# TRYOUT INFORMATION

Dear Candidate,

Congratulations on your decision to try out for cheerleading at Dowling Catholic High School for the 2020-2021 Season! The cheer program is a great opportunity to promote school spirit and become part of a team. We wish you the best of luck!

In order to promote safety, teamwork and build strong skills squads will be updated as follows for the 2020-2021 school year: Freshman and Sophomore squads will be combine to form a JV squad (Varsity will remain Juniors and Seniors only), Cheerleaders will cheer for fall and winter sports (including football, basketball, and wrestling), competition cheerleading will compete in the ‘Cheer & Dance’ category (preference to tryout for competition will need to be noted on tryout form), competition squad will consist of all qualified cheerleaders from any grade, and practice schedules may be adjusted to accommodate game days. Total squad sizes will be based on tryout score ranking and point breaks.

Tryout clinics will be held Monday – Thursday March 23rd – 26th from 6-8:30p.m. in the DCHS Small Gym. If any candidate has a conflict with the dates/times, please contact Coach Marshall as soon as possible. Tryout application form on the DCHS Cheer website ([https://sites.google.com/dowlingcatholic.org/dchscheerleading](https://sites.google.com/dowlingcatholic.org/dchscheerleading/rosters)) including contact information and agreements must be submitted by March 13th in order to try out. **To be eligible to tryout, you must be in good academic and behavioral standing, paid your prior year cheer balance, have a current physical on file with the Athletic Department, and fill out the tryout form.**

**Tryouts will be held Friday, March 27th at 6pm in the DCHS Small Gym.** In the event you cannot make the tryout day, arrangements can be made for video tryout PRIOR to the tryout date on Thursday, March 26th at 6pm at DCHS, please contact Coach Marshall as soon as possible to make arrangements. No tryouts will be granted after March 27th. Cheer tryout results are FINAL and will be posted by noon on Saturday, March 28th on the DCHS cheer website.

Attire for the tryout clinic practices is any t-shirt/work-out top, shorts, and cheer/athletic shoes. For tryouts the attire is a plain white t-shirt, black cheer shorts, white bow, and cheer/athletic shoes. No jewelry is to be worn and no gum is allowed. Hair must be in a ponytail; all hair must be off the shoulders and secured out of the face. Nails must be cut short, no acrylic nails are allowed. Most importantly, remember to bring a smile!

Candidates will be scored on observations at clinics, score ranking, ability to be coached, point breaks between scores, and space available on squads. At the tryout, judges will score the candidate on their performance of the following: sideline chant, performance cheer, dance, the DCHS fight song, jumps, tumbling, stunts for competition squad only, spirit, voice, appearance, and overall presentation. There will be 2 judges scoring each candidate allowing for a combine average score.

Tryouts will be closed to the public. No parents, other students (besides current DCHS Cheer Seniors), or Dowling Catholic staff will be allowed in the tryout area. Best of luck to you as you try out!

God Bless and Go Maroons!

Kendra Marshall

Head Cheerleading Coach

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# POLICIES AND GUIDELINES SUMMARY

**\*\*\*PLEASE KEEP PACKET FOR YOUR REFERENCE\*\*\***

**MISSION** Dowling Catholic High School is committed to serving the Greater Des Moines Catholic community and embracing learners of all faiths. Dowling Catholic will inspire a Christ-centered love of learning and respect for fellow human beings through the application of moral principles, a commitment to service, and excellence in academics, athletics, the arts, and extra-curricular activities.

**PURPOSE** The primary purpose of the DCHS Cheerleaders is to raise spirit, lead the crowd, and provide entertainment at DCHS football and basketball games, wrestling matches, and special events. Our cheerleaders’ primary function is to lead cheers on the sideline and with the crowd. In addition to this, they will also perform stunts and short dance/pom routines. Cheerleaders who are members of the Competition Squad will attend in-state cheerleading competitions.

**UNIFORMS** Cheerleaders will assume the cost of the uniform and its accessory pieces. The uniform, although the personal property of each cheerleader, will not be worn as a costume, loaned out to a non-cheerleader, or used in any situation where the reputation of Dowling Catholic High School and its students may be compromised. As with any article of clothing that bears the name of our school, any action by the wearer reflects on Dowling Catholic High School; please be aware of the image you present. Cheer shoes should only be worn for practice and at games/competitions. Uniforms should always be neat and clean. The uniform and accessories include, but are not limited to the following: shell, skirt, liner, briefs, socks, shoes, bow, poms, warm-ups, and bag.

**COST** A detailed expense statement will be distributed upon the decision of all necessary items once squads are chosen. All attempts will be made to find the best quality at the best prices and to keep costs down. Cheer camp is mandatory for all cheerleaders.

*ESTIMATED* Expenses

Varsity UCA summer camp - $450

JV UCA home summer camp - $170

Camp & Practice Uniform - $150

Varsity transportation - $100

Shell, Liner, Skirt, Socks, Shoes, Bow - $450

Misc. (locker magnets, paints, activity) - $50

Bag - $55

Poms - $30

Warm-ups (jacket and pants) - $170

Activities Fee - $100

Competition Cheerleaders - $500 (choreography, transportation, music, camp)

**PAYMENT A $500 deposit is due on Tuesday, April 7th to ensure your uniform will be ordered and camp reservations can be made.** A payment plan of $200/month is available upon request, payments should be paid by the 1st of every month starting May 1st until **November 1st (or sooner) when all remaining balances are due**.

**PRACTICE & GAMES** Practice schedules may be adjusted this year due to potential game day schedule changes for Freshman and Sophomore fall football. As in the past, there will be game day and competition practices throughout the week. Combination of days/times dependent on particular squad- frequency for Winter may be reduced when games/meets commence. ***Tentatively, game day practices will be held Wednesdays 4-5:30pm and competition practices Tuesday and rotating Mondays/Thursdays, based on JV football schedule 4-6pm, all at St. Francis of Assisi school gym. Practices will tentatively start the week of June 15th in preparation for camp.*** All practice, camp, game/meet schedules will be available on the DCHS cheer website calendar, please download the calendar.

Practice clothing will consist of clothing purchased and worn at cheer camp, including briefs, DCHS cheer shirt and cheer shoes. Anticipated game schedules are as follows:

Fall- Freshman- Thursdays (some Mondays, some Fridays)

Sophomore- Mondays (some Thursdays, some Fridays) Varsity-Fridays

Winter- Basketball (all levels)- Tuesdays and Fridays (some Saturdays)

Wrestling (all levels)- Thursdays and Saturdays (some Mondays, Tuesdays)

**SQUADS** Freshman and Sophomore squads will be combine to form a JV squad (Varsity will remain Juniors and Seniors only), cheerleaders will cheer for fall and winter sports (including football, basketball, and wrestling), competition cheerleading will compete in the ‘Cheer & Dance’ category (preference to tryout for competition will need to be noted on tryout form), and competition squad will consist of all qualified cheerleaders from any grade. Total squad sizes will be based on tryout score ranking and point breaks.

**Conflicts within fall or winter seasons should be taken into consideration prior to cheerleading tryouts.**  If accommodations with other activities or schedules need made, please do so prior to tryouts. During the winter season squads will be assigned (6 allowed on basketball court and wrestling mat) and scheduled games and meets will be rotated.

**ATTENDANCE** **Cheerleaders depend on the entire team when cheering or performing and especially when stunting.** **Attendance at practice and games is mandatory.** In order to cheer at games/meets/competitions, cheerleaders will not be allowed to miss more than two consecutive practices prior to the event, even if absence is excused.

Excused absences include: death in family, absence from school, illness (Coach must be made aware by end of practice that day or absence will be unexcused), or appointments affecting subsequent participation in Cheerleading (i.e. doctor’s appointment related to injury sustained in cheerleading which affects ability to participate in cheerleading). This prevents interruption to preparation for games/meets/competitions. Excused absences must be communicated to coaches 24 hours prior to practice. If sick, Cheerleader must communicate prior to practice/game/competition.

Coach must be made aware of planned absences at least 2 week in advance by the Cheerleader.

Cheerleaders are required to come to practice on time and ready. This means all UCA guidelines are met (hair, nails, shoes, attire). If cheerleader is not prepared 20 minutes after the start of practice, this will be counted as an absence.

**Any combination of 4 or more missed practices/games/meets will result in discussion of dismissal.**

**SAFETY** We will follow a progression of stunts and tumbling in accordance with the National Federation of High Schools Spirit Rule Book, endorsed by the Iowa Cheer Coaches Association and Iowa High School Athletic Association. We will use mats when appropriate and will perform within our skill level. A coach must be present whenever the cheerleaders are stunting. To further prevent personal injury, hair must be secured and away from the face (i.e., in a ponytail, long bangs pinned back) and nails must be trimmed at the fingertips for practice and at games or performance events. Jewelry of any kind should not be worn at practice or in uniform with the exception of medic-alert tags which must be secured against the body. Accidents and injuries may occur, as is the risk in all athletic endeavors, but we will do our utmost to insure the safety of our cheerleaders.

**TRANSPORTATION** All Cheerleaders at the freshman and sophomore levels must travel in Parent or Coach supervised carpools/buses/vans to and from away games. At no time is a freshman or sophomore cheerleader to drive themselves to an away game or off-campus event- even with parental consent. Varsity cheerleaders will transport themselves to home games at Valley Stadium and any game in the metro area. Cooperation from parents is paramount in this matter; please plan to volunteer to drive cheerleaders through the season.

**ACADEMIC ELIGIBILITY** Our cheerleaders are students, first and foremost, and their academic progress is one of the most important reasons for attending Dowling Catholic High School. We will follow the guidelines set forth in both the Student and the Athletic Policies in regard to academic matters.

**PROPRIETY** All Dowling Catholic High School Cheerleaders are to abide by the policies set forth in the Student Handbook, the Athletic Policies, and Cheer Constitution. Cheerleaders are expected to refrain from illegal drugs, alcohol, smoking, and excessive public displays of affection. **Any member found under the influence of illegal drugs or alcohol when in uniform or at a school event will be immediately removed from the team. All Cheerleaders are to treat their fellow teammates, Coaches, students, opponents, adults, and other fans with the utmost respect at all times – or will be immediately removed from the squad.**

**PARENT CODE OF CONDUCT**

I will

* Encourage good sporting behavior of all in attendance at DCHS events.
* Accept coach’s decisions.
* Act as a positive role model by showing exceptional support for all students, coaches, and game officials.
* Use my influence and authority to deter inappropriate conduct by others towards officials, coaches, and opponents.
* Encourage and expect my child to follow all rules set forth for DCHS Cheerleaders.
* Behave as outlined for parents in the DCHS Student Athlete Handbook.
* Support DCHS administration, teachers, coaches, and volunteers.

I will not

* Engage in any physical or verbal confrontation with coaches, school staff, students, fellow supporters, or opponents.
* Criticize, harass, heckle, or otherwise disrespect any coaches, school staff, students, fellow supporters, or opponents.
* Coach from the sidelines
* Negatively discuss coaches, students, other parents with or in the presence of others.

**Important Dates:** Dates noted below are mandatory, Coach must be notified if there are conflicts.

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| Tryout Clinic: | 3/23 – 3/26 6-8:30pm DCHS Small Gym |
| Tryouts: | 3/27 6pm DCHS Small Gym, meet in cafeteria |
| First meeting: | 4/7 5:30pm-7pm DCHS Library – Deposit due |
| Uniform Sizing: | 4/7 Varsity 3:30 p.m., JV 4;30 p.m. DCHS Cheer room |
| Team Photos: | August 2020, exact time/date TBD |
| Summer Practice (start June 15th): | *Tentatively*  All squads:  Wednesdays 4-5:30pm @ St. Francis of Assisi school gym  Competition:  Tuesdays & Thursdays 4-6pm @ St. Francis of Assisi school gym |
| Competition Choreography | TBD |
| Summer Camp: | Varsity and Competition - July 14-17, UCA, Doubletree Inn, Cedar Rapids  JV – Home camp TBD early-mid July |

*\*these dates are tentative and subject to change*

