

Santa Fe Cheer 23-24 Information Meeting



Varsity Coach- Megan Molinsky
Freshman Coach- Sherri Fitch

Member Expectations

- Promote **school spirit**
- **Support** and **encourage** student body involvement at sporting events, various school activities and dress up for school-wide dress up days.
- **Provide half-time entertainment** at sporting events and **maintain the skills** that were performed at tryouts all season.
- **Demonstrate unity** through uniforms/hair/socks/shoes/poms/bows being exactly the same at games and performances.
- **Increase self-esteem** in self and teammates.

Member Expectations

- ❑ **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.
- ❑ Set an example for the rest of the student body by **exemplifying loyalty, cooperation, and positive attitude**.
- ❑ Represent Edmond Santa Fe by **acting as positive role models** and **demonstrating good leadership qualities** at all times.
- ❑ **Wear uniform attire** (warm-ups, uniforms, t-shirts, etc.) to sporting events, school activities, or other events designated by coach.

Practice Expectations

- ❑ **Attendance is required** at all scheduled practices.
- ❑ Any practice or choreography dates scheduled **after July 15th** are **required** for all members.
- ❑ Practices occur before school, during 6th/7th hour, after school, and on weekends. Practice will not be planned around those who have jobs, outside activities or appointments. Members will be expected to **schedule around cheer**.
- ❑ Required attire for cheer class and practice will be: the issued practice t-shirt, shorts/athletic skirt/leggings, and cheer shoes. Non-athletic wear will not be allowed.
- ❑ Hair and bangs need to be secured away from the face and no jewelry should be worn.

Game Day Expectations

- ❑ For home games, **arrive on time** in uniform and ready to begin cheering.
- ❑ Uniforms, hair (bows), socks, shoes, poms are to be exactly the same at games.
- ❑ If a cheerleader is in the wrong uniform, they will not be allowed to cheer. Injured athletes will attend games in uniform and sit with the coach.
- ❑ **Be attentive** to the game captains. **Be attentive** to the game. **Be attentive** to band songs, PA songs, etc.
- ❑ For all out-of-town games, members must ride the school bus to the game.

State Team

- ❑ This is the elite squad, which will represent Edmond Santa Fe High School at the regional and state competition.
- ❑ 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.**
- ❑ Selection of the State Cheer team will ultimately be at the **discretion of the sponsor and coach(es).**
- ❑ 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.

State Team

- ❑ 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.
- ❑ 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.
- ❑ 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.
- ❑ 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.

State Team

- ❑ All squad members chosen for the State Cheer competition squad are financially obligated to pay for all fees for the competitive season.
- ❑ 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.
- ❑ 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 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.

Tryouts

Tryout Dates

☐ **Tryout Application Due**

☐ Monday, March 20 by 2:30PM

☐ **Tryout Clinic:**

☐ March 27-30 from 4-5:30PM

☐ **Tryouts**

☐ March 31 starting at 4PM

☐ Tryout times will be announced on Thursday, March 30

Tryout Clinic

☐ Purpose

- ☐ During this time, participants will get a chance to work through all of the skills, ask questions, and have a mock tryout.

☐ Requirements

- ☐ Clinics are closed to the public: only coaches, choreographers, administrators, and current senior cheer members may attend. No participants may arrive early or stay beyond the designated time.
- ☐ Required attire for clinic is athletic shorts/skirt, t-shirt/tank top, and cheer shoes. Hair and bangs must be secured away from the face and no jewelry should be worn.
- ☐ Cell phones must be securely put away and will not be accessed during clinic.

Tryouts

- - ❑ Tryouts are closed to the public. Participants will check in at their assigned time and leave the building promptly after trying out.
 - ❑ Required attire for clinic is black athletic shorts/skirt, the tryout top, and cheer shoes. Hair and bangs must be secured away from the face and no jewelry should be worn.
 - ❑ Tryout results will be posted to the Santa Fe Varsity and Freshman Cheer Instagram accounts
 - ❑ @sfwolvescheer & @sfwolvesfrcheer
 - ❑ Three judges will be scoring the participants and those scores will be totaled.

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 <i>All jumps must be connected</i>	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 2-4	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 2-4	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

Application Checklist

Guidelines, Permission Form & Fee:

- Edmond Public Schools Cheer & Pom District Guidelines Signed
- SFHS Cheer Parent Meeting Attended & Signed In
- SFHS Cheer Application Completed and Guideline Agreement Signed
- EPS Permission to Participate & Consent to Treat Form Signed
- \$40.00 Fee Included (Cash, Money Order, or Checks payable to SFHS Cheer)

Physical (must be able to check one): [Link to Physical Form](#)

- Existing physical should be on file at SFHS for 2022 - 2023 year.
- Sport candidate participated in for the 2022 - 2023 year: _____
- Existing physical should be on file at middle school for 2022 - 2023 year. Candidate is responsible for getting a copy from your middle school to turn in with paperwork by 2:30 PM on Friday, March 10th, 2020.
- Candidate does not have an existing physical. Candidate will need to get a physical in order to try-out according to the OSSAA's policy and turn in with paperwork by 2:30 PM on Friday, March 10th.
ALL CHEERLEADERS will have the understanding that a new physical will be needed dated May 1, 2023, or after for the 2023-2024 school year. OSSAA's calendar year for a physical is May 1—May 1.

Information on the RankOne website all must be completed by 2:30 PM Friday, March 17th

[Link to RankOne](#)

- Physical Information Form
- Concussion Acknowledgement Form
- Drug Test Consent Form
- Permission to Travel Form
- Sudden Cardiac Arrest Acknowledgment Form
- Physical / Medical History Form –Download and print- need doctor's signature, student and parent/guardian signature.

IF STUDENT IS NOT PREVIOUSLY ENROLLED ON RANKONE IT CAN TAKE 24-48 HOURS TO APPEAR ON THE RANKONE SYSTEM, STUDENT NEEDS TO APPEAR ON THE SYSTEM BY 2:30 PM Monday, March 20th

Important Dates!!!!

State Team Selection:

Tuesday, May 2 4-6pm

Thursday, May 4 4-6pm

Monday, May 8 4-6pm

Wednesday May 10 4-6pm

Camp: June 3-5

**State Team Work Week:*

June 13-15 (9-11)

**State Choreography*

July 11-12 (1-4) ; 13 (10-5)

SF Cheer Kids Camp:

June 26-28 (9-12)

**State Team Work Week*

July 31-August 2 (9-12)

Back to School Clinic

August 7 & 8, 3pm - 5pm

Wolf Wars: August 12

Estimated Expenses

Tryout Application



**Application & tryout payment must be turned in by
Monday, March 20 @2:30PM**