



**Leigh High School**  
Cheerleading Program 2019-2020

Dear Parents/Guardians and Cheer Candidates,

We are excited to have you interested in the Leigh High School Cheerleading Program! You will learn teamwork, leadership skills, hard work, sacrifice and pride in a job well done, school spirit, and you will build lifetime friendships through the sport of cheer. There is a lot of information you need to know before you decide to take this on, though, so please read through this entire packet carefully. We will expect a lot of you, but the rewards are worth it!

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### **What is Leigh HS Cheer all about?**

Leigh Spirit is a nationally-ranked competitive cheerleading program, and we are proud to be one of the strongest, and largest cheer programs in the SF Bay Area. Our competitive cheer teams have taken home top 3 placements from USA Nationals for 4 years running, and this current year we were the only HS program in the Bay to take home top 5 placements for **both** our competitive cheer teams. In addition, we fondly like to call our impressive sideline teams an 'army' of cheerleaders as we had nearly 30 cheerleaders on each of our game squads the last 2 seasons, which is double the size of some other local HS programs. We have worked hard to build what we call the Leigh Legacy here, and we would love to have you become a part of it! Now let's get down to the details...

The competitive cheer teams are a CCS/CIF sport as of the 2017-18 school year, so the program follows 2 separate tryouts: one in the spring for sideline – which is still considered a club or activity – and one in early August for the competitive teams. Please note that only those candidates who make the sideline team at spring tryouts are eligible to try out for the competitive team in August.

### **TEAM PARTICIPATION 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 22-26, 2019.
- 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 22-26, 2019 AND the early August 2019 tryout is mandatory.
- 3) **NEW! Competition Team ONLY** – This option is for those who prefer to participate only in the competitive aspect of cheerleading. Attendance at both the April 22-26, 2019 AND the early August 2019 tryouts are mandatory. Although these athletes would not be placed on the sideline team, they will need to go through the same training and conditioning as the rest of the athletes. More detailed information about the competition team tryouts will be posted to the LHS cheer page, as this is a change to the program for the 2019-2020 season.

### **PROGRAM COMMITMENTS**

It is important for Leigh High cheerleaders to show their commitment and understanding of their responsibilities. For the team to function, all members must be present and able to rely upon one another always.

- This is a year-long commitment – participation in other activities and sports is not possible if an athlete opts for competition cheer. One teammate missing **does** make a difference in this sport. This is for the greater good of the team, please do not try to bend this rule.
- Practices/events during the school year – all team members must commit to attend all practices, games, competitions, and events. Make certain you own knowing when/where you need to be. Respect your team, the school you are representing, and always try to be a better athlete and teammate each day – 'show up' as the best 'you' that you can be!
- Summer practices – will begin around July 8<sup>th</sup> (exact date TBD but it will not be before this date) and are mandatory to prepare the teams for camp and competition team tryouts. Plan vacations accordingly please.
- Camp – We will hold a home camp July 25-27, 2019 at Leigh HS. This is mandatory for all participants. Please plan vacations accordingly.

- Maintain a minimum 2.0 GPA at all times for sideline team, and a 2.5 GPA for competition team; all 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 team members must have passing grades in 20 or more credits of course work.
- Absences – There are a very small number of excused absences allowed during the season. Exceeding the allowed absences may result in suspension or dismissal from the team. An excused absence is serious illness (highly contagious illness, family emergency, or major family event (e.g. wedding) not work, or a friend's birthday.
- Family support – participate in fundraising events, as well as be 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.

### TEAM ELIGIBILITY

- All candidates must possess a minimum 2.0 GPA at the time of tryouts
- JV Sideline – Grades 9 through 12 can be placed on this team. It can be a mix of new and experienced cheerleaders. This team's skills will involve stunting, tumbling, and all other aspects of traditional cheer.
- Varsity Sideline – Grades 10 through 12 can be placed on this team. Freshman are not eligible for Varsity sideline cheer. It can be a mix of new and experienced cheerleaders, but will typically be comprised of mainly experienced athletes. This team's skills will involve stunting, tumbling and all other aspects of traditional cheer, typically at a higher skill level and with a higher demand placed on them than at the JV level.
- JV Competition Team – Grades 9 through 12 can be placed on this team and can be a mix of new and experienced cheerleaders. Final size and skill division will depend on talent pool for the current season.
- Varsity Competition Team – Grades 10 through 12 can be placed on this team and can be a mix of new and experienced cheerleaders but will typically be comprised of mainly experienced athletes. Final size and skill division will depend on talent pool for the current season, but typically this team would be expected to compete at a higher skill division.

### PROGRAM COSTS – (estimated)

The cheer program at Leigh is an expensive program to operate and requires a great deal of financial support via family donations and fundraising activities. We believe in total transparency in the overall expenses that it costs to run a nationally-ranked cheer program like ours. Some programs will give you a base cost and then keep hitting you with add-ons throughout the year –we want to be totally up-front so you know what you are getting into, so here are the estimated costs for each team (this is based on last year – subject to some changes for this season, but it won't change by much):

- JV Sideline ONLY - \$1755
- JV Sideline and Comp (total, not in addition to above) - \$3950
- Varsity Sideline ONLY - \$1825
- Varsity Sideline and Comp (total, not in addition to above) - \$4280

Now here is the good news! Leigh High Spirit Boosters (LHSB) provides many opportunities to fundraise throughout the season and we have had many families cover the entire cost of their suggested donation with fundraising!

**ALL application packets are due NO LATER than THURSDAY, APRIL 18, 2019.** Applications are to be dropped off to the main office at Leigh High School to the attention of Jennifer Bergthold, Cheer Advisor. If you have any questions or concerns, please contact Coach Jen at [jenniferbergthold@yahoo.com](mailto:jenniferbergthold@yahoo.com) LHSB President, at [lhsbpresident@leighhsc.org](mailto:lhsbpresident@leighhsc.org).

Tryout workshops for the **sideline** team begin Monday, April 22, 2019 and run through Thursday, April 25, 2019 from 4:00-6:00pm The judged tryout begins at 3:00 pm on Friday, April 26, 2019. Workshops and tryouts are closed.

Tryout workshops for the **competition** team (both JV and Varsity) will be held in early August with a 3-day workshop and tryouts on Thu or Fri. Timing will depend on facility availability at the school.

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.** Thank you for your time, support and cooperation. We are very excited about the upcoming 2019-2020 season!

Cheers,

Jennifer Bergthold  
LHS Cheerleading Advisor

## SCHEDULE

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

- **April 17, 2019 (Wednesday):** pre-tryout meeting. Leigh High School; 7:00 pm. *At least ONE parent/guardian MUST be present.*
- **April 18, 2019 (Thursday):** **ALL application packets and grades are DUE to the LHS main office 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 Coach Jen's (Cheer Advisor'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 Advisor. The envelopes must be sealed and returned by Thursday, April 18, 2019. 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 Leigh High School.**
- **April 22 – 25, 2019 (Monday – 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 26, 2019 (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 27, 2019 (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 29.
- **May 8, 2019 (Wednesday):** **MANDATORY Sideline team parent and student meeting:** 7:00pm, LHS Cafeteria. *At least ONE parent/guardian MUST be present.*
- **May 15, 2019 (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 2, 2019 (Saturday):** Leigh 5K Stampede @ Leigh HS 8am – both teams mandatory participation (*more information to come*)
- **June 6, 2019 (Thursday):** Leigh Graduation Flower Sales Fundraiser – 2018-2019 Varsity Cheer Team AND new 2019-2020 Varsity Sideline Team. Shifts/Times TBD (*information to come*)
- **July 8-24, 2019:** Summer practices resume. SUBJECT TO CHANGE (ALL practices are **MANDATORY**.)
- **July 25-27, 2019:** Sideline Team Camp – Home Camp @ LHS (**MANDATORY**)
- **Early August TBD (Monday - Thursday):** Competition Team Workshops and Tryout: Time TBD 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 2019:** TBD. SUBJECT TO CHANGE - **MANDATORY Competition Team parent and student meeting:** 6:30 pm, LHS
- **August 2019:** 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. Camp, choreography (comp teams) and all summer practices are **MANDATORY**.

**LHS Cheerleading Application 2019-2020**

Name (please print): \_\_\_\_\_ Cell #: \_\_\_\_\_

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

2019-2020 year in school (circle one): Freshman Sophomore Junior Senior

Please mark one option:  I am trying out for the sideline team only  
 I am trying out for sideline AND competition team

I am willing to be an alternate on the competition team:  Yes  No

Tumbling experience:  Yes  No (Please note: tumbling does NOT include cartwheels, round-offs, forward-rolls)

Standing \_\_\_\_\_ Running \_\_\_\_\_

Why do you want to be an LHS cheerleader? \_\_\_\_\_

\_\_\_\_\_

**Contact Information**

Parent/guardian Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ Email address: \_\_\_\_\_

Parent/guardian Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ Email address: \_\_\_\_\_

**GPA Requirements**

In order to tryout and participate in LHS Cheer, at the time of tryouts you must have a 2.0 or higher GPA. You must maintain the required GPA throughout the entire school year.

If you are a Leigh student, please see your counselor or check in with the Student Service Center for grade verification.

\_\_\_\_\_ GPA \_\_\_\_\_ LHS Administrator's Signature

***If you presently attend middle school or are transferring from another high school, please provide a verified copy of your most recent grade report.***

I am ready to try out for the LHS 2019-2020 Cheer Team and I understand the commitment I will be making if I am selected.

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**EMERGENCY MEDICAL TREATMENT  
INFORMATION AND STATEMENT**

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***Student Information:***

\_\_\_\_\_

Name

\_\_\_\_\_

Date of Birth

**Allergies/Medications:**

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

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

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***Parent/Guardian Information:***

\_\_\_\_\_

Parent/Guardian Name(s)

\_\_\_\_\_

Best Telephone Number

\_\_\_\_\_

Relationship to Student

\_\_\_\_\_

Additional Telephone Number

\_\_\_\_\_

Street Address

\_\_\_\_\_

City, State, & Zip

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***Additional Emergency Contact:***

\_\_\_\_\_

Name

\_\_\_\_\_

Telephone Number

\_\_\_\_\_

Relationship to Student

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***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 CHEER ADVISOR 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 Cheer Advisor mailbox in the teacher's work room at LHS by Thursday, April 18, 2019.**

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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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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 Cheer Advisor mailbox in the teacher's work room at LHS by Thursday, April 18, 2019.**

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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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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  
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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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.

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- 
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  2. In what capacity? \_\_\_\_\_
  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: \_\_\_\_\_