



**THANK YOU** for showing interest in joining the Lakota West Cheer family for the 2020-2021 football and basketball season. We are excited to see what new and upcoming talent will be displayed at this year's tryout.

In lieu of our face to face meeting, important details and specifications about the upcoming season have been added to this packet.

The purpose of this packet is to provide enough information about the season to help you determine if this program is something you and your family can commit to.

Virtual tryouts will begin on Monday, April 13 at 9am. We highly recommend reading the virtual tryout guide provided in this packet beforehand in order to get familiar with the new virtual process. For updates please check the following resources regularly, and if you still have questions please email Coach K at [Kayla.rodgers24@yahoo.com](mailto:Kayla.rodgers24@yahoo.com)

- Twitter - @LWHS\_Cheer
- <https://gowestfirebirds.com/category/fall-cheer/>

You will find the following information in this packet:

- Expectations and Responsibilities for cheerleaders
- Expectations and Financial responsibilities for parents
- Information on Football and Basketball squads
- Virtual Tryout Guide



## **EXPECTATIONS AND RESPONSIBILITIES FOR CHEERLEADERS**

Being a part of the Lakota West family is a privilege. It is far beyond showing up to games, wearing red lipstick, and shaking pom poms. In this program we focus on becoming better, stronger athletes and developing confident, charismatic leaders within the school and community.

**Eligibility:** 3rd quarter grades will be taken into consideration during tryouts. You are STUDENT athletes. Being a student will always come before being a cheerleader. We expect all of you to properly manage your schoolwork along with your cheer schedule. Preparing for a test or project is not a proper excuse for missing a practice or game, and being a busy athlete is not an excuse for poor grades. Time management will be key in balancing the two. If eligibility is not met, there is a zero tolerance policy in this program.

**Personal Responsibility:** At the high school level, it is now your responsibility to communicate with the coaches and teammates for information. It is your responsibility to know your schedule, keep your parents updated with changes throughout the season, and find rides if needed. While the coaches will still be in communication with your parents, it is ultimately your responsibility to keep track of all cheer related information, and failure to do so will fall back on you, not your parent.

## **EXPECTATIONS AND FINANCIAL RESPONSIBILITIES FOR PARENTS**

Parents, your support is what makes the program go round! While we focus on personal responsibility with the girls, we respect the vital role you all have in your children's lives and how that impacts their success in the program. Keeping you all up-to-date on information is important to us.

Below are the responsibilities that need to be understood before allowing your child to participate.

### **Transportation:**

Games: We have bussing for select away games and it is drop off only. Athletes will need to have a ride home. Communication between parents and teammates typically results in successful carpooling. The bus schedule is typically released in August, therefore you will be able to plan ahead.

**Practices:** During the school year, practices will typically be held after school and therefore will only require a ride home in the evening.



## **EXPECTATIONS AND FINANCIAL RESPONSIBILITIES FOR PARENTS *con't***

### **Approximate Fees:**

Lakota athletic fees: \$200 per season (if you receive free or reduced lunch this fee is waived)

Camp fee: \$155

Attire (purchased through Varsity)

New girls- 3 day practice wear \$150

Returners- 2 tops, one pair of shorts (reusing the skirt, red collared tank, and red and black shorts from previous season): \$91.97

Other essentials

Poms: \$23.00

Shoes: \$59.00

Midriff: \$21.95 (*plus an embroidery cost for varsity only*)

Brief: \$13.95 (*any solid black spandex work as well*)

Additional miscellaneous costs up to \$40 (booster events, senior night, etc...)

We provide uniform, warm up jacket, warm up pant and bows.

Estimated payment timeline

May: Attire + essentials

July: Camp fee

August: Lakota Athletic fees (football)

November: Lakota Athletic fees (basketball)

If there are financial concerns, I highly encourage you to reach out prior to tryouts to discuss this!

There is a Lakota Athletic Participation Fee Fund Scholarship available through the community foundation:

<https://www.wclfoundation.org/grants-and-scholarships/lakota-athletic-participation-fee-fund-scholarship-6/>

Deadline is usually sometime in August for Fall sports.



## **FOOTBALL AND BASKETBALL SEASON INFORMATION**

*Please read carefully*

You are not required to try out for both football and basketball. You have the choice to try out for just football, just basketball, or both. Additionally, you have the choice of what squads you are trying out for (Freshman, JV, and/or Varsity). You will only be considered for the squads you choose.

Your decision must be made prior to tryouts (see tryout form). NO adjustments post tryout.

### **Summer commitment/practices:**

- Select video material will be sent out in May and need to be learned by the first practice.
- Practices will begin the second week of July for ALL cheerleaders (football AND basketball)
- We will practice 3 days a week until school starts (basketball-only girls will be dismissed from practices after camp).

### **July UCA Camp:**

UCA camp for ALL cheerleaders will be held at Lakota West High School July 24th, 25th, and 26th.

July is an extremely important month for cheerleading and we ask that you do your best to plan vacations around this time.

### **Details on football cheerleading:**

All squads will cheer all home and away games. There are typically 12 games in a football season.

**VARSITY:** The Varsity squad will consist of 15-18 cheerleaders. Games are typically Friday evenings.

**JUNIOR VARSITY:** The Junior Varsity squad will consist of up to 12 cheerleaders. Games are typically Saturday afternoon.

**FRESHMAN:** The Freshman squad will consist of up to 12 cheerleaders. Games are typically Wednesdays @5:30

## **FOOTBALL AND BASKETBALL SEASON INFORMATION** *con't*



### **Details on basketball cheerleading (high commitment):**

Pre-camp summer practices and camp are still mandatory for basketball-only cheerleaders. After camp, basketball cheer practices will begin in November.

All squads will cheer all home and away games. There are typically 24 games in a basketball season. You can plan to commit 3 days a week to cheer from December-February. It is a jam-packed season that goes by very quickly in comparison to football. Basketball cheer works best for those not involved in other activities that require high commitment (competitive dance/cheer, theatre, other sports etc.)

**VARSIITY:** The varsity squad will consist of 8 cheerleaders. Games are typically Tuesday, Friday, and/or Saturday evenings @7.

**JUNIOR VARSITY:** The Junior Varsity squad will consist of 8 cheerleaders. Games are typically Tuesday, Friday, and/or Saturday evenings @6.

**FRESHMAN:** The freshman squad will consist of 8 cheerleaders. Games are typically Tuesday, Friday, and/or Saturday @4:30.



## **VIRTUAL TRYOUT GUIDE**

The coaching staff would like to thank everyone for their participation in this ever changing process. After the latest extension of the stay at home order, we have made the decision to make this year's tryout online. Let's get started!

*Before trying out, please read through the tryout packet to ensure this program is a good fit for you . We abide strongly by our athletics eligibility requirements, attendance policies, and behavior expectations.*

### **How the Virtual Tryout will work:**

The tryout material and tryout form will be activated on Monday, April 13th at 9am via the link provided below. Submissions will be due no later than Saturday, April 18th at 10am. You may upload your tryout submission at any time after the link is activated, but we will not accept any submissions after the deadline.

**<https://bit.ly/3dKxv4F>**

*(This link will not be activated until 4/13)*

1. Learn tryout material to your best ability
2. Record 4 separate videos: cheer, chants, dance, and tumbling (if applicable)
3. Upload all videos to YouTube and add them to a Playlist. The name of your playlist should read "First Name Last Name, Incoming grade, 2020 Tryout".  
Example: "Lauren Lindley, Freshman, 2020 Tryout"
4. Make sure your playlist privacy setting is set to Unlisted. That way only the coaches/judges can view your tryout through the link you provide on the Google Form
5. Fill out the form to its entirety
6. Submit!

### **You will be judged in the following areas:**

- Cheer, Chants, Dance
- Jumps
- Tumbling
- Crowd Appeal (crowd engagement, facial expressions, voice, energy)
- Motion technique (placement, sharpness)
- Jump technique (placement, height,)
- Tumbling technique and difficulty
- Appearance ("game day" appearance)



### **Video Recording Tips:**

- Remember, we can only score you as well as we can see you
- Try to record in an open space with no distractions, good lighting, and make sure you are not too far away from the camera
- We need to be able to see your facial expressions and hear the projection of your voice as these factors are part of your score.
- Your presentation should be game day ready - however this looks to you- no specifics on attire

*While tumbling is not mandatory to make any squad, it is an asset we consider when choosing teams.*

### **YouTube Tips:**

If you are not familiar with creating a YouTube playlist, the easiest way to do this is:

- Upload each video separately to YouTube (setting privacy to unlisted)
- Using your phone, go to “Your videos”
- Next to one of your videos, click the three dots, then click “save to playlist” and then click “+ NEW PLAYLIST”. Name your playlist correctly.
- Now for the rest of the videos, click the three dots, click “save to playlist” and the playlist name you just created will pop up for you to add to
- Do this for each video until they are all on the same playlist
- Double check that the privacy setting for the playlist itself is set to Unlisted
- Using the share option, copy the URL and paste it into the tryout form

*\*Please be aware that this exact process may not work for everyone, there are many ways to do this- It may take some time and exploration of the site\**

### **Additional Considerations:**

- While you may be in the comfort of your home for tryouts, please take into consideration that there are still 80+ girls who are trying out for the program. This is not a ‘relaxed’ version of tryouts.
- Each video must be recorded in its full length, not multiple videos cut and trimmed to form one video. Absolutely NO splicing. That section of your tryout will receive a 0 if this is done.
- The tumbling video is not required to be taken the week of tryouts, but it needs to be something that you can show at practice, on the track or gym floor, if you make the team. Submissions that do not correctly reflect your tumbling ability may hinder your participation on the team.
- If you do not have any videos of your tumbling, do not feel obligated to get into a gym. Other options may be finding a SAFE spot outside, using your local turf or track, or typing up a short-answer response of what tumbling you have if a video is not plausible (a section on the Google Form is provided for this).
- Please refrain from practicing with others.