

Edmond Santa Fe Cheer 2022 - 2023

Tryout Information Packet &
Membership Guidelines



Edmond Santa Fe Cheer

WELCOME LETTER

Dear Cheerleading Candidate & Parent/Guardian,

Thank you for your interest in trying out for a 2022-2023 Cheerleading Squad at Edmond Santa Fe High School. We appreciate your enthusiasm and interest in our program and are so excited to see what the new school year holds. Included in this packet you will find information that will explain the try-out process, membership guidelines, and general information that all members (and parents/guardians) will need to be aware of before trying out. We take pride in our program and want the very best for all members of Varsity and Freshman Cheer.

The purpose of cheer at Edmond Santa Fe High School is to promote school spirit, support various organized activities, represent the school, and provide positive leadership in all aspects of school life. The Varsity and Freshman squads will promote and encourage student body involvement and will exemplify loyalty, cooperation, and positive attitudes. This can be a truly rewarding experience for each of you, but it also requires a tremendous time commitment. Cheerleading truly is a year-round sport! Additionally, a squad member must be able to work well with others; as cheer is a team sport. Please be aware of this as you prepare to take on the challenges and responsibilities of becoming a member of either the Varsity or Freshman Cheer Squad.

Parents, please also understand that when your child makes Varsity or Freshman Cheer there are some responsibilities on your part as well. Not only do the girls have to work together as a team, so do the parents. This is an all-around team sport and it takes the trust, commitment, and communication of all members, coaches, parents, and administrators to be successful. Once selected for Varsity or Freshman Cheer, you will be financially obligated to pay for all expenses that come your way.

Candidates wishing to try-out for a position on Varsity or Freshman Cheer and his/her parent/guardian must read through the Edmond Santa Fe Cheer Handbook, as well as the EPS District Contract that all three Edmond High Schools follow. After reading, both student and parent signatures are required indicating that, if selected, both agree to abide by the rules and regulations governing the activities of Varsity and Freshman cheerleading at Edmond Santa Fe High School.

We are so excited for the year ahead and look forward to meeting you! Thank you so much for considering trying out for Edmond Santa Fe Cheer and GOOD LUCK to each of you!!!!

Sincerely,

Jennifer Ortiz - Head Varsity Coach
Sherri Fitch – Head Freshmen Coach

Clinic and Tryout Information

Cheer Clinic Information

- Clinic Dates: Monday, March 28th – Thursday, March 31st
- Clinic will be held from 4:00 – 5:30 PM in the Cheer Room.
- Clinic will be closed at 5:30 PM; no participants may stay beyond the designated time.
- Clinic is closed to the public: only coaches, choreographers, administrators, and current senior cheer members may attend and watch.
- Required attire for clinic is: athletic shorts, t-shirt, socks, and cheer shoes. Hair and bangs must be secured away from the face and no jewelry is to be worn.
- Gum chewing, cell phones and videoing of tryout routine will not be allowed.

Cheer Tryout Information

- Tryout Date: Friday April 1st
- Each candidate will be assigned a designated check-in time. Times will be given on the last day of clinic.
- Try-outs are **closed** to the public.
- All candidates must exit the building and leave school grounds immediately following their try-out.
- Tryout results for Varsity and Freshman Cheer will be posted after results have been tallied.
- Results for Varsity and Freshman Cheer will be posted on our Santa Fe Cheer Page, Instagram and Twitter accounts.
 - ❖ Santa Fe Cheer Page: edmondsantafecheer.com
 - ❖ Varsity Instagram and Twitter: @SFWolvesCheer
 - ❖ Freshman Instagram and Twitter: @SFWolvesFrCheer
- Required attire for Tryouts: 2022 Tryout Shirt, black shorts, white no-show socks, white cheer shoes and a plain white bow.
- Hair and bangs should be secured back out of the face.
- No jewelry is to be worn.
- Gum chewing will not be allowed.

Tryout Guidelines and Criteria

1. A parent/guardian must attend the tryout meeting.
2. Candidates may only try-out at **one** Edmond High School.
3. Candidates must be **academically eligible** in order to tryout.
4. The following items must be completed and turned in by **2:30 PM Monday, March 21, 2022**, in order to be eligible to try-out:
 - ✓ EPS District Guidelines Signature Page
 - ✓ Santa Fe Cheer Guideline Agreement
 - ✓ Rank One Online Forms (including physical)
 - ✓ \$40 Tryout Fee (no refunds are given should the candidate choose to not tryout or be dismissed)
5. Four judges will be scoring the participants.
6. Cheer tryouts will be held on a matted gym floor.
7. The use of cell phones, videoing of tryout routine, inappropriate behavior, and/or disruptions during the tryout process in the gym are strictly prohibited. Violations may result in immediate dismissal from tryouts.

8. Previous squad members are not guaranteed a spot on a squad.

Tryout Score Sheet Breakdown

Tumbling Skills	Performed Individually	Points Possible
Running Tumbling (on mat)	Difficulty, Execution, Timing, Precision, Body Placement, Control	10
Standing Tumbling	Difficulty, Execution, Timing, Precision, Body Placement, Control	10
Jumping Skills All jumps must be connected	Performed Individually	Points Possible
Pike Jump	Form, Height, Prep, Landing, Arm Placement, Flexibility, Precision	5
Front Hurdler	Form, Height, Prep, Landing, Arm Placement, Flexibility, Precision	5
Toe Touch	Form, Height, Prep, Landing, Arm Placement, Flexibility, Precision	5
Band Chant Skills	Performed in Pairs of Two-Four	Points Possible
Motion Technique	Placement, Sharpness, Execution, Timing, No Broken Wrist	5
Timing and Rhythm	Fluid Movement, Motion Memory, Timing	10
Cheer Skills	Performed in Pairs of Two - Four	Points Possible
Motion Technique	Placement, Sharpness, Execution, Timing, No Broken Wrist	10
Voice Projection	Loud, Strong, Word Enunciation, Energy, Enthusiasm	10
Spirit & Enthusiasm	Expression, Facial Projection, Eye Contact, Spirit, Excitement, Crowd Appeal	10
Memorization	Word Memory, Motion Memory, Recoveries	5
Jump & Standing Skill Combination	Execution, Difficulty, Timing	5
Overall Impression	Based on Entire Tryout Process	Points Possible
Overall Impression	Confidence, Appearance, Entertaining, Judges Impression	10
Total Points		100

Standard of Scoring

This is a breakdown of skills from lowest to highest in point value to give you a reference of what skills will be worth more than others. The actual point value you receive from each judge depends on your execution, technique, and poise while performing each skill. You are encouraged to do the hardest skill that you can cleanly and accurately do best.

RUNNING TUMBLING

Max Possible Points

No Skill	0
Cartwheel, Round off	1
Round off Back Handspring(s)	2
Round off Back Tuck	3
Round off Back Handspring Back Tuck	4
Series to a Back Tuck	5
Back Handspring Layout/Specialty pass to Back Tuck	6
Series to a Layout	7
Specialty Pass to Layout/Layout Step out	8
Full	9
Kick-Full/Specialty pass that includes a Full/full-step out	10

STANDING TUMBLING

No Skill	0
Front/Back Walkover, Poor Back Handspring	1-2
Strong Back Handspring(s)	3-4
Standing Back Handspring into Back Tuck	5-6
Standing Tuck (including X-out, pike, tuck-tuck, tuck handspring tuck), Standing Tumbling that includes a layout	7-8
Standing tumbling that includes a twist	9-10

JUMPS (each jump will be performed interconnected and worth up to 5 points each)

Bent legs, flexed toes, poor technique, legs below level, poor landing, poor arm placement	0-2
Average jumps, pointed toes, legs level, landing feet slightly apart, okay arm placement	3
Very strong/above average jumps, pointed toes, legs slightly hyper extended, landing clean, good arm placement	4
Perfection, extremely pointed toes, legs extremely hyper extended, landing feet together, perfect arm placement	5

MOTION TECHNIQUE

Loose arms, bad placement, broken wrist	0-5
Semi-sharp arms, average placement	5-10
Extremely sharp, perfect placement	10-15

VOICE PROJECTION

Not yelling, poor inflection, no expression	0-4
Talking loudly, some inflection, somewhat monotone	5-7
Yelling loud, good inflection, energetic	8-10

SPIRIT & ENTHUSIASM

Few smiles, lacks enthusiasm, poor expression, poor presentation	0-4
Strong smiles, good enthusiasm, good presentation	5-7
Incredible natural smiles, exceptional enthusiasm, very entertaining, NOT over the top	8-10

COMBINATION (Jump & Standing Skill)

Jump to Jump	1
Jump and standing back handspring, Double or Triple toe to back handspring	2
Jump and Standing back tuck	3
Double or Triple toe back tuck	4
Jump and Standing Full	5

***Point values assigned for timing, rhythm, and overall impression are up to the judge's discretion*

Squad Member and Parent Expectations

Squad Member Expectations

1. To promote school spirit and unity, support, and encourage student body involvement at sporting events, various school activities and dressing up for school-wide dress up days.
2. To provide half time entertainment at sporting events and maintain the skills that were performed at tryouts all season.
3. Demonstrate unity through uniforms, hair, socks, shoes, poms, bows being exactly the same at games and performances.
4. To increase self-esteem in its members.
5. To be a competitive team member, while exemplifying respect to all squad members and coaches, and being a teammate by always thinking of your squad before yourself.
6. To set an example for the rest of the student body by exemplifying loyalty, cooperating and positive attitudes.
7. To represent Edmond Santa Fe by acting as positive role models and demonstrating good leadership qualities at all times
8. To only wear uniform attire including but not limited to warm-ups, uniforms, t-shirts, etc. to sporting events, school activities, or other events designated by coach.

ZERO TOLERANCE POLICY!

Cheerleaders are expected to follow **ALL** school rules at all times. Not only during cheer practice and at events but also in the classroom and hallways on a day-to-day basis. Behavior issues in the classroom **WILL NOT BE TOLERATED.**

- 1 detention will result in sitting in the bleachers with the sponsor at the next event.
- 3 detentions will result in the cheerleader not allowed to attend the following event in her uniform
- Zero office referrals will be tolerated. An office referral will result in dismissal from the squad.

The sponsors will receive weekly updates on each cheerleader's grades and behavior from their teachers. They will be held to a higher standard than their peers as they represent our school in a leadership position. This position is a privilege and should not be taken lightly.

Parent/Guardian Expectations

1. In order for our squads to be successful, it takes the cooperation of the parents, participants, coaches, and administrators.
2. Parents are responsible for **all financial obligations** for camps, clinics, and other expenses involved in this activity during the school year.
3. Parents need to be aware of the time commitment involved in cheerleading and need to support your child and sponsor in these activities to see that he/she fulfills all responsibilities. Including being available to provide transportation to and from these events when needed.
4. Understand by the very nature of the activity, cheerleading, tumbling, and stunting carry a risk of physical injury. No matter how careful the participant and sponsor/coach are, how many spotters are used, or what landing surface is used, the risk cannot be eliminated. The risk of injury includes minor injuries such as muscle pulls, dislocation, and broken bones. The risk also includes catastrophic injuries such as permanent paralysis or even death from landing or falls on the back, neck, or head. As a parent, you understand these risks and will not hold Edmond Santa Fe High School or any of its personnel responsible in the case of accident or injury at the time.
5. Parents and participants need to trust and support the decisions and appreciate the time made by the sponsors, coaches, and administrators to always do what's best for the team.

6. Please keep in mind that sponsors have other responsibilities and commitments outside of cheerleading and it is asked that parents and participants respect their personal and professional time.
7. Issues should not be addressed during practices, games, or other school events. The sponsors need to fully supervise their squad while at these events. Please email or message the cheer sponsors on the cheer Band app with any questions or concerns.
8. There is a proper chain of command, starting with the sponsor, athletic director, assistant principal, principal and finally school board. In fairness of all parties involved, please follow the chain of command.
9. Understand that any violations to the District or Edmond Santa Fe Guidelines may lead to a temporary or permanent suspension from the squad.

Class and Scheduled Practice Rules

1. Attendance is required at all scheduled practices.
2. Any practice or choreography dates scheduled after July 15th are required for all members.
3. Practices are considered before school, during 7th hour, after school and weekends. Practice will not be planned around those who have jobs, outside activities or appointments. Members will be expected to schedule around cheer.
4. Required attire for cheer class and practice will be athletic wear. For example, modest, athletic shorts, athletic leggings, t-shirts, tank tops, socks, and cheer shoes. Non-athletic wear will not be allowed. Hair and bangs need to be secured away from the face and no jewelry to be worn. Gum chewing will not be allowed.
5. Never build a stunt without a coach/sponsor present.
6. No phones are used during practice.
7. If you must miss a practice, notify your coach 24 hours prior to practice.
8. Doctor appointments, hair appointments, jobs, babysitting and/or picking up siblings, ect. should never be scheduled during practice times, events or games.
9. When a squad member is absent from practice, it is her/his responsibility to learn what was missed prior to the next practice.

Game Day Conduct

1. For home games, arrive on time in uniform and ready to begin cheering.
2. Uniforms, hair (bows), socks, shoes, poms are to be exactly the same at games.
3. **NO JEWELRY IS TO BE WORN AND NO BRA STRAPS SHOWING WHEN IN UNIFORM.**
4. Game day basics: no gum, eating, drinking, inappropriate motions, crazy side line dancing, foul language, leaving the line, talking etc.
5. If a cheerleader is in the wrong uniform, they will not be allowed to cheer.
6. Restroom and water breaks are accomplished before the game and during half time.
7. Remain in formation at all times. Legs shoulder length apart with hands/poms behind the back.
8. Be attentive to the game captains.
9. Be attentive to the game.
10. Be attentive to band songs, PA songs, etc.
11. Injured athletes will attend games in uniform and sit with the coach.

12. Ineligible athletes will not attend home/away games (in uniform or out of uniform), be involved in team functions, or sit on the bench/participate on the sidelines with the team. The cheerleader is expected to be home studying or getting help in the class they are failing.
13. For all out of town games, members must ride the school bus to the game.
14. For away games and other events designated by coach, all members need to be fully dressed (makeup and hair included) and ready to go prior to leaving Santa Fe.
15. Members are encouraged to ride the bus back after games. However, if a parent or guardian requests to take a cheerleader home from a game they must check in with your coach.
16. If an athletic event is cancelled or postponed, the Cheer members are to attend the rescheduled event.

Uniforms

1. School-issued uniforms are school property but will be the responsibility of the squad member to see they are properly cared for. Any damage to or loss of the uniforms will result in the responsible member paying for a replacement.
 - ❖ Additional accessory items may be purchased and worn only with the coaches' approval.
 - ❖ No material is to be cut when doing alterations. Cost for alterations will be at members' expense.
 2. Uniforms may only be worn at school, games or events designated by coach.
 3. These uniforms may only be used and worn by the member they are issued to. No lending of uniform pieces will be allowed.
 4. All uniforms must be returned after the end of basketball season and prior to tryouts. Any damaged or lost items must be paid for or a hold will be placed on semester grades.
- ❖ If a member is dismissed from the team during the school year, an immediate financial hold for the uniforms will be placed on the account. The student has one (school) week, weekend not included (5 days from dismissal) to return the uniforms to coach.

Miss Policy

1. Miss requests must be sent by the athlete's parent/guardian by email to the coach/sponsor no later than 24 hours prior to the event.
2. If a cheerleader misses a practice or event for an unexcused reason, they will sit out the following event.
3. For all split-squad events, no misses will be accepted.

Social Media Policy

1. We strive to maintain dignity and integrity in and out of practice. Social networks such as Twitter, Snapchat, Facebook and Instagram are viewed by parents, young children, and often times other cheerleaders and students from across the county. It is important that you represent yourself as a positive leader on such websites. The following should not be used or seen on social networking accounts (the list include, but is not limited to):
 - Use of inappropriate content, profanity, alcohol, tobacco, public display of affection, inappropriate clothing, or negative comments towards the cheer & pom program, other teammates, coaches, or administration.

Santa Fe State Cheer Squad

1. This is the elite squad, which will represent Edmond Santa Fe High School at the regional and state competition.
2. Cheer is an OSSAA sanctioned sport; therefore, all members (including freshman) trying out for a spirit squad at Edmond Santa Fe High School will be trying out for a position on the State Cheer squad as well.
3. Selection of the State Cheer team will ultimately be at the discretion of the sponsor and coach(s).
4. Factors that will determine selection include, but are not limited to, tryout scores, athletic ability/skill set, participation/attendance at practices, attitude and work ethic, fulfillment of a specific role or position based on routine choreography, etc.
5. The number of members that make the State Cheer squad will be solely based on how many participants the coaches feel are qualified and meet the requirements and expectations for the State Cheer squad.
6. State Cheer season may begin as early as April and will continue through State Competition in September. This includes summer months May, June, July, and August.
7. Individuals are expected to maintain their skills throughout the State Cheer season that were performed at tryouts. A decrease in skill level (not due to injury) will place an individual's placement in the routine in jeopardy.
8. All squad members will be required to attend all practices, including injured or ineligible cheerleaders. Attendance is vital for the competitiveness of the squad. Practices may be daily, after school, in the evenings and on the weekends. If practices are missed, squad members will be required to make up practice time at the discretion of the coaches. Beginning in August through the date of the State Competition, all practices are required.
9. All squad members chosen for the State Cheer competition squad are financially obligated to pay for all fees for the competitive season.
10. If a member chooses to quit or is removed from the State Cheer competitive squad he/she will also be removed from the sideline squad and is required to pay their financial obligations in full regardless of their decision to leave the squad.
11. Fundraising opportunities may be needed to offset the costs of the State Cheer competition squad props, including but not limited to poms, signs, flags, etc. If these needs are met, fundraising funds can be used to buy the State Cheer Regional/State Competition shirt that is worn to the competition. Lastly, if there are additional available funds these can be used to offset coaching fees; however, fundraising must be organized by parents with prior communication and approval from Coach Ortiz and Edmond Public Schools.
12. If the following events occur before Regional and State Competition dates, no member may participate in homecoming events such as Mud Volleyball and Powder-Puff Football for risk of injury.