

NORTH SALINAS HIGH SCHOOL CHEERLEADING  
TRYOUT PACKET  
2023-2024 SEASON

Thank you for your interest in becoming a member of the Spirit Squad. In this packet, you will find the following: Tryout information with a list of important dates, an information sheet, summary of rules for cheerleading, and parental permission and agreement form. Please read and understand all enclosed information before tryouts.

**Cheerleading Clinic / Tryout Dates:**

- April 5<sup>th</sup> – 7<sup>th</sup>, 2023 from 5:30 pm – 7:30 pm
  - Wednesday, April 5<sup>th</sup> in Main Gym
  - Thursday, April 6<sup>th</sup> in Small Gym
  - Friday, April 7<sup>th</sup> in Main Gym
- **Try out Date is Saturday, April 8th, 2023, from 8:30am – 3:30pm in the Main Gym**

**Cheer Tryout Clinic Schedule:**

- **Wednesday** – Final day to turn in packet, receive number, learn cheers and chants
- **Thursday** – Learn dance
- **Friday** – Review (we will also sharpen and clean up routines and/or cheers)
- **Saturday** – Tryout Day

**All cheer candidates are highly encouraged to attend all clinic dates.**

**Eligibility:**

To be eligible in the fall/spring of 2023-2024 for cheerleading, a student must have:

- A 2.0 GPA
- 20 Credits in the previous grading period
- Must have a good attendance record
- Must be in good standing and not have been placed on suspension within the current school year.
- Must be clear of any fees with any other school related activity or sport.
- Must not have no more than 1 “F” or “UN”

**The following MUST BE completed BEFORE you can participate in clinics or tryouts:**

- Cheerleading Application Packet
- Parental permission form

**Selection of cheerleaders will be based on the following:**

- A cheer, chant, and dance that will be taught to you during the clinic.
- Rhythm and precision
- Jumps
- Specialty
- Attitude, initiative, teamwork, leadership, work ethic, enthusiasm, and coachability.

### **What do you wear to clinic & tryouts?**

During clinic days please wear black or red comfortable, length appropriate shorts or leggings and a white t-shirt/tank top. **NO SPAGHETTI STRAPS!**

- Sports bras and proper undergarments must be worn
- No basketball shorts or pajamas
- No denim shorts
- No jewelry
- Your hair must be pulled back into a high ponytail
- Tennis shoes/athletic shoes must be worn. Non-athletic shoes are not acceptable. (Including Vans, Converse, Toms etc.)

**On official try-out day, you will need to wear shorts (black, Columbia blue or red) and a solid white t-shirt or tank top, hair must be in a high ponytail. (Bow optional)**

**DO NOT wear any previous cheerleading attire with logo during tryouts.**

Should you be chosen as a member of the squad, please be aware of the following immediate requirements:

1. You may need to attend Spirit Camp during the summer
2. You will be required to attend practices during the summer as scheduled by your advisor
3. You will need to purchase a uniform and camp gear
4. You will need to go through the standard Athletic Eligibility process which includes obtaining a physical exam, attending a parent night, and completing an eligibility packet

For those who make the squad:

- Team meeting (Mandatory for cheerleaders and their parents) – Date TBD
- Uniform fitting – Dates TBD
- Cheer Camp – Dates TBD
- Summer Practice – Dates TBD

Other duties and expectations will be set forth once squads have been chosen. Please see attached agreement.

### **Estimated Costs**

We realize that cheerleading is an expensive sport, however we try to cut the cost down as much as possible through fundraising. Please keep in mind fundraising plays a big part to offset some or all the cheer expenses. However, it is ultimately each individual's responsibility to cover costs of camp, uniform and other miscellaneous incidentals. At this time, we estimate total cost per individual to be approximately \$1000.

Good luck! If you have any questions, please contact:

Stephanie Ceralde / Cheer Advisor  
[Stephceralde92@gmail.com](mailto:Stephceralde92@gmail.com)

Jean Kinn Ashen / Athletic Director  
[jeankinn.ashen@salinasuhd.org](mailto:jeankinn.ashen@salinasuhd.org)

**\*The last day to turn in pages 4-6 will be April 5<sup>th</sup> in Room 504 or at first day of clinic\***

# North Salinas High School Cheerleading Information Sheet

Please complete the following information. Please write LEGIBLY.

Student Name: \_\_\_\_\_ Current Grade Level: \_\_\_\_\_

School Currently Attending: \_\_\_\_\_

Team you are trying out for:  Freshman  Junior Varsity  Varsity

Interested in going to competition:  Yes  No

Home Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Email address: \_\_\_\_\_ Birthday: \_\_\_\_\_

Parent / Guardian Name: \_\_\_\_\_

Home Address (if different from above): \_\_\_\_\_

Parent / Guardian Phone (if different from above): \_\_\_\_\_

Mother's Work Phone: \_\_\_\_\_ Mother's Cell Phone: \_\_\_\_\_

Mother's Email Address: \_\_\_\_\_

Father's Work Phone: \_\_\_\_\_ Father's Cell Phone: \_\_\_\_\_

Father's Email Address: \_\_\_\_\_

Emergency Contact Name (must be different from above): \_\_\_\_\_

Relationship to Student: \_\_\_\_\_

Emergency Home Phone: \_\_\_\_\_ Emergency Cell Phone: \_\_\_\_\_

# North Salinas High School Cheerleading Information Sheet

Please complete the following information. Please write LEGIBLY.

1. Are you allergic to any medications? If so, please list:

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2. Are you currently taking any medications? If so, please list:

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3. Are you currently being treated for any injuries? If so, please list:

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4. Any other medical information we should know about:

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5. What other extra-curricular activities do you currently or are you planning to partake in?

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6. Were you involved in any behavior infractions during the 2022 – 2023 school year? If yes, please explain:

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7. Do you have any previous cheerleading experience? If yes, please list organization and years involved:

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8. Why do you believe you should be selected as a member of NSHS Cheerleading?

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## Statement of Permission and Agreement

If you make the cheerleading squad, realize that you are making a commitment to North Salinas High School, your coaches, your teammates, and yourself for the **complete season (fall/winter)**. The decision to tryout should not be taken lightly. You will be expected to put academics as one of your top priorities. Furthermore, as a representative of North Salinas High School you must **maintain proper behavior and conduct at all times**. You must follow the cheerleading guidelines set forth in the North Salinas High School Cheerleading Constitution. Students who break the rules will be disciplined. By making this commitment to the North Salinas High School Cheerleading program, you will receive many valuable and rewarding experiences that you will remember long after you graduate from high school. These activities will not only channel your enthusiasm and spirit in a constructive and beneficial manner but will give you a sense of pride and accomplishment in being a part of a cheer family.

## Student Agreement

I, \_\_\_\_\_, have read the Spirit Leader Application and all attachments completely. I understand that I should attend all Tryout Clinic sessions to try out for the squad. If selected, I understand the immediate requirements as well as all of the responsibilities that I am obligated to. I agree to abide by the rules set forth in this agreement and to always support other members of the Spirit Squad.

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date

## Parent / Guardian Agreement

I, \_\_\_\_\_, the parent or legal guardian of \_\_\_\_\_, have read and understand the 2023 – 2024 Cheerleading Constitution and the 2023 – 2024 tryout information. I agree to abide by the policies described if my child is chosen as a member of the squad. While I expect reasonable precautions to be taken to prevent injury to my child, I understand that the school can assume no financial obligation for any injury my child may sustain. I also agree to the financial obligations as they are described in the information provided. By signing below, I am prepared to comply with the rules and requirements of the Spirit Leading Program set forth in this application.

\_\_\_\_\_  
Parent / Guardian Signature

\_\_\_\_\_  
Date