



Leigh High School Cheerleading Program 2018-2019

Dear Parents/Guardians and Cheer Candidates,

Thank you for your interest in the Leigh High School Cheerleading Program. LHS cheer provides students with an opportunity to develop leadership skills, learn to work as a team, participate in an extracurricular activity and sport, as well as make lasting friendships. It is important that both students/cheer candidates and parents/guardians read thoroughly through this information packet in order to have a complete understanding of what the Leigh High cheer program entails.

WHAT'S NEW?

Beginning in the fall of 2017, the state of California began to recognize high school competitive cheerleading as an official sport according to the California Interscholastic Federation (CIF). As with all of the sports at Leigh High School, competitive cheer is part of the Central Coast Section (CCS). Because of the implementation of competitive cheer as an official sport, there are many new rules and regulations to which high school cheer programs must abide.

The Leigh High competitive cheer program, while following the new regulations, remains true to traditional competitive cheer, referred to as TCC, and our competition team(s) will continue to compete throughout the region with the goal of competing at Nationals each year. The competitive cheer season takes place throughout the fall and winter seasons of high school sports. This means the competition team begins each year in August as school begins and ends in late February. Members of the competition cheer team will not be able to participate on any other high school athletic team while in season.

These new regulations change the competitive aspect of our program, including when and how we conduct tryouts for our competitive team versus the sideline (or game) team. For the 2018-2019 school year, Leigh High School's **tryout for the JV and Varsity sideline teams - which are still considered a Leigh High club activity - will take place from April 24-27, 2018**. Attendance each day is mandatory as we hold three days of workshops and a formal tryout on day four. Candidates who are selected for the sideline team will then have the opportunity, if they choose, to tryout for the JV or Varsity competition team in August.

Due to CIF regulations, **tryouts for the competition team will take place August 6-8, 2018**. For candidates interested in trying out for the competition team, attendance at the August workshops and formal tryout is mandatory.

Leigh High School Cheer Program and Team Options:

With the recognition of high school competitive cheerleading as an official sport in the State of California, Leigh High School has designed the program to provide the following options for team participation:

- 1) **Sideline (Game) Team ONLY** – the sideline team continues to be recognized as a school activity and is not part of the CIF/CCS. Sideline cheer is the traditional game cheerleader where team members represent the spirit of our school through the support of our athletic teams. Sideline cheerleaders cheer at football and basketball games, perform during halftime of the football and basketball games, perform at school rallies, and are involved in other school-related spirit activities. Tryouts for the sideline only team are taking place from April 24-27, 2018.
 - 2) **Sideline AND Competition Team** – This option is for those who not only enjoy cheering at the football and basketball games, but who also like the competitive aspect of cheerleading. Attendance at both the April 24-27, 2018 AND the August 6-8, 2018 tryout is mandatory. Please note, cheerleaders who are on both the sideline and comp teams do NOT have the option to quit the sideline team but remain on the competition team.
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It is important to remember that LHS cheer is truly a YEAR LONG commitment. For sideline cheerleaders, in addition to cheering at football games and basketball games, which include halftime performances and other spirit activities and rallies, summer practices and camp are a mandatory part of the program. Summer practices will be held 3-5 times per week. During the school year, practice will be held 3-4 days per week after school or in the evenings. Leigh sideline cheerleaders will also attend other Leigh sporting events during the winter and spring seasons to help show school spirit and support for ALL of our athletic teams, such as girls basketball. The team also participates in mandatory fundraising activities that run throughout the entire school year.

For the competition team, in addition to the responsibilities and commitment as a sideline cheerleader, attendance is mandatory at choreography sessions and comp team practice after school and/or during the evening during the season/school year. Participation in all team activities is required.

PROGRAM COMMITMENTS:

It is important for Leigh High cheerleaders to show their commitment and understanding of their responsibilities. In order for the team to function, all members must be present and able to rely upon one another at all times. We stress that absences are only allowed for serious illness, family emergencies, or major family events (e.g. weddings) to ensure that team members are committed and take their role on the team seriously.

Leigh Cheer also requires commitment from each family. We ask for family support in participating in fundraising events, as well as being supportive in all aspects of Leigh cheerleading – whether it is for the sideline program or the competitive program. Additionally, we ask that you plan ahead to schedule doctor, dentist, tutoring, or other appointments, as well as family vacations/trips, to avoid conflicts with practice, games, competition and other cheerleading activities.

The Leigh High School cheerleading team has traditionally mixed experienced cheerleaders with students new to cheerleading. Although a candidate may have prior cheerleading experience before coming to LHS, all incoming (or rising) freshmen trying out for the sideline team are required to participate only on the JV sideline team; sophomores, juniors and seniors may also be on the JV or Varsity sideline team. Both the JV and Varsity sideline teams incorporate a number of stunts and tumbling into their routines. Such stunts include basket tosses, lifting or press stunts, and other over-the-head stunts.

The JV competition team is comprised of cheerleaders from any grade level (9, 10, 11 & 12). The Varsity competition team is comprised of 10th, 11th, and 12th graders. Tumbling at the intermediate level is a bonus to being considered for the competition team, but is not a guarantee.

The cheer program at Leigh is an expensive program to operate. It is a self-supporting activity and sport that requires a great deal of financial support. The cost of the Leigh High School Cheerleading Program (sideline team only) is approximately \$1,600.00 per cheerleader which covers uniforms, coaching, camp, etc. Although competitive high school cheerleading is now recognized as a state regulated sport, the cost is unlike other high school sports. Because of this, separately, competition team expenses are approximately \$2,000.00 to cover competition fees (including Nationals), choreography, uniforms, coaching, etc. For team members participating on both the sideline and competitions teams, the cost per cheerleader can range from an approximate \$3,600.00 to \$4,000.00. We ask that cheerleaders and their families pledge to donate, as well as fundraise, money to help fund the entire program. In addition to personal donations and fundraising, the Leigh High Spirit Boosters (LHSB) organization helps support our cheerleaders by fundraising for the program throughout the year.

CAMP:

Leigh High School Cheer is also returning to sleep-away cheer camp this summer and Leigh will be attending the UCA camp at Sonoma State University in Rohnert Park, California from July 20-23, 2018. Attendance at camp is required as new skills and performance routines are taught in addition to the incredible team bonding that takes place.

Please reference the attached calendar/schedule for all dates, times and locations regarding tryouts, camp and summer practices.

In order for your child to meet the expectations and participate on the LHS cheerleading team (sideline and competition), a number of guidelines have been established. A LHS cheerleader must:

- Be respectful of teammates, coaches, advisors, administrators, teachers, peers, and all other schools' teams/organizations.
- Possess a minimum 2.0 GPA at the time of tryouts; all applicants/team members must be enrolled in five classes for a minimum of 25 units as students of Leigh High School for each school year; all applicants/team members must have passing grades in 20 or more credits of course work.
- Maintain a 2.0 GPA every six-week grading period.
- Be willing and able to attend all meetings, practices, games (sideline), competitions (comp team), and other events.
- Maintain exemplary behavior in daily life at school, in and out of uniform. (For example; showing respect to all opposing schools, showing respect to all members of the school staff, good attendance, and following all school rules and procedures).
- Be cooperative with all team members and follow the directions of the captain, coach and advisor.
- Sideline team members must attend all games (football and basketball) in uniform, including playoff/CCS games (as determined by the coach/advisor), as well as other LHS sporting events (as determined by the coach/advisor).
- Put LHS cheer team membership at the top of your priority list. *Other activities, worthwhile as they may be, are NOT valid excuses for missing ANY cheerleading event, including an after-school job.*
- Schedule all doctors, dentist, tutoring, or other professional appointments around the cheer practice and game schedule.

ALL application packets are due NO LATER than THURSDAY, APRIL 19, 2018. Applications are to be dropped off to the main office at Leigh High School to the attention of Stephanie Theodule, Cheer Advisor or directly to Mrs. Theodule in Room 69. If you have any questions or concerns, please contact Mrs. Theodule by email at stheodule@cuhsd.org or Karen Clark, LHSB President, at lhsbpresident@leighhsc.org.

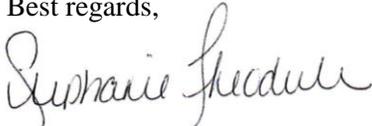
Tryout workshops for the sideline team begin Tuesday, April 24, 2018 and run through Thursday, April 26, 2018. The judged tryout begins at 3:00 pm on Friday, April 27, 2018. Workshops and tryouts are closed.

Tryout workshops for the competition team (both JV and Varsity) will be held on Monday, August 6, 2018 and Tuesday, August 7, 2018. The judged tryout will be held on Wednesday, August 8, 2018. (Times to be determined.)

Please note, in order to provide fair and adequate judging when selecting a new cheer team, we must hire outside members of the cheerleading community to serve as judges. **We request \$10 as a judging donation for all students trying out for cheerleading. Cash only; please no checks.** This money, with the application packet, is due **NO LATER** than Thursday, April 19, 2018.

Thank you for your time, support and cooperation. We are very excited about the upcoming 2018-2019 season!

Best regards,



Stephanie Theodule
LHS Cheerleading Advisor

SCHEDULE

Please note: ALL dates and times are subject to change.

- **April 18, 2018 (Wednesday)**: pre-tryout meeting. Leigh High School; 6:30 pm. *At least ONE parent/guardian MUST be present.*
- **April 19, 2018 (Thursday)**: ***ALL application packets and grades are DUE to the LHS main office or Mrs. Theodule by 2:30 pm.*** This includes the requested \$10 judging donation (cash only please), Emergency Medical Treatment Information and Statement, THREE (3) Teacher Recommendation forms, and ONE (1) Coach's Recommendation form. (***Please note***: A PE teacher is NOT a coach and the recommendation will not count as a coach's recommendation UNLESS the teacher has coached you on an athletic team.) ***Teachers and coaches*** are to return the recommendation forms DIRECTLY to Mrs. Theodule's mailbox in the teachers' workroom at LHS. For those not currently attending Leigh High School this year, please have your teachers and coaches mail the form to Leigh High School, Attention: Cheer / Mrs. Theodule. The envelopes must be sealed and returned by Thursday, April 19, 2018. Applications must be complete in order to attend workshops. ***Students trying out for the team are NOT to collect the recommendation forms. Please have your teachers/coaches mail them DIRECTLY to Mrs. Theodule at Leigh High School.***
- **April 24 – 26, 2018 (Tuesday – Thursday)**: Sideline Team Workshop week: 4:00 pm – 6:00 pm. LHS cafeteria. *While attending workshops, please do not wear any t-shirts, shorts, etc. that indicate that you have been a cheerleader for Leigh or any other school/organization.*
- **April 27, 2018 (Friday)**: Tryouts for the sideline team ***begin*** at 3:00 pm. LHS gym. (*Tryout times will be determined by grade level to accommodate middle school students upon release from school and travel time.*) ***Please note: tryouts are closed.*** *Please do not wear any attire that indicates that you have been a cheerleader for Leigh or any other school/organization.*
- **April 28, 2018 (Saturday)**: 8:00 am – tryout results will be posted in the main office windows. Results will be removed by 8:00 am on Monday, April 30.
- **May 9, 2018 (Wednesday)**: **MANDATORY Sideline team parent and student meeting**: 6:30 pm, LHS. *At least ONE parent/guardian MUST be present.*
- **May 16, 2018 (Wednesday)**: **MANDATORY** sideline team uniform fitting: 2:30 pm – 5:00 pm, LHS girls' locker room. (Fittings will take place in assigned shifts. Shifts TBD.)
- **June 7, 2018 (Thursday)**: Leigh Graduation Flower Sales Fundraiser – 2017-2018 Varsity Cheer Team AND new 2018-2019 Varsity Sideline Team. Shifts/Times TBD (*information to come*)
- **July 20-23, 2018**: Summer practices resume. SUBJECT TO CHANGE (ALL practices are **MANDATORY**.)
- **July 20-23, 2018**: Sideline Team Camp – Sonoma State University (**MANDATORY**)
- **August 6-8, 2018 (Monday - Wednesday)**: Competition Team Workshops and Tryout: 5:00 pm – 7:00 pm. LHS cafeteria. *While attending workshops and the tryout, please do not wear any t-shirts, shorts, etc. that indicate that you have been a cheerleader for Leigh or any other school/organization.*
- **August 2018**: TBD. SUBJECT TO CHANGE - **MANDATORY Competition Team parent and student meeting**: 6:30 pm, LHS
- **August 2018**: Weekly practice begins. (Times/Dates TBD.) (ALL practices are **MANDATORY**.)

PLEASE NOTE: All summer vacations are to be taken during June and July before we return to camp, choreography, and practices in July and August. Camp, choreography (comp teams) and all summer practices are **MANDATORY**. The first day of school is Monday, August 13, 2018.

**EMERGENCY MEDICAL TREATMENT
INFORMATION AND STATEMENT**

Student Information:

Name

Date of Birth

Allergies/Medications:

Allergies (foods, medications, animals, etc. – please be specific):

Other Medical Conditions or Physical Impairments (Asthma, Diabetes, Epilepsy/Seizures, Vision, Hearing, etc.)

Parent/Guardian Information:

Parent/Guardian Name(s)

Best Telephone Number

Relationship to Student

Additional Telephone Number

Street Address

City, State, & Zip

Additional Emergency Contact:

Name

Telephone Number

Relationship to Student

Insurance/Physician/Dentist:

Insurance Carrier

Insurance ID/Policy Number

Physician's Name

Physician's Telephone Number

Dentist's Name

Dentist's Telephone Number

I authorize the Advisor, Cheer Coach or Representative of Leigh High School to arrange transportation in case of an accident or acute illness for my student. In the event that reasonable attempts to contact me or another parent or guardian have been unsuccessful, I hereby give my consent for the administration of any treatment deemed necessary by any licensed physician. I authorize the transfer of my student to any hospital reasonably accessible. I understand that if medical treatment is necessary, I will assume financial responsibility for such treatment and will not hold the school, staff members, coaches or district liable for any injury.

Parent/Guardian Signature

Date

CONFIDENTIAL
TEACHER RECOMMENDATION

DO NOT GIVE THIS FORM BACK TO THE STUDENT REQUESTING A RECOMMENDATION. STUDENTS WILL NOT SEE YOUR COMMENTS. Thank you.

LEIGH TEACHERS: PLEASE RETURN THIS FORM TO THE SCHOOL MAILBOX OF STEPHANIE THEODULE IN THE TEACHER'S WORKROOM.

MIDDLE SCHOOL/OTHER SCHOOL'S TEACHERS: PLEASE RETURN THIS FORM TO LEIGH HIGH SCHOOL IN A SEALED ENVELOPE (Attn: Leigh Cheerleading, Leigh High School, 5210 Leigh Avenue, San Jose, CA 95124).

Student's Name: _____

The student who has given you this form is submitting an application to tryout for the Leigh High School Cheerleading Program. Your cooperation and support in this application and tryout process is greatly appreciated. Please complete the following information and include a statement regarding this applicant's past academic achievements, readiness for the responsibilities of a LHS cheerleader, level of social maturity and moral responsibility. Specific examples in support of your judgment would be most helpful.

We recognize the demand of this recommendation and appreciate your candor and honesty. Your comments will help us make an appropriate and informed decision regarding this student. Thank you for your time in providing a recommendation.

Please return this form to the mailbox of Stephanie Theodule in the teacher's work room at LHS by Thursday, April 19, 2018.

-
1. How long have you known the applicant? _____
 2. In what capacity (e.g., teacher of which subject)? _____
 3. On a scale of 1 to 5 (1 being lowest; 5 being best), please rate the applicant in each of the areas listed below:

_____ Ability to get along with others

_____ Attitude

_____ Cooperation

_____ Attendance and Punctuality

_____ Dependability

4. Comments: (your honesty is appreciated)

Overall, I would (please mark only one):

_____ highly recommend for the LHS Cheerleading Team

_____ recommend for the LHS Cheerleading Team

_____ recommend with reservations for the LHS Cheerleading Team

_____ not recommend for the LHS Cheerleading Team

Please add any additional comments on the reverse side of this paper.

RECOMMENDER INFORMATION:

Signature: _____

Date: _____

CONFIDENTIAL
TEACHER RECOMMENDATION

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Please return this form to the mailbox of Stephanie Theodule in the teacher's work room at LHS by Thursday, April 19, 2018.

-
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 2. In what capacity (e.g., teacher of which subject)? _____
 3. On a scale of 1 to 5 (1 being lowest; 5 being best), please rate the applicant in each of the areas listed below:

_____ Ability to get along with others

_____ Attitude

_____ Cooperation

_____ Attendance and Punctuality

_____ Dependability

4. Comments: (your honesty is appreciated)

Overall, I would (please mark only one):

_____ highly recommend for the LHS Cheerleading Team

_____ recommend for the LHS Cheerleading Team

_____ recommend with reservations for the LHS Cheerleading Team

_____ not recommend for the LHS Cheerleading Team

Please add any additional comments on the reverse side of this paper.

RECOMMENDER INFORMATION:

Signature: _____

Date: _____

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-
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_____ Attitude

_____ Cooperation

_____ Attendance and Punctuality

_____ Dependability

4. Comments: (your honesty is appreciated)

Overall, I would (please mark only one):

_____ highly recommend for the LHS Cheerleading Team

_____ recommend for the LHS Cheerleading Team

_____ recommend with reservations for the LHS Cheerleading Team

_____ not recommend for the LHS Cheerleading Team

Please add any additional comments on the reverse side of this paper.

RECOMMENDER INFORMATION:

Signature: _____

Date: _____

CONFIDENTIAL
COACH'S RECOMMENDATION

PLEASE RETURN THIS FORM TO LEIGH HIGH SCHOOL IN A SEALED ENVELOPE
(Attn: Leigh Cheerleading, Leigh High School, 5210 Leigh Avenue, San Jose, CA 95124).

DO NOT GIVE THIS FORM BACK TO THE STUDENT REQUESTING A RECOMMENDATION. STUDENTS
WILL NOT SEE YOUR COMMENTS. Thank you.

Student's Name: _____

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 Ability to get along with others
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 Cooperation
 Attendance and Punctuality
 Dependability
 4. Comments: (your honesty is appreciated)
Overall, I would (please mark only one):
 highly recommend for the LHS Cheerleading Team
 recommend for the LHS Cheerleading Team
 recommend with reservations for the LHS Cheerleading Team
 not recommend for the LHS Cheerleading Team

Please add any additional comments on the reverse side of this paper.

RECOMMENDER INFORMATION:

Signature: _____

Date: _____