

Mount Si High School Cheerleading TRYOUT PACKET 2023-2024



Dear Parents and Students:

Welcome to the 2023-2024 Cheer Season! We cannot wait to get started!

This season brings a lot of excitement! We are happy to bring back many traditions both on the sidelines as well as on the competition floor! We are ready to support our athletes, our school, our community and continue to pave the way for cheerleading in the Snoqualmie Valley and the state of Washington!

Your student-athlete has expressed an interest in becoming a member of the Mount Si High School cheerleading squad for the 2023-2024 season. If selected, there are certain personal and financial obligations that a cheerleader and their parents must understand in order to participate and remain a member in good standing on the team for the year. Tryouts for the program will be in the MSHS Main Gym Thursday, April 20th. While we appreciate the support around tryout season, these are CLOSED tryouts; parents, friends, or family are not allowed to attend as spectators. We will be holding open gyms the week(s) leading up to tryouts to ensure candidates are prepared as well as holding TWO (2) mandatory Tryout Clinics to teach material and technique.

In the meantime, please review the information in this packet with your student-athlete as there are several items that cheer candidates must complete prior to tryouts. Note: If your athlete makes a team there will be a Mandatory Parent & Athlete Meeting, along with a uniform fitting. Details will come the week of tryouts!

Thank you for your interest in the Mount Si cheerleading program. We look forward to meeting you!

Steph Cowan - Head Cheerleading Coach
Megan Lucas - Program Assistant Volunteer Coach
Melanie Castagno - Program Assistant & Sideline Volunteer Coach

Gomountsicheer@gmail.com

Preparing for Tryouts: We will be hosting open gyms for cheerleaders to utilize these optional times to work on personal skills, the fight song, or any other part of the tryout.

- Tuesday, April 4th from 3:30 to 5:30pm and Wednesday, April 5th from 4:00pm to 5:30pm

Additionally we have some more formal times set for Tryout Preparation with Tryout Clinics in the Main Gym:

- 4/18 (Tuesday) and 4/19 (Wednesday) - Tryout Clinic - 3:00-6:00pm
- 4/18 Pre-Tryout Information Meeting (parents & athletes welcome) - 6:15pm - South Commons

All athletes interested in trying out are required to have a physical on file with at least a March 2024 Expiration Date AND register through Family ID. All Must be approved by Wednesday 4/19 at 3:00pm through the Athletic Secretary.

Tryout Prerequisites: Make sure the following items are turned in today.

- Family ID Registration
- Interest Form Completed - [Click Here](#) for the link
- Current physical cleared by the Athletic Secretary
- Teacher Recommendation Form

Upon making the squad there will be a mandatory parent/athlete meeting the week of April 24th. We will have exact times once we hear from our new Varsity Rep. We need at least one parent with the athlete at the meeting. No exceptions. During the meeting, a 'finalized' practice schedule will be given out for May, June, July and August as well as important dates for the rest of the season.

Cheerleaders that earn a position on the 2023-2024 cheer squads, are expected to accept their position within 24 hours of the parent athlete meeting.

What to Wear to Tryouts:

- Tryout Clinics - 4/18 (Tuesday) and 4/19 (Wednesday) - Athletes must wear Black Shorts with a Black T-Shirt or Tank Top (We ask that they not be Mount Si Cheer related). Please arrive Sideline Ready. We will be taking a picture of you for tryouts with your number.
- Tryout Attire - Athletes must wear Black Shorts with a Black T-Shirt or Tank Top (We ask that they not be Mount Si Cheer related). Please arrive COMPETITION Ready. Hair must be back with a black bow.

Tryout Process:

Candidates will be judged on the various aspects of their cheerleading ability. Tryouts will be closed to all spectators. Candidates will be assigned a number for the duration of their tryout. Scores will be given by judges, computed for the candidates based upon the following areas: School Spirit, Confidence, Voice, Motions, Jumps, Kicks and Technique, Enthusiasm/Energy, Dance Rhythm, Stunting Technique, and Attitude.

Squad Compositions:

Members of our Sideline and Competition teams are expected to attend all practices, games, and competitions with a good attitude that reflects the positive qualities of a Mount Si community member. Team members are expected to carry their school spirit with them in the classroom, at games, at practices, at competitions, and when representing Mount Si High School otherwise.

The role of a cheerleader is a complicated one in today's high school sports environment, but together we will all strive to hit the 5 key roles:

1. Crowd Leaders
2. Spirit Raisers
3. Ambassadors
4. Athletes
5. Entertainers

Varsity Sideline Team

Months of participation are May 2023 – February 2024 (no July practice). The team will cheer at varsity football (home and away), varsity basketball (boys), and possibly other school events and games. In addition to games, members of the Varsity Sideline team will be considered for the Gameday and Red Competition Teams that will participate in various competitions (State, Regionals, etc.) during the season, culminating with the UCA National High School Cheerleading Championship in Orlando, Florida in February.

AN EMPHASIS WILL BE PLACED ON
STRONG GAME DAY SKILLS, and ADVANCED STUNTING.

Junior Varsity Sideline Team

Months of participation are May 2023 – February 2024 (no July practice) The team will cheer at some Varsity girls volleyball, and Varsity Girls basketball games in addition to events at school and the community. Members of the JV Sideline team will be considered for the in-state Gameday Competition Team that will participate in various competitions (State, Regionals, etc.) during the season, culminating with WSCCA State Championship at the end of January/Beginning of February.

Competition Team Requirements

Red NT Traditional Competition Team Requirements:

16-19 athletes will be selected. Candidates looking to be on this team should aim to have the following skills:

- a series of 3 jumps and series of 2 jumps
- top, base or back a building stunt (example: extension/quick toss)
- top, base or back a transitional stunt (lib switch up)
- single base skill (base/back or top)

****Demonstrating every skill listed above will NOT be required; this is just a suggested list of the skills we will be looking for. Placement for this team is earned and the coaches will seek to place athletes where they can have the most impact on their personal growth and how they can positively impact the team they are on.**

National Gameday Competition Team Requirements:

20-23 athletes will be selected. Candidates looking to be on this team should aim to have the following skills:

- a series of 3 kicks and series of 2 jumps
- top, base or back a building stunt (example: extension/quick toss)
- Sharp sign work, flag work, use of poms

****Demonstrating every skill listed above will NOT be required; this is just a suggested list of the skills we will be looking for. Placement for this team is earned and the coaches will seek to place athletes where they can have the most impact on their personal growth and how they can positively impact the team they are on.**

In-State Gameday Competition Team

Team Requirements: 16 to 28 athletes will be selected from the In-State Gameday Competition Team. This team will be looking for candidates that can execute a series of 3 kicks and a toe touch. For stunts, athletes should strive to fly, base, or back a clean prep and a solid shoulder sit, and working on some advanced type skills. More importantly, a good attitude around learning and growing one's skills and self will be key!

****Demonstrating every skill listed above will NOT be required; this is just a suggested list of the skills we will be looking for.**

Each Cheerleader that makes the JV Sideline team and/or the In-State Gameday Competition Team should be incredibly proud! **Placement for either team is earned and the coaches will seek to place athletes where they can have the most impact on their personal growth and how they can positively impact the team they are on.**

Estimated Costs for the Season Ahead:

Cost will be shared by our Booster Club for the 2023-2024 Season during the informational parent meeting. This is an expensive sport and our group of booster volunteers work to offset the costs of fees that go towards choreography, competitions, gear and for the NHSCC Championship Trip in Orlando in February. Looking ahead, a first payment on May 2 to Boosters will be due within 24 hours of the parent meeting and accepting one's position as well as making a payment for Uniform and gear. **In regards to uniforms** - We will keep the same red and white uniforms this season. The Varsity Sideline team will be getting a new uniform in addition to the red uniform and white uniform.

Obligations & Schedule:

Each team practices throughout May and June and takes July off. When we come back in August we are in full swing. Plan your family vacations for July, Christmas break, and March! The NHSCC teams will have practice the Monday and Tuesday of Thanksgiving week.

All Star Athletes: We had a great year working with local All-Star Gyms! If you choose to accept a position on the Mount Si Cheer team and a local All start team, it is the responsibility of the athlete to manage schedules and open the line of communication between the High School and All Star Coach.

Spring Sport Athletes: If you are in a spring sport and have schedule conflicts, that is okay! Just communicate with the coaching staff so we can work with you to make sure you feel confident as you head into tryouts and as you start the new season!

FREQUENTLY ASKED QUESTION

1. What if I want to go on vacation in August?
 - a. August is a busy month. We take August to prepare for parades, football season, assemblies, and competition season. Missing one or two practices in August is manageable; missing a week of practices in August is not.
2. What if I decide to leave the cheer program at any point in the season?
 - a. If need be, you can dismiss yourself from the squad. **ALL costs will be non-refundable including uniforms, campwear, warm-ups, camp cost, coaches stipend, etc. Meaning, you are still responsible for any balance you have acquired if an athlete quits.** Please understand that cheer is a team sport and your actions and commitment will have an impact on others.
3. I have no experience. Should I still try out?
 - a. YES! We want to see a great attitude and a focused work ethic. We are so excited to work with new athletes and see the improvement throughout the season!

Important Dates

Monday, March 20th	Cheer Registration Opens	All Athletes need to register in Family ID by April 19th at 3:00pm
Tuesday, April 4th	Pre Tryout Clinic	3:30-5:30pm Main Gym
Wednesday, April 5th	Pre Tryout Clinic	4:00-5:30pm in the AUX gym
April 18th & April 19th	Tryout Material Clinic Parent/Athlete Tryout Meeting	3:30-5:30pm Main Gym 6:00pm 4/18 in the South Commons
Thursday, April 20th	TRYOUTS	4:00pm-7:00pm Main Gym *Team Announcements by 10pm
Saturday, April 22nd	Program Welcome Breakfast	9:30am in the South Commons
Tuesday, May 2nd	1st Practice Varsity Fitting Parent/Athlete Meeting	Time and Location TBD

Save the Date

June 18 and June 19	NHSCC Gameday Choreography	Mandatory for All Team Members
June 27 - June 29	NHSCC Gameday Retreat	Location TBD
July 1 - July 30	Summer Cheer Break	
July 31	Practices Resumes	Time and Location TBD
August 7-11	Two-A-Days *Plan for In-State Team Bonding	Mandatory for All Team Level Members
August 26-27	Red Choreography/GD Cleanup	All Day/Team Bonding at Night
September 9-10	In-State GD Choreography	Time and Location TBD

**Once teams are created information will be provided Team Snap.*