

# Fort Zumwalt North High School Cheerleading Tryouts

Google Classroom: FZN Cheer Tryout 2021-2022

**Code: 3gnjndz**

Please check here for all vital information.

## Important Dates:

- **Informational Meeting for Newcomers:**

- This is helpful for anyone new to the FZN cheer program. I will be answering any questions parents may have and walking you through the tryout process.
- **Monday, March 15, 2021: 6-7 pm, North High Library**

- **Tryout Clinics:**

- **Monday**, March 22, 6-8 pm, North High Upper Gym
  - I will begin registering and collecting paperwork at 5:30
- **Tuesday**, March 23, 6-8 pm, North High Upper Gym

- **Tryouts:**

- **Thursday**, March 25, Beginning at 2:45 p.m., North High LOWER gym.
  - On Thursday, we will be doing the stunt and tumble portion of the tryouts.
- **Friday**, March 26, Beginning at 2:45 p.m., North High Upper Gym
  - On Friday, cheerleaders will be doing the cheer, chant, and dance portion.
  - Athletes will be given a time slot for their tryout. Consideration will be given to middle school students, spring sport athletes, and acceptable requests. Better estimates of arrival times will be provided as the final tryout day gets closer.
  - Results will be posted on the **FZN Cheer Tryout 2021** Google Classroom.

- **2021-22 Parent/Athlete Mandatory Meeting**

- Wednesday, April, 7th. 6:00 pm - North High Cafeteria
  - **CAMP DEPOSIT OF \$100 due at this time**
- Fundraisers will begin on April 7th - This is voluntary and will defray your family's costs. Money goes towards individual's camp and clothing. This year's fundraiser is still TBD.
  - Fundraisers typically last about 2-3 weeks.

**ALL CAMP MONIES WILL BE DUE NO LATER THAN MAY 7, 2021**

**ALL CLOTHING MONEY WILL BE DUE NO LATER THAN MAY 21, 2021**

- **Camp Practices:**

- Will be held prior to camp in the North High Front Circle and are TBD

- **Cheerleading Camp:**

- We will be attending camp at Lindenwood University this year.
- **Camp date:** Saturday, July 10th - Tuesday, July 13th
- Cost: about \$420, final price TBD

## Tryout Clinic 2021 Expectations:

### All forms must be turned in for you to participate in clinics:

- A current physical on file with North High
  - All students MUST have the new MO 2-year physical form.
- MSHSAA annual Pre-Participation form
- FZSD 2020 - Covid Liability Waiver
  - ALL links for paperwork above can be found on our website:  
<https://fznorthactivities.com/main/filesLinks/>
- Cheerleader Information Form
- Permission to Participate Form
- FZN Cheerleading Expectations and Attendance Policy

### Please arrive on time.

- Hair should be up.
- Dressed in gym shorts/leggings, tee shirt, and tennis shoes.
- NO JEWELRY. No exceptions.
- Nails must be trimmed so that they cannot be seen above your fingertips.
- Eat dinner before you come, **and bring water to practice.**
- Be sure to join the Google Classroom. This is where videos of the cheer, chant, and dance will be posted.

### Your performance will be judged on the following items:

- Cheer (group and individual)
- Chant
- Dance
- Stunt
- Tumbling
- Jumps
- Overall Voice, Spirit and Poise

*A maximum of 24 Varsity, 20 Junior Varsity, and 20 Freshman Cheerleaders will qualify per season.  
**Those who are on the 2020-2021 cheer teams are NOT guaranteed a spot in 2021-22.***

# Cheerleader Information Sheet

Name: \_\_\_\_\_

Current Grade Level: \_\_\_\_\_

School Email Address: \_\_\_\_\_

## Parent Contact Information:

Parent Name \_\_\_\_\_

Email Address \_\_\_\_\_

Phone Number \_\_\_\_\_

**Please indicate what season you are trying-out for.**

\_\_\_\_\_ **Both Seasons**

- Fall Season cheers for Football and Soccer.
- Winter Season cheers for Boys and Girls Basketball and Wrestling.

\_\_\_\_\_ **Fall Season Only**

- Cheering ONLY in the fall allows you to participate in a different winter sport (Basketball or Swimming & Diving)

\_\_\_\_\_ **Winter Season Only**

- Cheering ONLY in the winter allows you to participate in a different fall sport (Volleyball, Softball, Tennis, Cross Country or Golf)

**Please put an X next to EACH level for which YOU ARE willing to cheer for.**

(You will be placed on the highest level for which you qualify, based on your tryout score.)

Freshman \_\_\_\_\_ JV \_\_\_\_\_ Varsity (no incoming freshmen) \_\_\_\_\_

**CIRCLE ONE:** If there is a one-season opening on Varsity, would you rather...?

JV for both seasons or be placed on Varsity for only one season?

## Permission to Participate Form

**Student Name:** \_\_\_\_\_

**Current Grade Level:** \_\_\_\_\_

My son/daughter has my permission to participate in cheerleading clinics and tryouts.

I understand that my son/daughter must have a current physical on file in the activities office prior to participating in any clinics.

I certify that we live within the boundaries of Fort Zumwalt North High School. I understand that once my son/daughter participates in tryouts for North High, she is no longer eligible to try-out for any other Fort Zumwalt High School for the same school year.

I understand that there is a financial responsibility that goes along with participating in an extra-curricular activity, and I have been provided with information estimating the cost of cheerleading this year.

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date

Parent Name \_\_\_\_\_

## NORTH HIGH CHEERLEADING EXPECTATIONS

*Cheerleaders must follow all rules and expectations for attendance, citizenship, discipline, and grades, as outlined by MSHSAA for all high school athletics. More information on MSHSAA is provided at the CAPS meetings at the beginning of each season.*

- **Calendar** - A calendar will be provided for you as soon as possible. You are responsible for regularly checking the Google calendar for updates. If you absolutely have to miss a scheduled event, it is your responsibility to notify the coach and captains ASAP. If you do not notify the coach of an absence, it will be considered unexcused.
- **Attendance** - You will be allowed three excused absences before discussion with Mr. Hickey. Any infraction thereafter could result in removal from the team. Tardiness of 10 minutes or more is considered an absence. ZAEP and out-of-school suspension are not excused, and they may result in removal from the team.
- **Practices & Games** - You are expected to be at all practices and assigned games - dressed appropriately, with water and a positive attitude. You will have your full uniform at each game, to allow for team flexibility. Failure to wear the required uniform will result in benching. (this includes warm-ups, bows, and poms)
- **Spirit Days** - You will participate in all spirit days, and this will sometimes require the purchase of a tee shirt.
- **At School** - You will conduct yourself with respect at all times. This includes following the dress code and no PDA. You will be a role-model and represent FZN.
- **When in Uniform** - Uniforms and other cheer clothes are only to be worn to school events. They are not to be lent out or worn by anyone not part of the cheerleading program.
- **Social Media** - All social media communication is to be respectful and appropriate. If you are found with anything inappropriate on social media, this can result in a bench, a meeting with Mr. Hickey, and/or other potential repercussions.
- **The way we treat one another...** - You will be kind and respectful to your teammates at all times. As you know, not everyone can be in the front row and at the top of the pyramid. You will have the opportunity to contribute to collaboration throughout the season, if this is a concern that you have. Be sure to come to cheer with a positive attitude.
- **The proper way to address concerns...** - If there is something that is of concern, you are responsible for addressing it with your captains and then your coach. If something fails to be resolved in this way, the next step is to involve parents and/or administration.
- **End of Year Banquet...** You must be a team member in good standing to attend the end of year banquet.

**I understand expectations and that failure to meet them will be met with extra conditioning, which is at the coach's discretion.**

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Student Signature

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Parent Signature