

FUHS Cheer and Song Tryout Packet



TRY OUT CHECKLIST (STUDENT USE)

Do I have the following completed before I turn in my packet to the coaching staff?

Items in Packet:		Additional Items:	
Student Information Sheet (digitally)		Photo	
Signed Tryout Agreement		Resume	
Signed Photo/Video Release		Student Information Sheet (digitally)	
Signed Social Media Agreement		Report Cards	
Signed Acknowledgement Contract		Current Year Attendance	
		Teacher Evaluations Received	
		Administrative Evaluation Received	

For more information please contact:
Allison Lohran (Advisor)
alohran@fjuhsd.org



FUHS Cheer and Song

Tryouts: 2020-2021 Squads UPDATED

APPLICATION DEADLINE

April 21, 2020

- A **COMPLETED Application** must be handed into the Cheer Advisor (Allison Lohran) or be placed in the Cheer Advisor's mailbox in the Main Office by **3:30 pm**.
- A **COMPLETED Athletic Clearance** must be submitted in the Main Office to the Athletic Director. Students not athletically cleared prior to April 27 will not be eligible to participate in tryouts.



SONG TRYOUTS

April 27 & 28 in the DANCE Rooms at 3:30PM to 6:30PM



SIDELINE CHEER TRYOUTS

April 28-30 in the DANCE Rooms, 3:30PM to 6:30PM



RESULT NOTIFICATION

May 1, 2020

- Team selection results will be posted on the Dance Room door by tryout # and/or name.

MANDATORY 2020-2021 TEAM/BOOSTER MEETING

May 4, 6:00 pm, Staff Cafeteria

- Mandatory attendance for a parent/guardian and student on the 2020-2021 team

UNIFORM AND SPIRIT WEAR FITTING

May 6, 2020, Room 40, Times are based off squad levels

EVERY student is required to attend this personalized fitting

- Varsity Song 3:30 pm, Varsity Cheer 4:00 pm, JV Cheer 4:30 pm

SUMMER PRACTICES

June 1 - 25 and July 20 - August 7

- Practice will be held Monday-Thursday

June 29 - July 17

- NO PRACTICES

AWAY CAMP

July 22-25, 2020 at CSUF

- Approximately \$475 per athlete
- \$250 deposit due Monday, May 4
- Final payment (\$TBD) due Monday, June 1

Follow us on Instagram @fuhs.cheer.song and on Facebook at Fullerton Cheer Song

Grades, Attendance, Finance, Athletic Clearance Forms

GRADES AND ATTENDANCE

Please attach a copy of your Fall semester report card, most recent progress report card (3rd quarter for high school), and current attendance records. The records must show the school name and date.

FINANCES

Below is the approximated fair share contribution based on the purchase of a new uniform.

Uniform includes: shoes, warm up jacket (with lettering) and pants, sleeves, bag (with lettering), poms, plus either shell (with lettering) and skirt liner or dress

Spirit Wear includes: tanktop (with lettering) and skirt; Mesh Jersey (with lettering)

There are also additional fees (i.e. coach fees, special event bows and poms, cheer boxes, etc.).

Away camp is approximately \$475 per student. The total may change based on the number of students and required chaperones. The deposit of \$250.00 is due at the first parent meeting on Monday, May 4. The final payment will be due at the first summer practice on Monday, June 1.

Each member is expected to contribute their fair share to the team. The expected fair share contribution is approximately \$600, not including uniform and camp fees. If your family is experiencing financial hardship, please speak with the Advisor or Treasurer. Any information regarding hardship will be kept confidential on a need to know basis.

Please understand the contribution amount is a tentative number pending approval at the meeting in May. Once our team is set and we have finalized the number uniforms being purchased you will receive an update fair share contribution amount.

ATHLETIC CLEARANCE

Athletic Clearance forms and instructions can be found on the FUHS Athletics Website. See the Athletic Director, Mr. David Posthuma, or Assistant Athletic Director, Joe Olivas, in the Athletics Office for appropriate paperwork. <https://fullertonindiansathletics.com/> → Click “More” → Look Under “Athletic Clearance”

CONFLICTS

List any potential conflicts that you may have.

Student Information Sheet

<https://forms.gle/Wn9Y5jFWdm19uBqHA>



Current Teacher Evaluation for FUHS Cheer and Song Tryouts



<https://forms.gle/4rj2QLNT7Q1nG21u6>

Administrative Evaluation Form for FUHS Cheer and Song Tryouts

<https://forms.gle/arnVJSTxvpqof5eh6>



*****Form must be completed by a Principal or Assistant Principal at your current school site.*****

FUHS Cheerleading/Songleading Tryout Packet

Student Name: _____ Grade in 2020-2021 _____

Interested in (circle): CHEER

SONG

(DO NOT FILL OUT THIS PORTION OF THE PAGE)

Items in Packet:		Additional Items:	
Student Information Sheet (digitally)		Photo	
Signed Tryout Agreement		Resume	
Signed Photo/Video Release		Student Information Sheet (digitally)	
Signed Social Media Agreement		Report Cards	
Signed Acknowledgement Contract		Current Year Attendance	
		Teacher Evaluations Received	
		Administrative Evaluation Received	
		Cleared with FUHS Athletic Department	

Parent/Student Tryout Agreement

Parent Agreement:

My Child, _____ has my permission to be a cheerleader/songleader at Fullerton Union High School. I understand that he/she must abide by the rules and regulations set forth by the head coach, faculty/staff, and the principal of Fullerton Union High School, and be present for all practices, games, tumbling, and events. I have read the rules and regulations and understand that the violation of any of these rules may lead to temporary or permanent suspension from the squad. **I understand that all forms attached must be completed by April 21, 2020, or my child will not be allowed to tryout and will be eligible to make the team.** I understand that my daughter / son will be evaluated by qualified judges, and we agree to abide by the decision of the judges.

I understand that donations are important to the cheer and song program and are stingily encouraged. I understand that cheer and song will take priority over outside activities and/or jobs.

I understand by the very nature of the activity, cheerleading, tumbling, stunting, and dancing carry a risk of physical injury. No matter how careful the participant and coaches are there is a risk of injury.

I understand that there will be additional rules that become implemented throughout the year, and in order for my son/daughter to stay on the team, they must uphold these additional rules. I understand that if I pull my son/daughter from cheer and song under any circumstances, he/she will not be allowed back on the squad.

Parent Signature: _____ Date: _____ / _____ / 2020

Student Agreement:

I am interested in being a cheerleader/songleader at Fullerton Union High School. I understand the risks stated above. **I understand it is my responsibility to turn in all forms attached no later than April 21, 2020, or I will not be eligible to tryout or make the team.** If elected, I promise to abide by the rules and regulations set forth by the head coach, assistant coach athletic advisor, and the principal of Fullerton Union High School. I promise to cooperate and follow the instructions of all coaches.

Student Signature: _____ Date: _____ / _____ / 2020

FULLERTON HIGH SCHOOL CHEER AND SONG

Photo and Video Release

I hereby authorize Fullerton Union High School Cheer and Song to publish the photographs and videos taken of me and/or the undersigned minor children, and our names, for use in the Fullerton Union High School Cheer and Song printed publications, website and training purposes.

I release Fullerton Union High School Cheer and Song from any expectation of confidentiality for the undersigned minor children and myself and attest that I am the parent or legal guardian of the children listed below and that I have the authority to authorize Fullerton Union High School Cheer and Song to use their photographs, videos and names.

I acknowledge that since participation in publications and websites produced by Fullerton Union High School Cheer and Song is voluntary, neither the minor children nor I will receive financial compensation.

I further agree that participation in any publication and website produced by Fullerton Union High School Cheer and Song confers no rights of ownership whatsoever. I release Fullerton Union High School Cheer and Song, its contractors and its employees from liability for any claims by me or any third party in connection with my participation or the participation of the undersigned minor children.

Parent Signature: _____ Date: _____ / _____ / 2020

Parent Name (Print): _____

Street Address: _____

City, State, Zip: _____

Name and Age of participant:

Name: _____ Age: _____



Student – Activity Social Media Agreement

Social media can be a useful tool to communicate with teammates, fans, friends, coaches and more. Social media can also be dangerous if you are not careful. Every picture, link, quote, tweet, status or post that you or your friends put online is forever part of your digital footprint. You never know when that will come back to hurt or help your reputation during the recruiting processes, a new job or other important areas of your life.

- I take responsibility for my online profile, including my posts and any photos, videos or other recordings posted by others in which I appear.
- I will not degrade others, including my opponents before, during or after games.
- I will post only positive things about others, my teammates, coaches, opponents and officials
- I will use social media to purposefully promote abilities, team, community and social values.
- I will consider “Is this the me I want you to see?” before I post anything online.
- I will ignore any negative comments about me and will not retaliate.
- If I see a teammate post something potentially negative online, I will have a conversation with that teammate. If you do not feel comfortable doing so, I will talk to the team captain or a coach.
- I am aware that I represent my sport(s), school, team, family and community, at all times, and will do so in a positive manner.
- I am aware that if I use social media in a negative manner I may jeopardize the privilege of representing Fullerton Union High School in extracurricular activities including, but not limited to, athletics.

Student Athlete (print)

Student Athlete (signature)

_____/_____/ 2020
Date

Parent/Guardian (print)

Parent/Guardian (signature)

_____/_____/ 2020
Date

Student/Parent Tryout Acknowledgement Contract 2020/2021

Being a good cheerleader/song leader means being responsible and effective. As a cheerleader/songleader, I understand that I am expected to abide by the following requirements and expectations.

1. I will maintain a passing grade in at least 5 classes and maintain a Total, Non-Weighted GPA of 2.0 throughout the school year.
2. I will maintain my grades in citizenship, work habits, and academics.
3. I will remember that I am a representative of Fullerton Union High School, the students, faculty, and staff. I will behave in such a way as to bring respect to that position, to my school, and to myself.
4. I will follow the rules established in the school handbook and in each of the classes of which I am a member.
5. I will attend school and class unless I have an excused absence.
6. If I have specific responsibilities and have no other choice than to be absent, I will find someone to take my place and let the advisor know as soon as possible.
7. I will be open and honest with my advisor in all matters. If something is bothering me, I will go directly to the advisor rather than "cause waves" within the class.
8. I will do my best to meet new individuals on campus and broaden my friendships so I can truly represent the student body.
9. I understand that I am a leader on campus and will be held to a higher standard of accountability than a regular student. My position makes me more visible and thus more responsible.
10. Failure to conduct myself accordingly as related to the above items will result in my removal from the cheer and song program.
11. Complaints about my conduct from members of the faculty and staff or members of the student body may result in my removal from the cheer and song program.
12. Any involvement in insubordination, intimidation, confrontations (fighting), drinking, drug abuse, smoking, or stealing will be grounds for my immediate removal from the cheer and song program.
13. Failure to leave a party, function, location or event where the aforementioned items are evidenced by a squad member.

Student

I, _____ (Print Name), understand the requirements and expectations listed within the cheer and song Constitution and Contract*. I further understand that my active and consistent involvement/attendance in this class is crucial to my personal success as well as the success of the group as a whole. In addition, as a role model and leader, I understand that I am expected to know and abide by all school rules as outlined in the Fullerton Union High School Student Handbook.

Furthermore, I understand that some activities and assignments in this class will require me to work on weekends, early mornings and late nights, which may force me to make tough decisions about my personal time with regards to commitments I've made through this class.

X _____ Date _____ / _____ / 2020
(student signature)

Parent/Guardian

I, _____ (Print Name), understand the requirements and expectations listed within the cheer and song Constitution and Contract*.

X _____ Date _____ / _____ / 2020
(parent/guardian signature)

**Advisor reserves the right to make changes to the Constitution and Contract at any time.*