

Parents and Prospective Cheerleaders,

Welcome to Dominican's Cheerleading tryouts for the 2019-2020 school year. Please read over the following handouts and return the consent form by Monday, April 15th. 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 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 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,
Denise Boyce, & Eugenie Helmka
Cheerleader Moderators

Dominican High School Cheerleader Tryouts & Fittings **Monday – Wednesday, April 15-17**

Clinic & Tryouts (Monday & Tuesday April 15-16):

1. The clinic will be held from 4:00-5:30 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 are due on Monday, April 15th. 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 as well as a copy of her insurance card.
3. PARENTS WILL NOT BE ALLOWED TO STAY OR OBSERVE DURING THE CLINICS. IF PARENTS WOULD LIKE TO VIDEOTAPE MATERIAL FOR TRYOUT THEY ARE WELCOME TO DO SO AT 5:30 PM, MONDAY OR TUESDAY, 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: Practice technique, & tumbling tryout
7. **The clinic will end at 5:30 pm. Students MUST be picked up promptly at 5:30 pm.**

Tryouts (Tuesday, April 16th):

1. Tryouts will be held at 4:00 pm. Again, all students must be picked up promptly. **Parents should plan to arrive at 5:00 pm 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. 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 Tuesday.

There will be fittings for uniforms on Wednesday, April 17th 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 work that goes into competition prep

Lots of school pride & spirit

Tumbling skills not required but highly encouraged

Expected Time Commitment

Overnight Summer Camp in June

Choreography Camp in July/August

Enrollment in some sort of tumbling class outside of DHS practice

Practice @ Elmwood facility

Competitions

Additional practices may be called due to special events

Attendance at events such as pep-rallies and recruiting events

Marching in Mardi Gras parades

POTENTIAL APPROXIMATE COSTS INVOLVED

Uniform (shell and skirt)	\$160
Practice Uniforms	\$125
Shoes	\$70
Poms (one black/one white)	\$25
Bloomers (black) and Socks	\$25
Body Liner	\$65
Bows (3)	\$20
Rain Jacket	\$10
Wool Jacket	\$140
Fitted Team Jacket	\$70
Back Pack	\$50
Summer Camp	\$400
Cheer Dues	\$100
Competition	\$350
Choreography	\$175
Coaches' fees	\$60*

*Coaches' fees are \$60 a month. June and July are \$60 together. The fees annually are \$540.

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

Approximate total cost for new members: \$ 2,305

Approximate total cost for returning members: \$ 1,465

*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 15, 2018

ORGANIZATION / CLUB: Dominican Cheerleaders

MODERATOR(S): Ms. Denise Boyce, Mrs. Eugenie Helmka, Mrs. Fran Moran

TYPE OF ACTIVITY: Cheerleading Try-Outs

LOCATION OF ACTIVITY: Dominican High School Campus, Siena Center

DATE & TIME OF ACTIVITY: April 15-16, 2019 4:00 – 5:30

SPECIAL INSTRUCTIONS: Dress in cheer shoes, fitted tank or t-shirt, hair in ponytail or braids. Bring water in a water bottle.

MODERATORS / CHAPERONES FOR THIS ACTIVITY: Ms. Denise Boyce, Mrs. Eugenie Helmka, Mrs. Fran Moran

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

THIS FORM MUST BE COMPLETED AND RETURNED TO THE MODERATOR BY: Monday, April 15th

(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 2019-2020

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.

2019 St. Mary's Dominican High School Cheerleader Tryout Registration Form

Participant's Name: _____

Grade Level: _____

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 2019 Cheerleader Tryouts on April 15-16. 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.

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 2019-2020 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 try out for the Dominican Cheerleader squad on Tuesday, April 16th 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, March 15-16
- attend the tryouts on Tuesday, March 16th
- return this page signed by tryouts
- return the Constitution form, signed by cheerleader and parent
- be able to attend a mandatory organizational meeting on Monday, April 29th
- be able to attend mandatory summer practices and camp (June)
- pay the \$10 tryout fee
- submit a copy of the cheerleader's insurance card

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 DHS Cheerleaders

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