their parents to discuss membership in the organization, summer practice/camp schedules and order cheerleader uniforms. This meeting will be mandatory for ALL cheerleaders. Each cheerleader must have a parent representative present at the meeting.**

**Requirements for Game Squad:**

Previous cheer experience – Basic

Interest in team sports

Lots of school pride & spirit

**Requirements for Competition Squad:**

Previous competition squad experience

Likes to exercise

Loves competing & understands work that goes into competition prep

Lots of school pride & spirit

Tumbling skills not required but highly encouraged

### **POTENTIAL COSTS INVOLVED – Game Squad**

Uniform (shell and skirt)	\$120
Practice Uniform	\$50
Shoes	\$50
Poms (one black/one white)	\$25
Bloomers (black) and Socks	\$25
Body Liner	\$65
Bows (3)	\$20
Rain Jacket	\$10
Letterman Jacket	\$130
Cheer Dues	\$100
Camp	\$100*

Total cost for new members: \$ 695\*

Total cost for returning members: \$ 200\*

- NOTE: The total cost may be paid in installments. The final amount must be paid by Friday, August 30. Please notify the moderator(s) if you need to pay installments over the summer.

\*Approximate cost

## **POTENTIAL COSTS INVOLVED – Competition Squad**

Uniform (shell and skirt)	\$120
Practice Uniform	\$50
Shoes	\$70-90*
Poms (one black/one white)	\$25
Bloomers (black) and Socks	\$25
Body Liner	\$65
Summer Camp	\$400*
Bows (3)	\$20
Rain Jacket	\$10
Letterman Jacket	\$130
Cheer Dues	\$100
Choreography	\$100*
Total cost for new members:	\$ 1135
Total cost for returning members:	\$ 690

- NOTE: The total cost for uniforms may be paid in installments. The final amount must be paid by Friday, August 30. Please notify the moderator(s) if you need to pay installments over the summer. Total cost for camp will be due...

\*Approximate cost

### **Expected Time Commitment – Game Squad**

3 day Camp @DHS – end of summer

One practice per week @ DHS – during club hours

Additional practices may be called due to special events

Attendance at events such as pep-rallies and recruiting events

Approximately 10 Volleyball/Basketball Games per season

4-5 Mardi Grad parades per year

Disney Trip every 2 years

### **Expected Time Commitment – Competition Squad**

Overnight Summer Camp in Baton Rouge – June 23-26

Choreography Camp in July/August

Enrollment in some sort of tumbling class outside of DHS practice

Practice @ Crescent City Cheer Club – Monday evenings & Wednesday  
Afternoons, Beginning in May

3-4 Competitions per year – local & away

Additional practices may be called due to special events

Attendance at events such as pep-rallies and recruiting events

Disney Trip every 2 years

\*If a cheerleader is a member of both squads, she will attend competition practices and events in the case of a conflict.

**St. Mary's Dominican High School**  
**7701 Walmsley Avenue**  
**New Orleans, Louisiana 70125**

**PERMISSION SLIP FOR ACTIVITY SCHEDULED OUTSIDE OF SCHOOL HOURS**

TODAY'S DATE: March 14, 2013

ORGANIZATION / CLUB: Dominican Cheerleaders

MODERATOR(S): Mrs. Sheridan DuPont & Mrs. Hannah Richard

TYPE OF ACTIVITY: Cheerleading Try-Outs

LOCATION OF ACTIVITY: Dominican High School Campus, Siena Center & SARG

DATE & TIME OF ACTIVITY: April 28-30, 2014 3:30-5:00

SPECIAL INSTRUCTIONS: Dress in comfortable, appropriate clothes and tennis shoes or cheer shoes

MODERATORS / CHAPERONES FOR THIS ACTIVITY: Mrs. Sheridan DuPont & Mrs. Hannah Richard

TRANSPORTATION ARRANGEMENTS: Cheerleader candidates are responsible for their own transportation.

**THIS FORM MUST BE COMPLETED AND RETURNED TO THE MODERATOR BY: Monday, April 21, 2014 (for current Dominican students); Monday, April 28, 2014 (for incoming students)**

(Please return only the bottom portion of this form.)

.....  
**STATEMENT OF PERMISSION**

I request that Dominican allow \_\_\_\_\_ to participate in the off campus activity named below.  
(student's first & last name)

Name of Activity: Cheerleading Try-outs    Circle appropriate squads:        **Game Squad**                      **Competition Squad**

I concur with the stipulated arrangements indicated above and understand that my daughter is representing Dominican High School, and therefore must abide by the rules and regulations stated in the current Student / Parent Handbook.

I release Dominican High School, the club moderator(s), and /or chaperones approved by the Administration from liability in any manner.

In case of emergency, I give my permission for the club moderator / chaperon to seek medical care as needed for my daughter if I cannot be contacted.

**PARENT/GUARDIAN SIGNATURE:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

**HOME PHONE:** \_\_\_\_\_ **WORK PHONE:** \_\_\_\_\_

**CELL PHONE:** \_\_\_\_\_

**RELATIVE / EMERGENCY CONTACT PHONE:** \_\_\_\_\_

\*\*\*PLEASE DESCRIBE BELOW ANY SPECIAL CIRCUMSTANCES, INCLUDING MEDICAL CONDITIONS.

---

---

---

## 2013 St. Mary's Dominican High School Cheerleader Tryout Registration Form

Participant's Name: \_\_\_\_\_

Grade Level: \_\_\_\_\_

Squad(s):    Game Squad \_\_\_\_\_      Competition Squad \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Parent's Name: \_\_\_\_\_

Phone Numbers (H): \_\_\_\_\_ (C): \_\_\_\_\_

(W): \_\_\_\_\_ (Email): \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_ Phone: \_\_\_\_\_

**Liability & Release:** I request that St. Mary's Dominican High School allow (Participant's first & last name): \_\_\_\_\_ to participate in the 2014 Cheerleader Tryouts on April 28-30. I understand that my daughter will be evaluated by independent, qualified judges and agree to abide by the decision of the judges. I understand the potential costs involved. I understand that, by the very nature of the activity, cheerleading carries a risk of physical injury. All cheerleaders are trained in the safest methods of the sport as demonstrated and practiced during camp. Despite all attempts by the camp coaches, moderator, and cheerleaders to avoid injury, risks still exist, including pulled muscles, dislocations, and broken bones. I understand these risks and I release Dominican High School, the club moderators, and/or chaperones approved by the Administration from liability in any manner. In case of emergency, I give my permission for the club moderators/chaperones to seek medical care as needed for my daughter if I cannot be contacted. Additionally, I authorize the use of my daughter's photos for the purposes of publicity and marketing materials and on the St. Mary's Dominican High School website.

Parent/Guardian Signature (required): \_\_\_\_\_

I am interested in being a St. Mary's Dominican High School Cheerleader. I understand the risks as stated above. If selected, I will abide by the rules and regulations set forth by the Cheerleader Constitution and the Student Handbook. I promise to cooperate and follow the instructions of the cheerleader moderator.

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date



My daughter, \_\_\_\_\_, has my permission to try out for cheerleader at St. Mary's Dominican High School. I understand that she must abide by the rules and regulations set forth by the 2014-2015 Cheerleader Constitution as well as the current Student Handbook. I realize that she must be present for all practices, games, and events unless she is absent from school or excused by the moderator. I have read the rules and regulations in the Cheerleader Constitution and understand that a violation of any of these rules may lead to probation or suspension from the squad.

In order for my daughter to tryout for the Dominican Cheerleader squad on Wednesday, April 30 I understand that my daughter must:

- be in good disciplinary and academic standing
- be in good financial standing with the Dominican Cheerleaders
- attend the clinic on Monday & Tuesday, April 28-29
- attend the tryouts on Wednesday, April 30
- return this page signed by tryouts
- return the Constitution form, signed by cheerleader and parent
- be able to attend a mandatory organizational meeting on Tuesday, May 13
- be able to attend mandatory summer practices and camp (June 23-26)
- pay the \$10 tryout fee

I understand that my daughter will be evaluated by independent, qualified judges and agree to abide by the decision of the judges.

I understand the potential costs involved.

My daughter will be trying out for the  
Please circle the appropriate squad(s)

**Game Squad**

**Competition Squad**

\_\_\_\_\_  
Parent/Guardian

\_\_\_\_\_  
Date

I am interested in being a Dominican High School Cheerleader. I understand the risks as stated above. If elected, I concur with the stipulated arrangements indicated above and understand that my daughter is representing Dominican High School, and therefore must abide by the rules and regulations stated in the Cheerleader Constitution as well as the current Student / Parent Handbook. I promise to cooperate and follow the instructions of the cheerleader moderator.

\_\_\_\_\_  
Student

\_\_\_\_\_  
Date