



MHS SIDELINE CHEER

2021-2022 Tryouts

Thank you for your interest in Moorpark Sideline Cheer! Cheer Tryout Clinics will be May 3rd – 6th with Tryouts on May 8th. To be eligible for cheer tryouts, you must be a Moorpark High School student who will be in grades 9 -12 for the 2021-2022 school year.

Even though many things are unknown as we look the 2021-22 school year, I feel that we are in a much better position than this time last year. In the past, the teams have practiced throughout the summer, attended camps, and spent time bonding as a team. I feel certain that we are going to be able to have a regular practice schedule and maybe even some team bonding events. Overnight Camp is tentative at the current moment. Flexibility will be key to the continued success of this program.

My goal is to give you as a parent and a potential MHS cheerleader as much information as I can at this current time.

Regards,
Cara Tedrick
Advisor and Head Coach
Moorpark High School Cheer

Tryout Process

Monday, April 21 at 6:00pm – Virtual Parent’s Meeting (Zoom)

- I will hold a Parents Meeting on Wednesday evening at 6pm. I can meet with parents outside of that time if they are unavailable then. At this time, I will give an overview of expectations of being part of the Sideline team. A link to the Zoom meeting will be sent out via email by 4pm on the 21st. There will be a Q&A session at the end of the meeting.

Friday, April 30 at 11:59 pm– All paperwork and forms are due.

- Complete/Submit all electronic forms and your Athletic clearance. These are all located on the team website at www.moorparkcheer.com.

Monday, May 3rd at 2:30 – 3:30 pm Covid 19 Testing

- All athletes must be tested for Covid 19 or provide proof of a negative test by Thursday May 6th. This testing can be done on your own time or by the school at the above date and time.

Monday, May 3rd – Thursday, May 6th 3:30 - 5:30 pm - Tryout Clinics

- These will be held at Arroyo Vista Park. Materials needed to tryout will be taught.

Saturday May 8th at 10 am - Tryouts

- Judging on the 8th will be held in the MHS “New Gym” in groups of 3 unmasked but maintaining social distancing.
- Candidates will stay masked until it is their turn to tryout.
- Any candidate who would rather stay masked for the indoor tryouts always has the right to that choice.

Saturday, May 8th by 6 pm - Team Selection

Team Selection will be announced by 6 pm on May 8th via Remind and posted on the website.

Summer Practices

May 24th - Practices begin.

Monday through Thursday. Freshman and JV from 3:00 – 4:00 and Varsity 4:00-5:30. No practice on Memorial Day.

Jun 14-17 and 21-24 - Stunt Bootcamp

Varsity 9:30- 11:00, JV 11:00 – 12:30, and Freshman 1:30 - 3:00

Jun 28-30 – Sideline Material

Varsity 9:30- 11:00 and Freshman and JV 11:00 – 12:30

July 1-18 – Dead Weeks

July 19-22 Freshman and JV “Hell Week”

Times TBD

July 26-29 Varsity “Hell Week”

Times TBD

Aug 2 - 5 Youth Camp

Depending on Covid Guidelines at the time. Details will follow as we get more information. All Varsity should plan to be in attendance.

Aug 9 – 12 – Game Day Ready

Varsity 9:30- 11:00, JV 11:00 – 12:30, and Freshman 1:30 - 3:00

Uniforms

Unity uniforms can be purchased (\$200) or rented (\$85). Required personal garments are briefs, body warmer, shoes, poms, and bow (around \$265).

Varsity uniforms can be purchased (\$260) or rented (\$120). Optional items are available but not necessary. At no point should finances deter a student from trying out.

We will do a virtual fitting with Varsity after tryouts on May 20th.

MOORPARK HIGH SCHOOL CHEERLEADING GENERAL CONTRACT

I. Code of Ethics

- A. Students will adhere to all guidelines as outlined in the school Code of Ethics, including required GPA and citizenship. (see attached)

II. Duties

- A. The primary function of the Cheerleading Squad is to support interscholastic athletics and to promote school pride, spirit, and unity. This refers to Fall and Winter sports, boys and girls.

- B. Perform and Attend:

1. All assigned pep rallies. (All practices 3 weeks prior to rally must be attended to ensure participation in the rally performance) Missed practices will result in a minor role or removed in rallies.
2. All assigned sports games, including football, basketball, wrestling, etc.
3. All assigned play-off games.
4. All additional assigned school events.
5. All assigned practices during the summer and throughout the school year.
6. All assigned performances.

- C. Responsibilities

1. **The student must obtain a physical prior to participating in tryouts.**
2. Must use transportation arranged by the school to and from away events.
3. Must instill in fellow students a strong sense of loyalty and pride in their school.
4. You must always represent Moorpark High School, on and off campus and therefore act maturely and responsibly. This includes time spent at MHS activities, such as dances, and sports events. Any misconduct in uniform may result in suspension or expulsion from team.
5. Must have physical stamina, as activities are time consuming, strenuous, and tiring. Those who are frequently ill should not plan to try out. Loss of strength or stamina throughout will result in reduced roles on the squad.
6. Must have adequate time to devote to the squad. Cheerleading should be considered a priority and games and practices should not be missed for other activities. Failure to attend practices and games may result in removal from the squad.
7. Fundraisers are a necessary part of being a Cheer Squad member. All cheerleaders should put in time to help raise money for their team. Girls will be assigned dates for Snack bar. Failure to attend shifts/events will result in make-up hours to support cheer.

D. Appearance

1. *Complete* uniform must be worn at all designated times.
2. No jewelry is allowed during practices, performances, and games. This includes but is not limited to ear piercings, belly rings, and nose rings. Jewelry can be a safety hazard during stunting and cheer activities.
3. Fingernails must be sport length (this includes gel nails). No acrylic nails or dip will be permitted at practices or at games.
4. No gum chewing allowed during practices, performances, and games.
5. No cell phones are allowed during practices, performances, and games.
6. Hair must be in a ponytail with a bow during practices, performances, and games.
7. Breaking appearance guidelines will result in being benched for practice and/or games. Additional breaking of appearance rules will result in removal from squad.

E. Game Guidelines

1. Arrive at least one hour prior to game time or at time determined by coach/advisor.
2. Warm-up, stretch, and review as a squad.
3. Stay in formation and at attention during the game.
4. No eating, drinking (except water), talking to friends or using cell phones while the game is in progress.
5. Stay positive and focus on the game.
6. Never let anyone but Cheer Squad members use signs or pom-poms or wear any part of your MHS cheer uniform.
7. Greet the opposing team's Cheer Squad in an approachable manner.
8. Must ride on bus to and back from away games unless coach/advisor is given a *written* note from your parent at least 24hrs prior as well as person taking cheerleader home must sign a waiver at the game prior to leaving.

I. Expectations

- A. Cheer Squad members should be present at scheduled practices during the summer and throughout the school year. Other activities should be scheduled around these practices. Practices and games should be a priority and should be attended by all members of the team. You must notify your coach/advisor of any absences prior to the start of practice.
- B. Excused absences include:
 1. Illness. Extended illnesses require a doctor's note.
 2. Family Emergencies
- C. Excused absences do not include:
 1. Doctor's appointments (unless for an injury)

2. Plays or shows
3. Homework (Cheerleading is a privilege and a responsibility. If cheerleading and school is too much to handle, school work must come first and you must make a decision about your involvement on the team.)
4. Work
5. Practices for other sports or activities.

Missing practices, *even for excused reasons*, may lead to a reduced role in a routine, due to not being physically available during practice.

D. Penalties for missing games and practices due to unexcused absences:

1st unexcused absence – benched for quarter of a game

2nd unexcused absence – benched for half of a game

3rd unexcused absence – removal from the team

Three unexcused tardies = 1 “unexcused absence”

E. Disrespect to fellow Cheer Squad members and/or coach/advisor will result in a suspension.

F. Second suspension will result in expulsion from the squad.

G. Any member of the squad who is ineligible to participate due to GPA will be unable to participate in games, rallies, practices, or outside cheer activities.

H. Quitting the cheer squad for will result in ineligibility from trying out for an entire school year.

I. Athletes will maintain positive image on all Social Media outlets

1. Coach/Advisor may ask for removal of all inappropriate content

2. Poor content would include, but not be limited to: foul language, violent and/or derogatory verbiage to others, photos of sexual nature

3. Coach/Advisor may remove athlete for failure to follow these guidelines

IV. Financial Expectations

A. There is a donation to cover the cost of the uniform, camp and transportation.

B. Fundraising for extra-personal costs is necessary in order to run a successful cheer program.

C. Payment deadlines must be met in order to pay vendors.

If financial assistance is needed, please contact the cheer advisor ASAP. Payment plans are available.