Belleville East Basketball & Competitive Cheerleading Squad

2022-2023 TRYOUT INFORMATION

Athlete Requirements:

Make sure to fill out the online registration form. As well as the separate cheerleading application. These two forms are a MUST in order to be permitted to attend clinics or tryouts. Please contact the nurse to confirm you have a current sports physical on file. **If you do not have all 3 items completed, you will be turned away at check in.** Your physical is due no later than 3:25pm on Friday 5/6/22 and the two forms below must be submitted prior to 8:30 AM on Monday 5/9/22. Physicals brought the day of clinics will not be accepted.

1. **School Form**: https://secure.blueoctane.net/forms/HDS10PWSCUU7

2. **Google form Application:** https://forms.gle/QgH16T3PxtfxMWJX6

3. **Sports physical on file with the nurse.** You will be turned away from tryouts if you do not have a current sports physical.

Feel free to email Coach Cook with any questions you may have prior to the clinic dates.

Coach Cook: ccook@bths201.org

Tryout Information

Dress Code:

During the clinics and the tryouts we ask that you wear the following items. Failure to do so will result in a deduction of points, and most importantly, shows that you do not follow directions properly.

- ✓ Top: Plain black t-shirt (minimal writing only on your shirt).
- ✓ Bottom: Black shorts.
- ✓ Shoes and socks: Cheer shoes or other tennis shoes. White low cut ankle socks.

- ✓ Jewelry: NO jewelry is allowed.
- ✓ Bow: Always a great touch!
- ✓ Nails: Clean kept nails- no long fingernails.

Clinic Dates:

Clinic days are very important. This is where you will learn the sidelines and dance that will be performed for tryouts and you'll get open mat time for tumbling and stunting. It is HIGHLY recommended that you attend all clinic days. All clinics and tryouts will take place in Belleville East's Gym Annex.

Clinic #1: **Monday, May 10th 3:45-5:15** – Learning 2 sidelines and a dance

Clinic #2: **Tuesday, May 11th 3:45-5:15** – Stunting and tumbling open mat

Clinic #3: **Wednesday, May 12th 3:45-5:15** – Review day / open mat

Tryout Dates:

Tryouts will take place on **Thursday, May 13th from 3:45-5:30**

Team Numbers & Final Team Announcement:

We will take as many as 24 and as few as 12 on either team for both jv and varsity.

You will get an email with your tryout results Thursday evening.

If you have questions regarding your tryout results or your child's, we ask that you kindly wait 24 hours before contacting the coaches and do so in an appropriate manner. We are happy to inform you on the comments received with a brief description of why he or she did or did not make the team. Sadly, we cannot take everyone that tries out for the squad, but we encourage you to work hard and try out next year!

Tryout Questions and Answers

1. What will I be judged on?

A panel of experienced judges, including the coaches, will observe and take notes on each candidate. You will be judged on the following criteria:

- ✓ Cheerleader Skills:
  - **Appearance:** We are looking for the correct tryout attire as well as cheer shoes plus a nice bow!
  - **Jumps:** We are looking for flexibility and height. Don't forget to point your toes and watch your arm placement!
  - **Motions:** Do you have sharp, clean motions? "Pop" your motions rather than "place" them.

- **Memorization:** How well do you remember the dance and cheers.
- **Tumbling Skills:** Tumbling is NOT required to make the JV squad, **but is required for Varsity.**
- **Voice and Spirit:** Loud commanding voices that know the cheer words perfectly and perform, not just go through the motions.
- **Flyers:** You will be judged on body positions. (Heel stretch, scorpion, etc.)
- **Stunting ability:** We are looking for athletes with stunting experience and athletes still learning to stunt but willing to jump right in and learn.

✓ Student-Athlete Requirements:

- **Grades:** Do you care about your academics? Do you have D's and F's or A's and B's? Make sure you turn in your grade printout! It is your responsibility to print out your grades or email a screenshot to the coaches.
- **Appropriate forms completed prior to clinics and tryouts.** These forms must be filled out prior to being permitted to attend clinics or tryouts.

✓ Overall Behavior Standards:

- **Ability to Follow Directions:** Did you follow the "Tryout Dress Code" and turn in the required information? Simple directions to follow is a great indicator of who is taking this tryout process seriously.
- **Attitude:** We will be looking for individuals that show a positive attitude during the process. If you are bad-mouthing another candidate, displaying signs of disrespect towards other candidates, and/or showing an unwillingness to participate or do what is asked of you, these behaviors will be noted and taken into consideration during the final team selection.
- **Discipline:** Past negative behaviors, attendance records, and disciplinary infractions will be noted.

We are looking for individuals that are hard workers and coachable. Good grades and positive attitudes are of the utmost importance! This is a TEAM sport, and we want students that get along well with others and work hard to achieve both personal and team goals. Tumbling skills, length on the team, and cheerleading background, while important, are not going to matter if the cheerleader's attitude, discipline, and grades are unacceptable. As the quote goes, "Hard work beats talent when talent doesn't work hard."

2. What are some important dates and fun events to keep in mind if I make the team?

✓ **Season Dates:** Our season runs from October – February. Prior to our season, we will be practicing twice a week. Once our season starts we will have practices or games every weekday. Saturday practices will be scheduled depending on if additional practice time is needed.

✓ **Summer Practices:** We will hold practices twice a week.

✓ **Summer Camp and Choreography Camp**: Varsity and JV will attend a cheerleading camp through Xperience Chicago Cheerleading in O'Fallon. Choreography Camp will be held at East. Those dates are in June and July. Please see the tentative season schedule for those dates.

- ✓ **Team Bonding throughout the Season:** We plan to make an effort to create as many team bonding events as we can! Bonding with your team, especially in our sport, is very important!
- ✓ **Competition Dates:** Competitions are held on Saturday and Sundays beginning at the end of November and into Dec/Jan. State finals are held in February.

In season rules and expectations of our team members below

Belleville East Basketball Cheerleaders

Rules, Policies and Procedures

1. Conduct and Attitude

- As a member of this team your attitude and conduct reflects not only on the team, but the school as well. You are a role model and a peer leader at Belleville East.
  - **Follow the rules of the District #201 Athletic Code**
  - Be respectful of faculty and staff at all times.
  - Bullying through any means will NOT be tolerated. Any negative comments on facebook, twitter, instagram or any means will result in immediate consequences and possible removal from the squad.

2. Grades and school

- Student First, Athlete Second
- Athletes must maintain a **C average.**
- Athletes will not be permitted to cheer at events, games, competitions if they have an F in any academic class. If the decision has to be made to remove an athlete from a competition or game because of a failing grade but that grade rises before the event, **the decision will stand.**
- Tardies will not be tolerated. Athletes will sit games or competitions if they have an excessive amount of tardies.
- Any more than 1 in school detention for any reason will not be tolerated and punishment will be given at the coaches discretion.

3. Practice expectations

- Be ON TIME and don't leave early. You will run for tardiness.
- Be in appropriate practice clothing.

    - Failure to wear the appropriate attire will result in conditioning.
- Be respectful when coaches are speaking.
- Community fundraisers are required functions, the same as practices.
- NO PHONES AT PRACTICE. If parents need to contact the athletes, you can call/text Coach Cook or Coach Guilford.
- Please be mindful of the end times of practices. Coach Guilford and I wait for the athletes to get picked up and waiting 20+ minutes for an athlete to get picked up after practice has ended, without notification, is unacceptable.

4. Game day expectations

- Be on time!
    - Home games- be in the annex 1 hour before the game.
    - Away games - the bus will leave on time. **If you miss the bus you MAY NOT drive yourself to the game, but must be driven by an adult.** If someone outside of your legal guardian has to drive you, your legal guardian must call me to inform me of who is driving you and give their permission.
        - If you do not come to the game, you will sit the next game.
- Everyone must ride the bus home from away games and competitions.
- If you are sitting a game as a consequence and do not attend that game, you will sit two additional games.
- If you forget something or bring the wrong uniform, you will sit.
- Warm-ups are to be worn to games and on the bus with basic colored TENNIS SHOES. (no boots, crocs, slides, etc.)

5. Season attendance

For an absence to be excused the coach needs to be notified **well** in advance in person or via email from the athlete. No texts.

A. Excused absences:

- Illness/Injury **(a Dr.'s note must be provided to be excused)**
- Funeral or death in immediate family
- Special school function

An athlete must attend 4 out of the 7 hours of the school day to attend practice or a game that evening.

- Please note: **anything** outside what is listed above is considered **unexcused**. (Ex. birthday parties, work, hair appointments, vacations, etc.)

B. Missing for unexcused reasons:

- For every 2 unexcused absences you will sit a game.
- If you have 4+ unexcused absences you may be removed from the

competition routine.
- If you miss a game, you will sit the next game.

*We understand working is important but by trying out for this team you are agreeing to make this a number one priority. **Work is not an excused absence. Nor is a commitment to another sport an excused absence.** While we love our athletes to be involved in other sports, when in season, outside sport commitments are not excused absences.

- **Competition Dates:** Competitions are held on Saturday and Sundays beginning at the end of November and into Dec/Jan.

6. Appearance and Dress

As a representative of the Belleville East Cheerleading squad you are expected to look your best on and off the court / mat. When in uniform or cheer attire please keep in mind we want to present a classy, unified look.

- No fingernail polish of any color during games/competitions. Nails must be cut short.
- Socks need to be low cut and SOLID WHITE.
- Bows and uniforms are the property of Belleville East. At the end of the season you will be charged for any damage done to uniforms or bows.
- Hair will **always** be up in a high ponytail for games/competitions, with the bow facing forward unless otherwise specified.
    - We ask for hair to be a natural color during the season. No pinks, blues, greens, rainbow, ect.
- If you are given the privilege of wearing your warm-up to school prior to games you will be expected to wear it correctly.
    - Hair will be up, with a bow facing forward. Tennis shoes will be worn with the warm-up, no uggs, crocs or slides.
    - You may layer up under the warmup but we ask that the warm-up is the outer layer.
    - Stud earrings are okay but no obnoxious jewelry will be worn.
    - Failure to follow the specific rules given when wearing your warmup to school will result in you losing that privilege.

7. Money

- We are very flexible and willing to work with you in whatever needs you may have. We understand how costly this sport can be and we try to keep the costs to minimum where we can.
- A payment plan is something we can work out if that is what suits you best. We try to provide a variety of fundraisers to help offset the costs.
- Agreeing to be a member of the squad for the duration of the season means you are agreeing to the financial responsibility that is required for each athlete.

- If you choose to quit, you are responsible for the payments that were due at the time you were a member of the team.

Your total for the season will be divided up into smaller payments. Each payment will be due every 6 weeks. - refer to the expense sheet.

Expense sheet for payment breakdown below. (Subject to change)

THIS IS SUBJECT TO CHANGE!! These prices are for a general idea of what the cost for a season will be!

Basketball Cheer Expenses

***Required* purchases and prices are per cheerleader**

Paid to B.East Cheer:	
Choreography	$200
Xperience 4 Day Stunt Camp	$250
Pride Session 1	$84
Pride Session 2	$84
Pride Session 3	$84
Pride Session 4	$84
Pride Session 5	$84
Total-	**$870**

*Cheer shoes

- TBA currently but roughly $65-80

Payment Plan: Your total payment has been divided into 6 smaller payments of $145. This is to be paid every 6 weeks throughout the season.

- **June 23rd**
- **August 11th** (skipping August 4th due to no contact week)
- **September 22nd**
- **November 3rd**
- **December 15th**

- **January 26th**

★ **We try to provide fundraisers to help offset the costs. If you are willing to put in the work to do the fundraisers, you can do this sport at a minimal cost to you.**
★ If you would like to make one payment of $870 at once, you may do so to be completely paid off.
★ An additional payment plan can be set up if need be. Please contact me for further information

What is required to purchase elsewhere:

Practice Attire-	$45

★ You will purchase your camp clothes through a local business- NSquared Designs

Separate Fees:

Athletic Fee-	$30

1 time expenses: (estimated prices)

Columbia Sparkle Bloomers-	$21.95
Navy Sparkle Bloomers-	$21.95
Navy Bodysuit-	$21.95
Warmup-	$192

***If you have these items from previous seasons, you do not need to repurchase them unless you want a second pair.**

★ **You will NOT be paying for these items through Belleville East, you are responsible for this on your own.**

Description of purchases:

Choreography- We will be using the company Xperience Chicago. Many teams in our area have used this company and have been extremely successful. We are very excited to be working with them!
2 Day Stunt Camp- Xperience Chicago will be sending instructors to East for a two day stunt camp. We will learn the ends and outs of stunting and will master top stunting skills!
Practice Attire- You are required to purchase 3 outfits. You will be **required** to wear these to camps, events, and weekly practices. I will send out more information on purchasing these soon.
Shoes- New shoes are bought every season.
Athletic fee- This is required by every athlete of the school. **You pay directly to the school.** You will be **unable** to receive uniforms until this is paid.
Pride- We will be attending two 9 week sessions at Pride this season.
Bloomers- Columbia and Navy sparkly bloomers are required for Varsity. Jv is required to purchase only the navy sparkle bloomers.

Bodysuit- A navy turtleneck bodysuit is required for both squads.
Warm-up- Purchases through the Varsity Brand website. T**hese take anywhere from 6 to 10 weeks to arrive.** You will need this by the first game or you will sit. Please get these orders in quickly. **Link listed below.**

Here is the link to the Varsity brand online store. This is where you are required to purchase:

- ★ Polymicro Jacket BBALL REVERSIBLE JACKET PM1822FB
- ★ Polymicro Jogger PMP190
- ★ MockNeck MidriffBodysuit JV MIDRIFF SSM15
- ★ Boy Cut Brief SHIMMER NAVY BRIEFS MFBC
- ★ **Varsity only**- Boy Cut Brief SHIMMER COLUMBIA BRIEFS MFBC
- ★ **Optional-** Glitter Gameday Backpack VSBP18
    - If you prefer to borrow a bag for the season, please let me know.
- Anything extra listed on the website is optional for purchase! You can purchase any spirit items you'd like but the items listed above are required!

https://www.varsitycolors.com/lancers/

pin: 1234

Once you put the pin in, it'll ask you to create an account. Once you do that, you will have access to the online store! I would purchase the items listed above, again. **The warmup takes about 8-10 weeks to arrive.**

Here is the link and directions to the online store for the practice attire:

- TBA

Frequently asked questions listed below

Basketball / Competitive Cheerleading Frequently Asked Questions

- **Q- What are the top skills the coaches are looking for?**
    - A. Tumbling-back handspring or higher, **sharp** motions, strong and flexible jumps, a good work ethic, can easily retain choreography, loud and strong voice when cheering, and showmanship while performing.

- **Q- What skills are required to make <u>varsity</u>?**
    - A- The minimum tumbling requirement to make varsity is a solid back handspring. The minimum stunting requirement is the ability to do an liberty. You also must be able to learn cheers quickly, have clean tight motions, flexible jumps with pointed toes, and dance ability. While tumbling is a top skill to have for varsity, just having advanced tumbling alone will not put you on varsity.

- **Q- Do you have to have cheerleading experience to make the team?**
    - A- It is a great asset to have cheerleading knowledge or prior cheerleading experience but is not required. We do move at a fast pace however, so it is beneficial to have knowledge of the sport.

- **Q- Is basketball and football cheerleading the same?**
    - A- No. Football cheerleading is considered a “sideline” team. They focus on sideline cheers, timeout cheers, school assemblies, and stunting. Basketball cheerleaders are also competitive. We do 5-6 competitions a season plus basketball games. The time commitment for basketball cheerleading is much larger than football cheerleading.

- **Q- Is it expensive?**

- A- On average you will be responsible for paying around $600-$900 each season. The payments are broken down throughout the season into smaller payments. The things that are required to pay for each season are choreography, stunting/tumbling camps, shoes, tumbling classes, and practice clothes. If it is your first time making the squad, your overall season price will be **larger** due to some first time purchases that are required (warm-up and game day undergarments). We do provide a few fundraisers throughout the season to help offset these costs. If you take advantage of those fundraisers, it can reduce your overall expenses.

- **Q- Do I automatically make the team each season?**
  - A- No. Even if you previously made the team, you must try out each season. Athletes are not guaranteed to make the squad just because they were previously a member of the team. We want to ensure our athletes are committed, continuously improving, respectful, and have a strong work ethic.

Tryout / informational links below

Google form application: https://forms.gle/5G3eiZAB9DdGF7ij9

Athletic tryout form: https://secure.blueoctane.net/forms/HDS10PWSCUU7

Athletic website for any additional information you would like:
https://www.bellevilleeastsports.org/winter-sports/cheerleading-basketball/

Tentative calendar for 2022-2023 season:
https://docs.google.com/presentation/d/186L2sUiUObxQce3yx0mr1wyVgZedZPs-INsqes6dF7E/edit?usp=sharing

Tryout Checklist:
https://docs.google.com/document/d/1-FNX7-c4e85Sp6N_1ejkUzzfZRcev45RfNcXhPQMMQo/edit?usp=sharing

Follow us on social media!

Instagram- @eastbballcheer

Twitter- @EastBballCheer

Contact information:

Courtney Cook, head coach: ccook@bths201.org
Zoe Guilford, assistant coach: zguilford@bths201.org

Please reach out with any additional questions.
We look forward to seeing you at tryouts!