

Parents and Prospective Cheerleaders,

Welcome to Dominican's Cheerleading tryouts for the 2017-2018 school year. Please read over the following handouts and return the permission slip and registration form by Thursday, April 27th for current Dominican students; Monday, May 1st for incoming students. Please take time to review and discuss the cost and time commitments involved.

Cheerleading is a yearlong activity that requires dedication and effort! Dominican High School Cheerleading is a competition squad, who also participates in pep rallies, recruitment and fundraising events, selected volleyball and basketball games, and selected Mardi Gras parades. 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 practices and events promptly. Failure to do so may result in removal from the squad. Practices are often extended while preparing for certain events throughout the year. Your daughter will receive a calendar each month 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 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 following documents 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 & Denise Boyce
Cheerleader Moderators

Dominican High School Cheerleader Tryouts **Monday – Wednesday, May 1st-3rd**

Clinic (Monday & Tuesday May 1st-2nd):

1. The clinic will be held from 3:45-5:15 pm. Girls are informed that they will be numbered and grouped upon arrival on tryout day.
2. Registration and Permission slip forms as well as a \$10 tryout fee are due on Thursday, April 27th for current Dominican students; by Monday, May 1st 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 to stay or observe during the clinics. If parents would like to videotape material for the tryout they are welcome to do so at 5 pm, Monday or Tuesday.
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 5:15 pm. Students MUST be picked up promptly at 5:15 pm.**

Tryouts (Wednesday, May 3rd):

1. Tryouts will be held at 4:00 pm. Pick up time TBA.
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. Students will wait in the 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 Thursday, May 4th after school promptly at 3:30 p.m. for the 2017-2018 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. Payment for camp, choreography, and June/July coaches' fees will be due at this time.

Requirements for DHS Cheerleaders:

Previous cheerleading experience

Likes to exercise

Loves competing & understands that hard work goes into competition prep

Lots of school pride & spirit

Tumbling skills not required but highly encouraged

Expected Time Commitment

Practice @ Elmwood KidSports – Tuesday and Thursday afternoons, beginning in May

Additional practices may be called due to special events

Overnight UCA Camp in Baton Rouge – July 7th-10th

Choreography Camp in July/August

Enrollment in some sort of tumbling class outside of DHS practice

3-5 Competitions per year – local & away

Selected volleyball and basketball games

Attendance at events such as pep-rallies and recruiting events

Marching in Mardi Gras parades

POTENTIAL APPROXIMATE COSTS INVOLVED

Uniform	\$175
Practice Uniforms	\$125
Shoes	\$70
Poms (one black/one white)	\$25
Bloomers (black) and Socks	\$25
Bows (3)	\$20
Rain Jacket	\$10
Wool Jacket	\$140
Fitted Team Jacket	\$70
Back Pack	\$50
Summer Camp	\$400
Competition fees	\$350
Cheer Dues/Choreography	\$200
Coaches' fees	\$60*

*Coaches' fees are \$60 a month. June and July are \$60 together. Fees will be paid each semester (\$240). The fees annually are \$540.

- NOTE: All fees may be paid in installments if necessary.

Approximate total cost for new members: \$ 2,200

Approximate total cost for returning members: \$ 1,790

- NOTE: All returning members must purchase a new uniform.

*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 28, 2017

ORGANIZATION / CLUB: Dominican Cheerleaders

MODERATOR(S): Mrs. Hannah Richard and Ms. Denise Boyce

TYPE OF ACTIVITY: Cheerleading Try-Outs

LOCATION OF ACTIVITY: Dominican High School Campus, Siena Center & SR. Ambrose Reggio Gym

DATE & TIME OF ACTIVITY: May 1st-2nd, 2017 3:45-5:15 and May 3rd, 2017 4:00-6:00

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

MODERATORS / CHAPERONES FOR THIS ACTIVITY: Mrs. Hannah Richard and Ms. Denise Boyce

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

THIS FORM MUST BE COMPLETED AND RETURNED TO THE MODERATOR BY: Thursday, April 27th, 2017 (for current Dominican students); Monday, May 1st, 2017 (for incoming students)

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

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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 2017-2018

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.

2017-2018 St. Mary's Dominican High School Cheerleader Tryout Registration Form

Participant's Name: _____

Grade Level (2017-2018 school year): _____

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 2017 Cheerleader Tryouts on May 1-3. 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 coaches, moderators, and cheerleaders to avoid injury, risks still exist, including pulled muscles, dislocations, and broken bones. I understand these risks and I release St. Mary's Dominican High School, the club moderators, coaches, judges, 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/coaches 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 and social media.

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