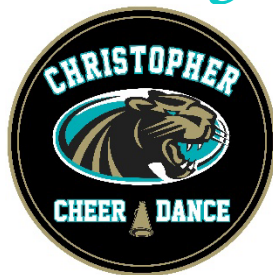


# Christopher High School



**2024-2025**

## Tryout Packet

Welcome to the Christopher High School Cheer and Dance Team. Participation in our program will be one of the most exciting and fun experiences you will have while attending Christopher High School. As a member, you are offered the opportunity for great personal growth, leadership development, and involvement in many different exciting activities.

The Christopher High School Cheer and Dance Team ("CDT") will consist of JV Cheer, Varsity Cheer, Varsity Dance, and Mascot for the 2024 - 2025 school year.

CDT members perform at rallies, football games, basketball games, as well as support other sports and events when called upon such as wrestling and soccer. CDT members are also responsible for other school events, in addition to occasional community events. CDT members are part of both Athletics and A.S.B

### TEAM MISSION

- Promote and uphold school spirit, unity, and pride.
- Represent the school to the highest degree.
- Always set an example of good behavior and sportsmanship (*whether in or out of uniform*).
- Promote friendship with each other and with schools with whom we compete or perform with.

### COMMITMENT

CDT membership requires more time and responsibility than most people realize. To be an effective member of this team you must commit a great deal of time throughout the **entire** year. We expect all team members to be 100% committed for the Fall and Winter seasons, as well as any Playoff/CCS Season. Social plans and/or vacations, job schedules, and other commitments cannot interfere with practices and games. Per school policy: You may not quit one sport to join another. There will be **no** exceptions to this rule.

### PLEASE CONSIDER THE FOLLOWING, BEFORE APPLYING/TRYING OUT:

1. Class and work schedules
2. Personal/family time and other commitments
3. Ability to commit to this program for all **9 months** (two consecutive seasons of the school year).
4. Other sports or activities that may conflict with practice/game schedule (Ex: choir, band, field hockey, volleyball, gymnastics, basketball, club sports, dance, etc.)

### RETURNING MEMBERS:

For returning CDT members, your attitude, behavior, and attendance from the previous year(s) may affect your tryout for the new year. Prior placement on the team does not guarantee you a spot for the new year.



## 2024-2025 - Important Dates/Schedule

(All Dates and Times are Subject to Change)

Date	Time	Event	Location
<b>Tuesday, March 5, 2024</b>	---	Tryout Packet Available	CHS website <a href="https://chs.gilroyunified.org/athletics/cheer-and-dance">chs.gilroyunified.org/athletics/cheer-and-dance</a>
<b>Mon., March 11, 2024</b>	7:00 pm	<b>Mandatory</b> Parent and Applicant Meeting	CHS Dining Commons
<b>Fri., March 22, 2024</b>	3:30 pm	Deadline to Submit Tryout Packet/Documents	CHS Front Office Attn: Cheer & Dance
<b>Mon., March 25, 2024</b>	5:00-7:30 pm (Arrive 15 min early for registration)	Tryout Clinic#1	CHS Gym and Dance Room
<b>Tues, March 26, 2024</b>	5:00 -7:00 pm	Tryout Clinic #2	CHS Gym and Dance Room
<b>Weds, March 27, 2024</b>	5:00 -7:00 pm	Tryout Clinic #3	Auxiliary Gym and Dance Room
<b>Thurs., March 28, 2024</b>	4:30 until completed	Tryouts-Evaluations	Auxiliary Gym/Dance Room
<b>Fri., March 29, 2024</b>	5:00 pm	Tryout Results Posted	Main Gym Doors
<b>Tues., April 11, 2023</b>	7:00pm	Parent Meeting	CHS Library/TBD
<b>Tues., April 16, 2024</b>	4:00 pm	Uniform Fitting	Dance Room
<b>May 2024 (Mondays &amp; Weds.)</b>	TBD	Conditioning	Auxiliary Gym & Dance Room
<b>Weds, May 1, 2024</b>		Fundraiser	
<b>July 2024 - Mid Aug 2024 (Tues., Weds., &amp; Thurs.)</b>	TBD	Summer Practices	Auxiliary Gym & Dance Room
<b>Saturday, July 20, 2024 (Tentative)</b>	Likely 9am -5pm	Boot Camp	CHS Gym and Dance Room
<b>July 26-July 29, 2024</b>		UCA Cheer and USA Dance Camp	Jessup University, Rocklin, CA
<b>August 1, 2024 (Tentative)</b>	12:01 am	Midnight Madness	CHS Field
<b>Mid Aug - Mid Dec 2024 (Mondays &amp; Weds)</b>	TBD	Fall Practices	Auxiliary Gym & Dance Room
<b>Jan 2025 – Feb 2025 (Days will vary)</b>	TBD	Winter Practices	Auxiliary Gym & Dance Room

Please review the schedule. The dates above are MANDATORY.  
You will be responsible for being at ALL events if you are placed on the team.

**All Pre-Existing Schedule Conflicts Must Be Addressed with the Head Coach Immediately**

<b>SUMMARY OF IMPORTANT DATES, AND EVENTS</b>
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**Mandatory Parent and Applicant Meeting:**

Meeting to provide information regarding tryouts and expectations and requirements for the year on April 11, 2024.

**Spring Practice**

After team selection we will begin conditioning for the upcoming season starting on Monday, May 1, 2024, and ending on May 22, 2024. Practices will be Mondays & Wednesdays. Time TBD.

During this time, we will also have our first fundraiser to help with expenses.

**Summer Schedule and Boot Camp.**

- There will be NO PRACTICES IN JUNE
- Summer practices be held Tuesday, Wednesdays, & Thursdays beginning Tuesday, July 9, 2024.
- Boot Camp will be held on Saturday, July 20, 2024, and is a time to bond as a team, practice camp performance routine, discuss expectations for camp and review cheer and dance technique.
- We will also participate in an occasional community event and/or fundraiser.

**Cheer and Dance Summer Camp:**

We will attend a summer cheer/dance camp to form a strong team unity and learn material to be used throughout the year. Camp is four (4) days with professional instructors. Camp Location and Dates: Jessup University in Rocklin, CA - July 26, 2024 – July 29, 2024

**Midnight Madness**

Team will likely perform a routine they learn at camp. Tentatively set for Thursday, August 1, 2024

**Fall & Winter Practice Schedule:**

- All dates and times are tentative and subject to change due to gym availability.
- Fall Practices will be held Mondays and Wednesdays – Time TBD (likely evening practices)
- The Winter practice schedule tends to vary weekly (days of the week and times vary)

**Homecoming and Severance Bowl:**

There will be 2-4 Saturday practices scheduled in the fall to learn and prepare for our all-team routines. Dates and Times TBD

**CHEER AND DANCE TEAM TRYOUT CLINIC REQUIREMENTS:**

- **Mandatory** Meeting for Parents and Applicants on **Monday, March 11, 2023, at 7:00pm** in the dining commons. If you are unsure about participating, we recommend you attend this meeting!
- Completed Tryout Application (Details about packet follow)
- All clinic workshops are required.
  - Family emergencies, illness (must provide a medical note or email from parent), school event, or any event approved by the Coach will be considered excused absences. Please communicate with Coaches if you have a conflict.
- One (1) unexcused absence will result in the applicant being dropped from tryouts.
- Applicants must be on time each day.

- Over five (5) minutes late will be recorded as a tardy and five (5) points will be deducted from your score.
- Male and female applicants are to wear plain black shorts or leggings, a plain black t-shirt (no tank tops or crop tops) and athletic, cheer, or jazz shoes (no vans, air force ones, or sandals).
- Applicants will be given a number the first day that must be worn each day of tryouts. Lost numbers are considered improper dress attire and points will be deducted.
- Hair must be pulled back neatly in a ponytail.
- Absolutely NO jewelry is allowed (this includes nose, lip, or belly rings)
- No gum

### **TRYOUT PERFORMANCE REQUIREMENTS:**

Applicants must have a positive attitude, display sharp, precise moves, show energy, spirit, smile, have enthusiastic showmanship, and demonstrate crowd involvement. Special skills and original choreography should be practiced individually.

#### **Cheer Applicants:**

1. 3 cheers will be taught but 1 cheer will be selected at random to perform at tryouts.
2. Will learn a dance routine and applicant must include a small section of original choreography created by the applicant.
3. 1 special skill (example: toe touch/cheer jump, kicks, or tumbling skill)

#### **Dance Applicants:**

1. 3 cheers will be taught but 1 cheer will be selected at random to perform at tryouts.
2. Will learn a dance routine and applicant must include a small section of original choreography created by the applicant.
3. 1 special skill (example: turns, leaps, jumps, or other dance skill)

#### **Mascot Applicants will learn and perform:**

1. 3 cheers
2. 45-second creative character dance
3. 1 special skill (splits, toe touch, cheer jump, tumbling or dance skill)

\*All applicants will perform the above in groups of 3-4 and will be judged by a team of qualified judges.

### **POINT SYSTEM**

***The Points Listed Below are the Maximum Amount an Applicant Can Receive in Each Section. Deductions Can and Will be Made for Various Reasons.***

Tryout Packet - turned in on time (10 points), completed correctly (10 points), attendance at meeting (5 points)	25
Clinic Attendance / On Time (5) points per day	15
Proper Attire and Name Tag – (5) points per day	15
Overall Clinic Evaluation (effort, team spirit, & attitude) – (10) points per day	30
Teacher Evaluation Forms – (average of the 2 scores will be taken)	20
CDT Handbook Test	10
Tryout Performances Score (average of judges' scores)	85

**TOTAL POSSIBLE POINTS    200**

Tryouts and ALL Clinics will be **Closed** to Everyone except for Coaches, Instructors, and Judges. Tryout Scores Are Confidential Between Coaches, Judges, and CHS Administration. Scores Will Not Be Shared with Students, Parents, or the Public.

## **TRYOUT APPLICATION INSTRUCTIONS**

### **APPLICATION DOCUMENTS**

- Forms can be downloaded on the Christopher High School Website  
<http://chs.gilroyunified.org/athletics/cheer-and-dance>
- There are 3 tabs (Tryout Application, GUSD Documents, and CDT Handbook)
  - You must print all three (3) documents.

### **DIRECTIONS FOR TEACHER EVALUATION FORMS:**

- Give one form to two (2) different teachers from your school that you had during the 2023 – 2024 school year.
- These completed forms will remain **confidential** between coaches and the teacher.
- Forms reviewed or turned in by the applicant will NOT be accepted.
- CHS students may ask teachers to return the forms to the CHS main office – CHS Cheer and Dance Box or email the forms to [chsheeranddance@gmail.com](mailto:chsheeranddance@gmail.com).
- Applicants who are **not** currently Christopher High School students should ask their teachers to send the form over to CHS via the inter-district mail system – Attn: CHS Cheer and Dance or email the form to [chsheeranddance@gmail.com](mailto:chsheeranddance@gmail.com)
- \*Students attending any school not within our district may turn in a sealed envelope with the teacher's signature over the seal with their packet.
- **Remind your teachers the forms are due by Friday, March 22, 2024 @3:30 pm.**

### **PLEASE TURN IN APPLICATION IN THE FOLLOWING ORDER:**

1. Application and Photo – stapled to the corner of the sheet.
2. Handbook Agreement – Last page only signed by applicant and parent/guardian.
3. Grade Check – copy of current/3<sup>rd</sup> quarter grades.
4. Printed and Signed Gilroy Unified School District Forms
  - Residency Verification Contract
  - Voluntary Activities Participation Form
  - Extracurricular/Athletic Activity Medical Treatment Authorization
5. Captain/Manager Application (if applicable)

*Deadline to Submit Application & Teacher Evaluations:*

***Friday, March 22, 2024, at 3:45pm***

Please submit to CHS Main School Office – Attention: CHS Cheer & Dance

**\*\* PLEASE ARRIVE 15 MINUTES EARLY ON 1<sup>st</sup> DAY OF CLINICS  
ON MONDAY, MARCH 25, 2024,  
TO COMPLETE THE REGISTRATION PROCESS\*\***

**CHRISTOPHER HIGH SCHOOL**  
**CHEER & DANCE TEAM APPLICATION**  
***(Due: Friday, March 22, 2024, at 3:45pm)***

**CIRCLE ONE:**

**JV CHEER      VARSITY DANCE      VARSITY CHEER      MASCOT**

Please provide a recent 2 x 5 photo of the only applicant (no hats/sunglasses)  
and staple it to the top right corner of this application.

Applicant's Name:

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Parent(s)/Legal Guardian(s) Name(s):

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Address:

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Applicant Cell:

Work Phone:

Parent(s)Cell:

Date of Birth:

Age:

Applicant's E-mail address:

Parent(s) E-mail address:

School Grade 2023-2024: \_\_\_\_\_ 3<sup>rd</sup> Quarter GPA: \_\_\_\_\_

Experience or Skills (Cheer, Dance, Gymnastics, Performing):

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Medical Information:

Medical Problems/Allergies/Medications:

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Emergency Contact \_\_\_\_\_ Phone: \_\_\_\_\_

**CHRISTOPHER CHEER & DANCE TEAM**  
**CAPTAIN, CO-CAPTAIN, & MANAGER APPLICATION**

Applicant's Name: \_\_\_\_\_

Position(s): \_\_\_\_\_

Why do you want this position? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What three qualities make you a good and effective Captain/Manager? Why?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

How could this position be challenging or stressful? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Why are you the best candidate for the position you are seeking? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

How do you plan to handle the time commitments of this position?

\_\_\_\_\_

\_\_\_\_\_

What special skills do you have that will help you in the position you are seeking?

\_\_\_\_\_

Will you be in ASB, Leadership, or Link Crew during the season? If yes, what activity are you in and what is/are your position(s)?

\_\_\_\_\_

Please list any activities, and/or commitments you expect to have in addition to being a team member during the 2024-2025 season?

\_\_\_\_\_

## CAPTAIN& MANAGER RESPONSIBILITIES

**RESPONSIBILITY AS CAPTAIN:** Captains/Managers will set the example for the entire team. You are required to work together, not against each other. Do not interrupt one another when speaking to the team. Captains and Tea, Manager will coordinate team functions together to make sure everything runs smoothly and professionally. No Captain has the right to discipline a member. If there is any issue, you must inform the coaches. All captains are responsible for attending all team events, games, & practices.

- **Cheer Captain:** Head Captain will oversee the entire team and are the “Right hand” to all coaches. Captains will make decisions for the team with approval from coaches. Captain will be responsible for coordinating practices and stretches, communicating and relaying messages to and from the team, selecting and cutting music, preparing choreography for performances, and coordinating quarter cheers and sideline routines with varsity dance captains. In addition, the Head Captain is responsible for calling cheers/chants and responsible for the team stereo.
- **Co-Captain(s):** Co-Captain will be the “right hand” to captain. Work together with the head captain on selecting music, coordinating practices, stretches, and performances, and communicating/relaying messages to and from the team. Anytime the head captain is unable to attend practice or a game/event, the Co-Captain will fill in. Cheer Co-Captain is responsible for coordinating taking out and putting away mats.
- **Dance Captains:** Dance Captain will be responsible for coordinating practices, stretches, selecting and cutting music, preparing choreography for performances, coordinating quarter cheers and sideline routines with varsity cheer captain, and communicating and relaying messages to and from the team. Head dance captain is responsible for the team stereo.
- **JV Captains:** Captains will be responsible for coordinating practices, working with JV Assistant to select music and prepare choreography for performances and quarter cheers, and communicating with the team. Head JV captain will be responsible for calling cheers and for the team stereo.
- **JV Assistant:** JV Assistant will be responsible to assist and oversee the JV Cheer team and work with the team to ensure their success. JV assistant will support team during their practices and provide insight when needed to develop a routine, cheer lines and/or correct their skills. When necessary, JV assistant will also choreograph JV routines. JV Assistant will be the contact person when coaches are not available.
- **Tumbling Manager:** Communicate with coaches and deliver tumbling information to the team when necessary. Manage the safety of all team members when facilitating tumbling skills. Assist teammates with basic tumbling skills, this includes stretching techniques before engaging in any tumbling. Assist Coaches with choreographing tumbling routines.
- **Stunt Manager:** Communicate with coaches and deliver stunting information and counts to the team when necessary. Assist teammates with stunting techniques and skills including proper stretching techniques before engaging in stunting. Assist the Coaches with choreographing stunts.
- **Team Manager:** Team Manager is responsible for keeping the team informed of school spirit dates, coordinating team bonding, and team members’ birthdays. Team Manager will also ensure that the communication between all teams is running smoothly and will responsible to coordinate with ASB representatives to ensure we are up to date with school events.
- **Social Media Manager:** Social Media Manager is responsible to regularly take photos, create flyers, and post announcements/pictures on the team social media accounts. Also responsible for communicating with Team Manager regarding events to promote on Instagram stories.

**GAMES + PRACTICES:** All Captains should always arrive 15-20 minutes earlier than the rest of the team. Please make sure that your teammates arrive to practice and games with their hair in a ponytail or as agreed, no jewelry, & on time. JV assistant will be required to attend all JV games. JV Captain and Co-Captain will be required to attend Varsity games through halftime (rotating turns) to help with music.

***Upon Selection Captain/Co-Captain/Manager and their Parent/Guardian are Required to Sign an Agreement Accepting Responsibilities***





## TEACHER EVALUATION

**Cheer and Dance Team Candidate:** \_\_\_\_\_

**Teacher Evaluating Candidate:** \_\_\_\_\_

**Teacher's School:** \_\_\_\_\_

**Teacher's Subject:** \_\_\_\_\_

Christopher Cheer and Dance team members are committed to the team for 9 months and will represent the school at various events. The candidate will be required to regularly attend practices, games, school activities as well as community events. As their teacher, we ask that you please rate the candidate and answer the questions below. ***ALL INFORMATION WILL REMAIN CONFIDENTIAL:***

**Please rate candidate from 1-5 (5 being the highest) in these areas:**

- |                                 |   |   |   |   |   |
|---------------------------------|---|---|---|---|---|
| 1. Attendance/Punctuality:      | 1 | 2 | 3 | 4 | 5 |
| 2. Respect for Authority/Peers: | 1 | 2 | 3 | 4 | 5 |
| 3. Work Ethic:                  | 1 | 2 | 3 | 4 | 5 |
| 4. Responsibility/Reliability:  | 1 | 2 | 3 | 4 | 5 |

**Total Points:** \_\_\_\_\_/20

Would you recommend this student for the CHS Cheer and Dance Team? Please explain your response:

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Would this candidate make a good Captain, please explain?

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Additional comments or information you would like to share:

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**Teacher's Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

*Thank you very much for your honest input regarding the candidate!*

Please return this form to Christopher HS's main office (Attn: CHS Cheer & Dance) or email to [chscheeranddance@gmail.com](mailto:chscheeranddance@gmail.com). This evaluation must be received by

**Friday, March 22, 2024 at 3:45pm.**

***\*The completion of this form is required and contributes to the candidate's score.***



## TEACHER EVALUATION

**Cheer and Dance Team Candidate:** \_\_\_\_\_

**Teacher Evaluating Candidate:** \_\_\_\_\_

**Teacher's School:** \_\_\_\_\_

**Teacher's Subject:** \_\_\_\_\_

Christopher Cheer and Dance team members are committed to the team for 9 months and will represent the school at various events. The candidate will be required to regularly attend practices, games, school activities as well as community events. As their teacher, we ask that you please rate the candidate and answer the questions below. ***ALL INFORMATION WILL REMAIN CONFIDENTIAL:***

**Please rate candidate from 1-5 (5 being the highest) in these areas:**

- |                                 |   |   |   |   |   |
|---------------------------------|---|---|---|---|---|
| 1. Attendance/Punctuality:      | 1 | 2 | 3 | 4 | 5 |
| 2. Respect for Authority/Peers: | 1 | 2 | 3 | 4 | 5 |
| 3. Work Ethic:                  | 1 | 2 | 3 | 4 | 5 |
| 4. Responsibility/Reliability:  | 1 | 2 | 3 | 4 | 5 |

**Total Points:** \_\_\_\_\_/20

Would you recommend this student for the CHS Cheer and Dance Team? Please explain your response:

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Would this candidate make a good Captain, please explain?

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Additional comments or information you would like to share:

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**Teacher's Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

*Thank you very much for your honest input regarding the candidate!*

Please return this form to Christopher HS's main office (Attn: CHS Cheer & Dance) or email to [chscheeranddance@gmail.com](mailto:chscheeranddance@gmail.com). This evaluation must be received by

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