

# Nation Ford High School Cheerleading Tryout Information



## Cheerleading Candidate Checklist 2018

Candidate Name:

---

Expected Grade (2018-2019):

---

Please submit the following packet prior to **April 12, 2018**. Packets can be submitted to the front office at NFHS, FMMS, BTMS, or SFMS. Please attach this page as the cover sheet of your packet.

- Information Sheet
- Photo (Only needed if you are new to the NFHS cheer program)
- Parent permission form/statement of intent/financial obligation form
- Current Physical (will be uploaded directly to HS Planet program but must be dated after April 1, 2018-we will discuss this more at the **parent meeting on March 26th at 7:30pm**)

### Our Foundation of Success



COMMITMENT



EXCELLENCE



INTEGRITY



TEAMWORK

# Nation Ford High School Cheerleading Tryout Information



Welcome! We are so excited you are interested in trying out for the 2018 Nation Ford High School Football and Competition Cheer Program. We would like to take this opportunity to introduce the coaching staff and share our tryout and program details with you.

## Meet the 2018-2019 Coaching Staff

The coaching staff at NFHS shares the responsibility of JV and Varsity practices, games, and competitions. As a team, we will work together to teach skills and lead the team throughout the season. If you have any questions about the information in this packet please email Kristin Rhodes.

### Coach: Kristin Rhodes

I am excited to enter my third season back at Nation Ford High School. I previously served as the Nation Ford cheerleading coach from 2008-2012 as the Junior Varsity and Varsity head coach. During my time at NAFO I have been honored to be named the 2010, 2011 and 2017 Region Coach of the Year and lead our Varsity squad to the 3A, 4A, and 5A state finals in 2010, 2011, 2012, 2016 and 2017.

I have a passion for cheerleading and working alongside high school athletes. As we begin a new season it is my goal to provide opportunities to enhance school spirit and support the football team. Additionally, it is my goal to continue building a competitive cheer program that challenges each athlete to reach their fullest potential. Most importantly though, I look forward to the opportunity to get to know the athletes and serve as a positive influence in their lives. If you need to contact me, please email at [rhodesk@fortmillschools.org](mailto:rhodesk@fortmillschools.org)

### Coach: Lucy Roesler

I have been involved in cheerleading in the Fort Mill School District since 2002 at both the middle school and high school level. I admire our athletes and feel privileged to work with them. My goal is to challenge each athlete and grow their talent, build team spirit as well as school spirit. I hope to be a positive role model and build a lasting relationship with the athletes and their families. If you need to contact me, please e-mail at [roeslerl@fortmillschools.org](mailto:roeslerl@fortmillschools.org)

### Coach: Alexa Bourgoin

I am looking forward to my third season of coaching at Nation Ford. Being involved with such a fantastic program has been an awesome experience and I'm excited to have a part in helping it grow! As a former Nation Ford and All-Star cheerleader, I hope to use my experience and knowledge of the sport to help every athlete become the best they can be. It has been a privilege working alongside Coach Kristin, Lucy and Sissy. They have taught me so much about the hard work, passion, and dedication it takes to be a great coach and a positive role model. I'm eager to begin a new season, build new relationships and hit the ground running! If you need to contact me, please email at [adunlap@wildfireconnections.com](mailto:adunlap@wildfireconnections.com)

## Our Foundation of Success



COMMITMENT



EXCELLENCE



INTEGRITY



TEAMWORK

# Nation Ford High School Cheerleading Tryout Information



## Nation Ford High School Cheerleading Team Expectations

**Varsity Team:** Students in grades 9-12 who demonstrate elite cheerleading skills will be considered for the Varsity cheerleading squad. Each athlete who earns a position on the team will be responsible for cheering Varsity football games and participating on the Varsity competitive team.

**Junior Varsity Team:** Students in grades 9-12 who demonstrate strong cheerleading skills will be considered for the Junior Varsity cheerleading squad. Each athlete who earns a position on the team will be responsible for cheering Junior Varsity football games and participating on the Junior Varsity competitive team. Seniors on JV will be invited to cheer with the Varsity for both Senior Night and Homecoming football games.

## Expectations and Procedures for Tryouts

Dates: April 16, 17, and 19

Time: 4:15pm-6:15pm

Location: NFHS Practice Gym

### Schedule of Events:

Day 1	Day 2	Day 3
Warm Up and Stretch Teach dance and cheer Standing tumbling evaluation Stunt Clinic	Warm up and stretch Review dance and cheer Running tumbling evaluation Stunt Clinic	Warm up and stretch Review dance and cheer Jump evaluation Stunt evaluations Dance and cheer evaluation

### Important Reminders:

- All forms must be submitted by **April 12, 2018** in order to participate in tryouts.
- The candidate must have a current physical on file in order to participate in tryouts. (If the candidate participated in a school sport this school year, they should have a physical on file. If no physical is on file, you must have one completed prior to tryouts.)
- Tryouts will be closed to family members and spectators.
- Tryout dates are mandatory unless you are involved in spring sports at school, transferring from a different school, or have discussed and received permission from the coaching staff prior to tryout day. Please contact Kristin Rhodes ASAP if this applies to you.
- Please wear red, black, and/or white athletic clothes and athletic shoes each day. Tops must cover your stomach and shorts should be an appropriate length. If you previously cheered at NAFO, please do not wear any of your team apparel.
- Your hair should be in a high/tight/straight ponytail and pulled back with a bow.
- Please do not wear any jewelry.

### Our Foundation of Success



COMMITMENT



EXCELLENCE



INTEGRITY



TEAMWORK

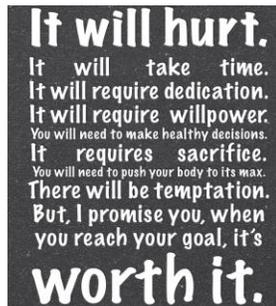
# Nation Ford High School Cheerleading Tryout Information



- Fingernails should be short with no polish. (no acrylic or gel nails permitted)
- Please arrive on time and have transportation available to pick up at the scheduled time.
- If you have any questions prior to tryouts, please contact the coaching staff via email.

## Team Expectations and Commitments

If you are selected for a position on the NAFO cheer program, please understand the team expectations and commitments outlined below:



### Academic Policy:

Your first priority as a student at Nation Ford High School is to maintain a positive academic standing in all classes. If you are not capable of keeping up your grades and participating in extracurricular activities, you must chose academics first! Please understand that we must follow all SCHSL eligibility requirements. If you are not maintaining a C or above in all classes, the coach reserves the right to place you on academic probation or dismiss you from the team. You must turn in a copy of your most current report card with your tryout packet.

## Athlete, Coach, and Parent Relationships

It is our belief that having parental support is vital to a successful program. Parents will be asked to volunteer their time making meals, working events, donating items, etc. We work very hard to keep all parents informed of the schedule, upcoming events, costs, responsibilities, etc. We also believe in maintaining an open line of communication between the coaching staff, parents and athletes. If you have questions or concerns please reach out to the coaching staff. It is our goal to make decisions that benefit the team as a whole while teaching each individual the importance of commitment, excellence, integrity and teamwork. In the event we need to make a decision involving benching team members or disciplining members in any way we will communicate directly with the athlete involved. We appreciate your support and believe that it is imperative to our program.

## Athletic Conditioning

Cheerleading is a very strenuous sport and it is expected that all athletes will work to be in great physical conditioning. Doing at least thirty minutes of cardiovascular activity 4-5 days a week is a must! In order to achieve peak physical fitness, you need to do cardio workouts and weight train. We will do this partially as a squad, but you must also work on this individually.

## Attendance Policy:

Practice and games are mandatory. If you cannot attend due to a severe illness (must have a doctor's excuse) or death in the immediate family please communicate in advance with your coach. Athletes must be present at least half of the school day to participate in after school practice, games or competitions. If you do not attend school, it is the responsibility of the cheerleader to communicate with the coach directly.

### Our Foundation of Success



COMMITMENT



EXCELLENCE



INTEGRITY



TEAMWORK

# Nation Ford High School Cheerleading Tryout Information



Please do not send messages to the coach through other cheerleaders. Failure to attend practice may result in additional conditioning, sitting out games, being removed from the competition routine and/or program. All practices and team commitments are mandatory while we are in season. Any athlete who does not attend summer practices will not be prepared for the season and may not be placed on the competition team. If you are benched, sick, or injured during a game, you are expected to dress in uniform and sit on the sidelines with the coach. If you are benched or injured during a practice, you must attend practice and sit on the sidelines.

## **Financial Obligations/Expenditures**

Personal items such as shoes, bows, bloomers, hoodies, t-shirts and practice wear are purchased by the cheerleader and all items purchased are theirs to keep. Please see order sheet for pricing of these items. Items provided by the Athletic Department: Uniforms, Body-suits, Competition entry fees, Competition mats, Game Items (signs, mascot), Competition Choreography.

\*\*If you need financial assistance, please let the coaching staff know in advance. We are happy to help!

## **Material and Preparation**

Cheerleaders are expected to know all field material (cheers, dances, stunts). If it appears that you do not know the material or are behaving in an irresponsible manner, you will not be permitted to cheer for the remainder of the event. This includes talking on the sidelines.

## **Participation in Outside Activities**

We believe and support a team member's right to participate in other activities during cheerleading season (i.e. clubs, club sports, all-star teams, work). However, Nation Ford Cheerleading must be a priority for the success of the entire team. We believe the TEAM must come before the individual if we are to reach our goal of a STATE CHAMPIONSHIP! Please make sure you are willing and able to commit to the team expectations prior to trying out for the program. Any prior commitment that would interfere with cheerleading must be communicated with the coaching staff on the tryout paperwork.

## **Social Media**

If you are selected as a Nation Ford Cheerleader please remember it is a privilege that you must earn and maintain. You are a representative of the greatest school in the state and you will be expected to represent yourself and our school in a positive manner. Behavior and imaging on social media (Facebook, Twitter, Instagram, Snapchat, etc.) should be appropriate. Inappropriate language and/or suggestive behavior will not be tolerated. Please practice responsible digital citizenship.

## Our Foundation of Success



COMMITMENT



EXCELLENCE



INTEGRITY



TEAMWORK

# Nation Ford High School Cheerleading Tryout Information



## NATION FORD CHEERLEADING TRYOUT INFORMATION SHEET

Complete the following information sheet and turn it in as part of your tryout packet.

Name \_\_\_\_\_ Grade (2018-2019) \_\_\_\_\_

Student Email Address(google account) \_\_\_\_\_

Parent(s) Name \_\_\_\_\_

Parent (s) Contact Number \_\_\_\_\_

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

Have you cheered before? \_\_\_\_\_ Stunt position(s)? Circle all that apply: Flyer Base Backspot

Please check the tumbling skills you have mastered independently on the cheer mats.

- Standing backhandspring
- Standing multiple backhandsprings
- Standing backhandsprings to tuck/layout/full
- Standing backtuck
- Standing full
- Roundoff backtuck
- Roundoff backhandspring
- Roundoff multiple backhandsprings
- Roundoff backhandspring tuck
- Roundoff backhandspring layout
- Roundoff backhandspring full
- Additional skills:

\_\_\_\_\_

Do you have any extend summer plans or extracurricular activities that would interfere with the demands and responsibilities for cheerleading? If so, what are they?

\_\_\_\_\_  
\_\_\_\_\_

Please use the back of this sheet to give additional information as to why you would make a good Nation Ford High School Cheerleader or share any additional information with our coaching staff.

**Please read and sign this page. This needs to be submitted in your tryout packet.**

### Our Foundation of Success



COMMITMENT



EXCELLENCE



INTEGRITY



TEAMWORK

# Nation Ford High School Cheerleading Tryout Information



## Financial Obligation

I have read the "Financial Obligation" portion of this packet and have discussed it with my child. I understand that the costs are an estimate and there may be some changes. Should my child be selected to be a cheerleader, a payment schedule will be given to me and I will ensure that payment deadlines are met. I understand that in the event that payment deadlines are not met, the coaching staff may sit my child until all balances have been satisfied. In the event that my child is selected and is unable to fulfill her obligations as a cheerleader, I understand that the money paid cannot be refunded.

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date

## Permission Form:

We have read the NFHS athletic handbook and understand the specific expectations, time commitment, and regulations required for the cheerleaders at Nation Ford. We also understand the decision of the coaching staff is final. Athletes will be selected based on stunting position, tumbling level, basic cheerleading skills, physical fitness, and work ethic. We understand that membership on the Nation Ford Cheer Squads is a privilege that is earned and must be maintained. The coach reserves the right to dismiss a team member at any time if an athlete violates the code of conduct set forth by the NFHS athletic department.

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Candidate Signature

## Statement of Intent

I, \_\_\_\_\_, wish to submit my name as a candidate for the 2018 Nation Ford Cheerleading Program. I realize that I must return this form along with the application packet by April 12, 2018 to be eligible for tryouts. I agree to attend all scheduled tryout dates and accept the decision of the coaches is final. I am willing to abide by the rules and discipline contract set for this tryout and those set for the team(s). I will be on time to all practices and will have transportation to and from all practices, events, games, etc. I understand that by trying out for the NFHS cheerleading program, I am obligated to become part of the team if chosen.

\_\_\_\_\_  
Candidate Signature

\_\_\_\_\_  
Date

## Our Foundation of Success



# Nation Ford High School Cheerleading Tryout Information



## Emergency Release for Winter Conditioning

I hereby give \_\_\_\_\_ (athletes first and last name) permission to take part in the open gyms for Nation Ford High School Cheerleading that will take place on March 23, March 25, March 28, March 30, April 4, and April 6 . I will not hold the Fort Mill School District, individual schools, the coaches, or volunteers responsible for any injury that occurs during these open gyms.

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

Parent/Guardian Printed Name: \_\_\_\_\_

Parent Phone 1: \_\_\_\_\_

Parent Phone 1: \_\_\_\_\_

Emergency Contact Name and Relation: \_\_\_\_\_

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

Primary Insurance: \_\_\_\_\_

Name on the Insurance: \_\_\_\_\_

Policy Number: \_\_\_\_\_

Primary Care Physician: \_\_\_\_\_

Any allergies or other medical conditions (asthma, diabetes, medications, etc.) that apply: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

**\*Please note, your daughter/son will not be able to participate in open gyms unless I have this form and it is completely filled out.**

### Our Foundation of Success



COMMITMENT



EXCELLENCE



INTEGRITY



TEAMWORK