

**Los Alamitos High School**  
**Song and Cheer Competition Squads**  
**Tryout Procedure - Information**  
**2011 - 2012**

1. After school practices will be held April 11th – April 15th behind the PAC at Los Alamitos High School. These practices are not mandatory, but material that you will need for tryouts will be taught, and you are responsible for learning the material.
2. Have 5 teachers complete the recommendation forms and return them to Mrs. Ramirez no later than April 11th (do not return them unless they are in a sealed envelope.) **ALL RECOMMENDATIONS MUST COME FROM YOUR CURRENT TEACHERS!** Recommendations **must** go to: current English, Math, PE/Sport and 2 of your choice. If you are in cheer or song you must give one to Mrs. Ramirez and one to your coach. If in a PE/sport, you must have your coach complete a recommendation.
3. Turn in the information sheet with your picture attached.
4. Have your counselor fill out the grade check and absent report. Your grades are a part of your total score and a part of the final decision.
5. Finals are to be held Friday, April 15<sup>th</sup> from 3-9. If you make the squad, you will be notified by phone that evening and we'll arrange a meeting for ice cream and get acquainted that night.
6. There is a mandatory meeting on Tuesday, April 19<sup>th</sup> at 6:00 pm in room 153-54 for all new and returning squad members and their parents. We are requesting a 400.00 program donation at that time. This is the first “booster club meeting” for the parents and the first meeting with coaches as a new squad.

**REMEMBER: INFORMATION SHEET, PARENT PERMISSION FORM, PICTURES, GRADE CHECK, TEACHER EVALUATIONS, WILL BE DUE ON FRIDAY (or earlier) April 11<sup>th</sup>.**

LOS ALAMITOS HIGH SCHOOL  
SONG/CHEER COMPEITION SQUADS  
2011 - 2012 Tryout Information

The Los Alamitos high school song a cheer squads are recognized as a sports activity. Today's cheerleader or songleader is an athlete with special talents which include gymnastics and dance. All members of the cheer and song squad compete in local, regional and national competitions, as well as performing the duties of crowd leading at a wide variety of sports events. They set an example for others in their school spirit, their leadership, and commitment to their studies. This program is not for the faint hearted - it is demanding both in time and talent and we expect you to maintain the highest GPA you are capable of and we'll nag when you receive a grade lower then a C.

This information packet is designed to answer questions about song and cheer and provide you with necessary information you need to participate in tryouts. If you have any questions or need clarification of any item please ask a coach or the advisor the week of cheer clinics --- or e-mail Jennifer Ramirez at [JRamirez@losal.org](mailto:JRamirez@losal.org)

1. If you are selected, you will enroll in 6<sup>th</sup> period class in the fall (a P.E credit for freshman and sophomores, an elective for juniors and seniors.)
2. You must have a physical (yes...even those returning) completed and on file at school no later then May 3<sup>rd</sup>. This is for your protection as well as a school rule. Cheerleading is a highly specialized and demanding physical activity, your safety as well as the safety of others depends upon your good health and abilities. Your daughter will not be able to do summer activities until it is turned in. No exceptions!
3. There are four squads: **Varsity Cheer, Varsity Song, Junior Varsity Cheer and Junior Varsity Song.** The Varsity Cheer Squad is composed of students grade 9-12. Varsity Song will also be composed of students from 9-12<sup>th</sup> grade. The numbers will vary according to the results of tryouts. Junior Varsity Cheer is for 9-11<sup>th</sup> grade only. Junior Varsity Song is for 9-10<sup>th</sup> grade only.
4. Students will be required to participate in various fundraising activities to help support the program. **OUR FIRST FUNDRAISING ACTIVITY WILL BE THE CALENDAR.**
5. After school practice is **MANDATORY** and **work schedules, doctor appointments, haircuts, homework and life in general must be planned around cheer and song schedules.** Football games, basketball and other sports as assigned are mandatory. *Failure to attend practice or assigned games will result in benching, lower grades and possibly removal from a competition squad. (See Grade Sheet)*
6. April, May, June and July summer practice and summer camp are mandatory. Try to plan family vacations during the first three weeks of August.
7. **Cheer and Song Camp is June 28<sup>th</sup>-July 1<sup>st</sup>.**
8. Everyone in song and cheer must plan on practice after school and sometimes weekends and evening. We work around coach's schedules.

**Ask questions --- don't wait until the last minute and then ruin your chances because you misunderstand.**

SONG/CHEER  
INFORMATION SHEET  
2011-2012

This form is to be returned no later than April 11th, along with the rest of your paper work. **You may not try out unless this form is on file along with permission slips, counselor grade checks and teacher recommendations.** The Roster is compiled from this information sheet- make sure to include both your parents' first names, address, phone numbers and email address.

Name \_\_\_\_\_

Address \_\_\_\_\_

(Street)

\_\_\_\_\_

(City)

(Zip)

Parents Names \_\_\_\_\_

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

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

Parent Cell Number \_\_\_\_\_

Student Cell Number \_\_\_\_\_

Student Email \_\_\_\_\_

Los Alamitos High School  
Song and Cheer Tryouts 2011 - 2012  
Parent Permission to Participate

Dear Parents,

It is imperative that you understand the commitment that Song/Cheer involves. The Los Alamitos Song/Cheer Program is treated as a sports activity. It is therefore, **highly competitive** and the overall commitment expected from both parents and students is tremendous. I believe it is an honor and a privilege to be a part of the Los Al tradition. We are recognized around the nation as one of the leading song/cheer programs and I believe that the benefits of belonging to such an outstanding program far outweigh the sacrifices... but read on and make sure you understand exactly what you are committing to before you try out.

In the past, problems have arisen, different in nature each year but most having to do with.. "I really wish we had been told about this in the beginning." To that end, I am trying to communicate exactly what is involved, what the coaches, booster club and I will be expecting from both you and your daughter if she makes one of the four squads. There is no way that I can cover every situation, but this letter is an attempt to make the demands and expectations of participation in this program known BEFORE you tryout and invest a great deal of time and energy.

Prior to your daughter's tryout, read the following conditions, rules and expectations. If both parent and student can agree to the following terms, please sign (both parents where applicable) along with your student, and return the "parent permission to tryout" which is attached to this letter. In order for your student to be allowed to try out, this permission form must be on file no later than April 11<sup>th</sup>.

Los Alamitos Cheer and Song Leaders are expected to be excellent examples of good sportsmanship, integrity, leadership, school spirit and academic excellence. **We have a no tolerance rule for alcohol, drugs and tobacco or fighting.** While I cannot police every move of every cheer/song leader, if any cheer/song leader is caught in uniform or at a cheer/song or school function using alcohol, drugs or tobacco, that cheer/song leader will be removed from the squad for the remainder of the year. Suspension from school for any reason, including a violation of dress code, will also result in either suspension from the team or immediate removal from the squad. Cheer/song leaders are expected to be leaders in all areas of school life.

1. **We understand the decision of the judges is final and NOT negotiable after tryouts.**
- 2 **We understand** that there is the potential for injuries in both Song and Cheer and we agree to provide the necessary insurance policy and copy of the insurance card.
3. **We understand** that there are **several major fundraisers** and we will be expected to participate. We also understand that further mandatory fundraisers will be added if necessary. The in-coming Booster Executive Board will work out details of each of these:

#### **The Calendar Sales**

The following may be changed in numbers depending upon the numbers of spirit leaders in the program; but in order to reach our financial targets for team fundraising:

- We have a team goal of selling 3 ads per student, please do your best to reach this goal by June 1<sup>st</sup>.
- Varsity members have a goal of selling a minimum of 30 calendars during the month of August.
- Junior Varsity members have a goal of selling a minimum of 25 calendars the month of August.

#### **Exhibition**

Exhibition is a great chance for our teams to demonstrate their talent in front of friends, peers, and the community. It is also a major team fundraiser. Therefore, we have a team goal of selling 20 tickets per spirit leader for this event.

4. **We understand** that making one of the four squads does not mean you automatically become a member of the competition squad. Coaches and advisor reserve the right to determine the size of the squad that will compete. Some students may be designated as alternates. Alternates will be required to maintain their skills, attend all practices, games and competitions.
5. **We understand** that the coaches with the (advice and consent of the advisor) will determine the number of members that will be competing on any competition squad.
6. **We understand** that our daughter may make a Varsity squad, however, by the time competition season begins, coaches have the right to select a squad that may include members of the Junior Varsity replacing members of the Varsity if they feel that it will provide the team with the best possible chance of success. This would in no way impact your daughter's participation in football, basketball, pep assemblies, etc. Once you have made Varsity, you remain a Varsity member even if you are not competing with the Varsity on a competition team.

7. **We understand and agree that coaches and the advisor will not enter into any discussion with parents regarding coaching decisions about selection for the competition squads.** We make every attempt to talk with parents on an individual basis if problems arise, however, once decisions are made they are final.
8. **We understand** that the coaches and advisor will be happy to discuss our daughter's strengths and weaknesses, with her, in order to help your daughter increase her skills. We also understand that we (the parents) are not always the best judge of our daughter's talents - we think she is perfect - and that the coach and advisor have to consider the team as a whole rather than each individual.
9. **We understand** everyone may not be on a competition squad, however, everyone is responsible for all fundraising events listed above.
10. **We understand** that practices begin in April, continue through the month of July (plan your vacations in August) and resume again the last week of August and continue throughout the year. Practices are long and demanding, sometimes involving evenings, vacations and weekends. Your daughter needs your help in developing time management skills in order to maintain her grades.
11. **We understand** that song and cheer must become the 1<sup>st</sup> priority in terms of co-curricular activities. Jobs, other clubs, organizations, etc., must be arranged around practice and activities for song/cheer. Failure to do so may result in her removal from a competition squad or benching at games and lowering of grades.
12. **We understand** that if our daughter misses a practice for an unexcused reason she may be benched for the following game and her grade will reflect the absence. Unexcused summer practices will result in removal from the program.
13. **We understand** that our daughter is expected to be in 6<sup>th</sup> period each day for roll and her failure to do so will result in an absence and absences from class may result in a lower grade. We understand that we can expect a grade of A for participation in cheer, but it is not automatic. Absences from practice and attitude issues may affect our daughter's grade. (See grade sheet)
14. **We understand** that Junior Varsity is not Varsity. JV song and JV cheer are expected to cheer for freshman football, JV football, JV basketball, and other games as assigned.
15. **We understand** that Varsity Cheer and Varsity Song will be required to cheer for Varsity football and basketball games, wrestling, water polo, girl's basketball, volleyball.
16. **We understand** that if our daughter is selected this year, she will still have to tryout again next year and her position on the squad is NOT guaranteed. Improvement, attitude, and talent all play a part in whether or not she returns. A bad attitude in the classroom will almost guarantee that she will not be returning; a bad attitude at practice will probably assure it.
17. **We understand** that teams are chosen on a basis of grades, teacher recommendations, talent and overall team needs.
18. **We understand** that we must have an up to date physical in by May 3<sup>rd</sup> in order to continue practice for the year.

I sincerely hope that you understand that while we love every one of your kids, it is impossible to make them happy all of the time, especially when it comes to selection of competition squads. Competition seems to become tougher every year therefore we cannot guarantee a place on the squad even though they have been on the squad for the past year. We bring in outside judges to make scoring as objective as possible. If you look carefully at the scoring guide you'll see that because of teacher recommendations and GPA, talent alone will not determine if your daughter makes the squad. **We are looking for young women who can represent Los Alamitos High School both as excellent cheer/song leaders and as excellent role models for the student body.**

Students need to also consider their priorities. While song and cheer are considered competition squads, cheering for school activities and representing Los Al is a first priority. If cheering at games isn't something important to you - there are all-star teams in the area, which are made up of members who prefer competition only to cheering at games and are not as concerned with school behavior and grades.

Please take the time to re-read this; once you sign and return the attached permission form, I will hold you responsible to the agreed upon items. I realize this is a lot to take in ---especially those of you who have never participated before, but at the same time, I'd like to be as clear as possible to prevent misunderstandings later. If you have questions, I'll be at the clinics and tryouts. I can also be reached by e-mail: **JRamirez@losal.org**.

Sincerely,

Jennifer Ramirez  
Cheer and Song Advisor

## **Song/Cheer Booster Club**

Parents- Read this before tryouts!

The Booster Club is an association of the parents of cheerleaders and song leaders dedicated to the support of the Los Alamitos Song/Cheer program. In order for the program to participate in competitions, provide music and choreography, hire coaches, provide safety measures such as mats and miscellaneous items such as boom-boxes, hold the year-end banquet, etc., a great deal of money must be raised.

The first order of business is to pay coaches, camp, uniforms and program expenses. Therefore, we are requesting that the following suggested donations be made at the time frame below.

By April 19th	\$400 camp and \$500 program
By May 1 <sup>st</sup>	Uniforms Donations
By May 1 <sup>st</sup>	\$400 coaching
By June 1 <sup>st</sup>	\$400 coaching
By July 1 <sup>st</sup>	\$200 coaching
By Nov 1 <sup>st</sup>	\$1200 Florida Trip (Varsity Comp teams only)

The list provided above only covers a portion of the total needed to run a program at our level. In addition to these donations the program still needs to raise further funds to cover the cost of competition entries, outside choreography consultants for the routines of four competition squads, Homecoming, Banquets, miscellaneous equipment, and other numerous small expenses during the year. *All fundraisers are MANDATORY for all members of the song/cheer squad.*

New officers will be selected for next year's Booster Club by the advisor and will be presented at the first booster club meeting. The New Squad Orientation on April 19th, Rm. 153-154 at 6:00. At this time we will also be forming committees; the more people who volunteer to help, the easier it is to raise the funds we need. We also manage to have quite a bit of fun in the process. Everyone will need to volunteer on several committees to make this a successful program.

If there are any questions, please feel free to contact  
Jennifer Ramirez

[\*\*JRamirez@losal.org\*\*](mailto:JRamirez@losal.org)

Parent Permission to Participate  
Los Alamitos High School  
Song and Cheer Tryouts  
2011 - 2012

We have read, understood and had the opportunity to ask any questions regarding the rules, regulations and expectations of becoming a member of the 2011 – 2012 Los Alamitos Song and Cheer program.

We also understand that all decisions of the judges at tryouts are final and students who make the squad will receive a phone call the night of tryouts. If we have not been notified by 9:00p.m we'll know that our daughter did not make the squad and we can then go about the task of making her feel better (there are dozens of other activities at Los Al- and shopping is always a great healer).

The first meeting for all parents and cheerleaders for next year will be held Monday April 19th at 6:00 p.m. in room 153-154 at the high school.

We/I give permission of our daughter \_\_\_\_\_ to tryout.

Signed \_\_\_\_\_  
(Mother/guardian)

\_\_\_\_\_  
(Father/guardian)

\_\_\_\_\_  
(Student)

\_\_\_\_\_  
(Date)





**LOS ALAMITOS HIGH SCHOOL  
SONG AND CHEER COMPETITION SQUADS  
TRYOUTS 2011 - 2012**

The following skills and expectations are part of the tryout process. If you have questions, please talk to a coach or the advisor the week of clinic/tryouts.

**VARSITY CHEER**

- ❖ Standing Back Tuck and a hurdle round-off back tuck (minimum gymnastics, requirement). Points are awarded to those with more advanced gymnastics skills.
- ❖ Perform and execute an elite jump combination including but not limited to a Toe Touch, Pike, Front Hurdler.
- ❖ The ability to either fly, base, or back spot at an elite level. The coaching staff will make the final decision of which position(s) your child tryouts for based on the needs of the team.
- ❖ Sharp, consistent cheer/dance motions
- ❖ Elite performance skills: eye contact, smile, enthusiasm, confidence, showmanship, etc..
- ❖ GPA: minimum of 2.0, 2.5 or above is preferred.
- ❖ Positive teacher recommendations- Good attitude – willing to take directions.
- ❖ Crowd involvement and performance of tryout routine at an elite level during crowleading and performance of skills.

**JUNIOR VARSITY CHEER**

- ❖ Standing back handspring and or round-off back handspring (minimum gymnastics requirement). Points are given to those with more advanced gymnastics skills.
- ❖ Perform and execute an elite jump combination including but not limited to a Toe Touch, Pike, Front Hurdler.
- ❖ The ability to either fly, base, or back spot at an elite level. The coaching staff will make the final decision of which position(s) your child tryouts for based on the needs of the team.
- ❖ Sharp, consistent cheer/dance motions
- ❖ Superior performance skills: eye contact, smile, enthusiasm, confidence, showmanship, etc.
- ❖ GPA: minimum of 2.0, 2.5 or above is preferred.
- ❖ Positive teacher recommendations- Good attitude – willing to take directions.
- ❖ Crowd involvement and performance of tryout routine at an superior level during crowleading and performance of skills.

**JV AND VARSITY SONG**

- ❖ Dance experience
- ❖ Toe touch, pike and other jumps, kickline,
- ❖ Leaps: scissors, side (2<sup>nd</sup>), split
- ❖ Turns: axle, triples, quad, advanced second turn combos
- ❖ Flexibility, splits, leg hold (right and left), leg hold turns Double for Varsity
- ❖ Performance of tryout routine
- ❖ Sharp Clean Motions
- ❖ Performance skills: eye contact, smile, enthusiasm, confidence, showmanship
- ❖ GPA: minimum 2.0, 2.5 or above is preferred
- ❖ Positive teacher recommendations-Good attitude—willing to take direction

## Grading Policy for 2011-2012

Your grade for this course is broken down into 4 areas. Everyone starts the course with 250 points. So the good news is everyone starts with an “A”! The bad news is you can lose the points very easily. Each time you don’t comply with the requirements of one of the four areas, you lose 10pts. That means if you get five marks against you, your grade goes down to a “B”. The following are the four graded areas:

- ❖ **Being on time-** Being on time to everything! Practices, buses, competitions and games ect.
  
- ❖ **Being properly prepared at practice, games and other events-** you must be dressed in proper dress out uniform and performing uniform at all times. If you lose an article of your uniform you must purchase another. No special items added to your uniform. (no flip flops, jeans, or jewelry)
  
- ❖ **Having a positive attitude-** You must have a positive attitude at all times- no divas, no whiners, no grumps! A positive attitude includes respect towards your fellow teammates and coaches.
  
- ❖ **Having regular attendance-** you must attend class, games and other mandatory events as listed in the packet and on your calendar. If your absence is unexcused or you leave early **Thirty** points will be automatically be subtracted from your grade. If you have more then three unexcused absences you may be removed from the competition teams and or benched from the games. Leaving an event unexcused will result in removal from the program.

The grading scale is as follows:

100-90% of total points=A

89-80% of total points =B

79-70% of total points=C

69-60% of total points=D

I understand the grading policy for the Song and Cheer Program at Los Alamitos HS. I understand this is a huge commitments and I am willing to put forth the effort to continue the excellence of this program.

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Student signature

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Parent signature

LOS ALAMITOS HIGH SCHOOL  
SONG AND CHEER COMPETITION SQUADS  
2011 - 2012

COUNSELOR GRADE CHECK

Have your counselor complete this form and return it to Mrs. Ramirez at Los Alamitos High School no later than April 11th. Your final acceptance on the squad depends upon meeting the GPA requirement. Because of the huge time commitment, we are looking for students with a 2.5 GPA or above. You will be allowed to tryout if you aren't currently eligible. However, grades are a part of the total points of the final score so someone with a higher GPA may have the advantage. If you fall below a 2.0 you risk probation and ineligibility. Grades are checked every 6 weeks as a part of cheer coaching so expect to be nagged if your grades drop. Song/Cheer is great but your grades are more important! If you become ineligible, you will be dropped from the squad.

\_\_\_\_\_ is trying out for the 2011 - 2012 Song and Cheer Competition Squads.

At the conclusion of the fall semester (January 2011) her GPA was \_\_\_\_\_.

Number of absences 1<sup>st</sup> semester \_\_\_\_\_.

To the Counselors:

Any additional comments would be greatly appreciated thank you for your time and help.

Return the form to **Jennifer Ramirez** at Los Alamitos High School no later than April 11<sup>th</sup>

LOS ALAMITOS HIGH SCHOOL  
SONG AND CHEER COMPETITION SQUADS  
2011 - 2012 Teacher Evaluations

ENGLISH

STUDENT'S NAME \_\_\_\_\_

TRYING OUT FOR \_\_\_\_\_

TEACHER'S NAME \_\_\_\_\_ SIGNATURE \_\_\_\_\_

TO THE TEACHER: These evaluations are important to the tryout selection process. Your comments can make the difference in whether or not a student makes the squad. Please be as honest as you can; we really do read each one of these. I know you have limited time, and your help is appreciated.

**Scale: 10- Superior (highly recommend) to 1- Poor (Not recommend)**

10 9 8 7 6 5 4 3 2 1

**Academic performance**

10 9 8 7 6 5 4 3 2 1

**Responsibility/Leadership/Integrity**

(Are they effective role models for other students?)

10 9 8 7 6 5 4 3 2 1

Do you **enjoy** teaching this student?

10 9 8 7 6 5 4 3 2 1

Does this student **work hard or is she lazy?**

10 9 8 7 6 5 4 3 2 1

**Attitude toward fellow students** (Are they helpful and kind or do they tend to gossip and complain?)

10 9 8 7 6 5 4 3 2 1

**Attitude toward authority** (Do they follow directions and respond with a smile or mumble under their breath?)

10 9 8 7 6 5 4 3 2 1

**Over-all impression-** Should this student represent Los Alamitos High School?

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Comments:

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**DO NOT SHOW THE COMPLETED FORM TO THE APPLICANT. PLEASE RETURN COMPLETED RECOMMENDATIONS BY APRIL 11<sup>th</sup> TO JENNIFER RAMIREZ AT LAHS. THANK YOU AGAIN FOR YOUR TIME AND HONESTY!**

LOS ALAMITOS HIGH SCHOOL  
SONG AND CHEER COMPETITION SQUADS  
2011 - 2012 Teacher Evaluations

MATH

STUDENT'S NAME \_\_\_\_\_

TRYING OUT FOR \_\_\_\_\_

TEACHER'S NAME \_\_\_\_\_ SIGNATURE \_\_\_\_\_

TO THE TEACHER: These evaluations are important to the tryout selection process. Your comments can make the difference in whether or not a student makes the squad. Please be as honest as you can; we really do read each one of these. I know you have limited time, and your help is appreciated.

**Scale: 10- Superior (highly recommend) to 1- Poor (Not recommend)**

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**Over-all impression-** Should this student represent Los Alamitos High School?

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Comments:

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LOS ALAMITOS HIGH SCHOOL  
SONG AND CHEER COMPETITION SQUADS  
2011 - 2012 Teacher Evaluations

PE/SPORT

STUDENT'S NAME \_\_\_\_\_

TRYING OUT FOR \_\_\_\_\_

TEACHER'S NAME \_\_\_\_\_ SIGNATURE \_\_\_\_\_

TO THE TEACHER: These evaluations are important to the tryout selection process. Your comments can make the difference in whether or not a student makes the squad. Please be as honest as you can; we really do read each one of these. I know you have limited time, and your help is appreciated.

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**Over-all impression-** Should this student represent Los Alamitos High School?

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Comments:

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LOS ALAMITOS HIGH SCHOOL  
SONG AND CHEER COMPETITION SQUADS  
2011 - 2012 Teacher Evaluations

YOUR CHOICE

STUDENT'S NAME \_\_\_\_\_

TRYING OUT FOR \_\_\_\_\_

TEACHER'S NAME \_\_\_\_\_ SIGNATURE \_\_\_\_\_

TO THE TEACHER: These evaluations are important to the tryout selection process. Your comments can make the difference in whether or not a student makes the squad. Please be as honest as you can; we really do read each one of these. I know you have limited time, and your help is appreciated.

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**Over-all impression-** Should this student represent Los Alamitos High School?

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Comments:

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LOS ALAMITOS HIGH SCHOOL  
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SONG AND CHEER COMPETITION SQUADS  
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YOUR CHOICE

STUDENT'S NAME \_\_\_\_\_

TRYING OUT FOR \_\_\_\_\_

TEACHER'S NAME \_\_\_\_\_ SIGNATURE \_\_\_\_\_

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Comments:

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**DO NOT SHOW THE COMPLETED FORM TO THE APPLICANT. PLEASE RETURN COMPLETED RECOMMENDATIONS BY APRIL 11<sup>th</sup> TO JENNIFER RAMIREZ AT LAHS. THANK YOU AGAIN FOR YOUR TIME AND HONESTY!**