

Christopher High School



2023-2024

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 2023 - 2024 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

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 time and other commitments
3. Ability to commit to this program for all **9 months** and two consecutive seasons of the school year
4. Other sports or activities that may conflict with practice/game schedule (Ex: dance, swim, gymnastics, softball, 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.

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 documents

DIRECTIONS FOR TEACHER EVALUATION FORMS:

- Give one form to two (2) different teachers from your school that you had during the 2022 – 2023 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
- 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
- *Students attending any school not within our district may turn in a sealed envelope with the teacher's signature over the seal.
- **Remind your teachers the forms are due by Friday, March 24, 2023 @3:30 pm.**

PLEASE TURN IN APPLICATION IN THE FOLLOWING ORDER:

1. Application and Photo – paper clipped (not stapled)
2. Handbook Agreement – Last page only signed by applicant and parent/guardian
3. Grade Check – copy of current/3rd 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 24, 2023, at 3:30pm

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

**** PLEASE ARRIVE 15 MINUTES EARLY ON
MONDAY, MARCH 27, 2023,
TO COMPLETE THE REGISTRATION PROCESS****

CHEER AND DANCE TEAM TRYOUT CLINIC REQUIREMENTS:

- Mandatory Meeting for Parents and Applicants on Monday, March 13, 2023, at 7:00pm in this dining commons.
- Completed Tryout Application which includes:
 - (3) Signed GUSD required documents
 - Grade Check (copy of current grades)
 - CDT Handbook Agreement signed by applicant and 1 parent/guardian
 - 2 teacher evaluations
 - Photo
- All clinic workshops are required.
 - Family emergencies, illness (must provide a medical note and email from parent) or approved school reason will be the **ONLY** excused absences accepted.
- 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 will learn and Perform:

1. 3 cheers
2. Dance routine that includes section of original choreography created by applicant
3. 1 special skill (example: splits, toe touch, cheer jump or gymnastics skill)

Dance Applicants will learn and perform:

1. 3 cheers
2. Dance routine that includes section of original choreography created by applicant
3. 1 special skill (example: splits, turns, leaps 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) and completed correctly (10 points)	20
Clinic Attendance - (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)	55

TOTAL POSSIBLE POINTS 165

Tryouts and ALL Workshops will be Closed to Everyone with the Exception of 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.

SUMMARY OF IMPORTANT DATES, AND EVENTS

Mandatory Parent and Applicant Meeting:

Meeting to provide expectations and requirements for tryouts and the year.

Spring Practice

After team selection we will begin conditioning for the upcoming season starting on Monday, May 1, 2023, and ending on May 24, 2023. Practices will be Mondays & Wednesdays. Time TBD.

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

Summer Schedule and Boot Camp.

- There will be NO PRACTICES IN JUNE
- Summer practices be held Tuesday, Wednesdays, & Thursdays beginning Tuesday, July 11, 2023.
- Boot Camp will be held on Saturday, July 15, 2023, and is a time to bond as a team, learn cheers, learn camp performance routine, discuss expectations for camp and review cheer and dance technique. Time TBD.
- We will also participate in an occasional community event and/or fundraiser.

Cheer and Dance Summer Camp:

As a team, we will attend a summer cheer/dance camp to form a strong team unity. Camp is four (4) days with professional instructors. The cheer/dance material learned at camp will be used throughout the year. Camp Location and Dates: St. Mary's College, July 28, 2023 – July 31, 2023

Midnight Madness

Team will likely perform a routine they learn at camp. Tentatively set for Thursday, August 3, 2023

Fall & Winter Practice Schedule:

- Fall practices will be held Mondays and Wednesdays – Time TBD (likely evening practices)
- All dates and times are tentative and are subject to change due to gym availability.

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



2023-2024 - Important Dates/Schedule
(All Dates and Times are Subject to Change)

Date	Time	Location	Event
Friday, March 6, 2023	---	CHS website chs.gilroyunified.org/athletics/cheer-and-dance	Tryout Packet Available
Mon., March 13, 2023	7:00 pm	CHS Dining Commons	Mandatory Parent and Applicant Meeting
Fri., March 24, 2023	3:30 pm	CHS Front Office Attn: Cheer & Dance	Deadline to Submit Tryout Packet/Documents
Mon., March 27, 2023	5:00-7:30 pm <i>(Arrive 15 min early for registration)</i>	CHS Gym and Dance Room	Tryout Workshop #1
Tues, March 28, 2023	5:00 -7:00 pm	CHS Gym and Dance Room	Tryout Workshop #2
Weds, March 29, 2023	5:00 -7:00 pm	Auxiliary Gym and Dance Room	Tryout Workshop #3
Thurs., March 30, 2023	4:30 until completed	Auxiliary Gym	Tryouts-Evaluations
Fri., March 31, 2023	5:00 pm	Main Gym Doors	Tryout Results Posted
Tues., April 11, 2023	7:00pm	CHS Library	Parent Meeting
Tues., April 18, 2023	4:00 pm	Dance Room	Uniform Fitting
May 2023 (Mondays & Weds.)	TBD	Auxiliary Gym & Dance Room	Conditioning
Monday, May 3, 2023			Fundraiser
July 2023 (Tues., Weds., & Thurs.)	TBD	Auxiliary Gym & Dance Room	Summer Practices
Saturday, July15, 2023 (Tentative)	Time TBD – Likely 9am to 5pm	CHS Gym and Dance Room	Boot Camp
July 28-July 31, 2023		St. Mary's College	USA Cheer and Dance Camp
August 3, 2023 (Tentative)	12:01 am	CHS	Midnight Madness
August 2023 (Mondays & Weds)	TBD	Auxiliary Gym & Dance Room	Fall Practices

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 ASAP

**CHRISTOPHER HIGH SCHOOL
CHEER & DANCE TEAM APPLICATION
(Due: Friday, March 24, 2023, at 3:30pm)**

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 attach it to the top right corner of this application.

Applicant's Name:

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

Address:

Applicant Cell:

Work Phone:

Parent(s) Cell:

Date of Birth:

Age:

Applicant's E-mail address:

Parent(s) E-mail address:

Grade 2023-2024: _____ 3rd Quarter GPA: _____

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

Medical Information:

Medical Problems/Allergies/Medications:

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? _____

Identify a time when you led a team/program? How were you effective in that 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 2023-2024 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. You will work with the team to ensure their success. You will support them during their practices and provide insight when they need 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 if and 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:

Would this candidate make a good Captain, please explain?

Additional comments or information you would like to share:

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 send via the inter-district mail system. This evaluation must be received NO later than Friday, March 24, 2023 by 3:30pm.

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



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Cheer and Dance Team Candidate: _____

Teacher Evaluating Candidate: _____

Teacher's School: _____

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

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|---------------------------------|---|---|---|---|---|
| 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:

Would this candidate make a good Captain, please explain?

Additional comments or information you would like to share:

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 send via the inter-district mail system. This evaluation must be received NO later than Friday, March 24, 2023 by 3:30pm.

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