

Centennial Spiritline Clinics / Tryouts 2022-2023

Thank you for your interest in trying out for the Centennial Spiritline and continue to strive for athletic excellence. We will move forward with Varsity Pom, Varsity Cheer, JV Pom, and JV Cheer. All teams will be working together to build the foundation for a strong Spiritline program. This packet contains all of the information that you will need to know about tryouts. All forms are due by the first day of clinics.

Pom Clinics / Cheer Clinics / Final Tryouts

Friday May 13th 2022 \$250 payment due (cash, MO, Zelle, or check made to Centennial). This will be for all items that will be needed over summer (shoes, shirts, shorts, etc)

- All clinics and tryouts will be closed
 - Friends/family will not be allowed to watch at any time
- All candidates will perform the same material during their tryout

The Varsity Teams will be made up of the candidates with the highest scores until there is a significant break in the scores. From there, we will fill the JV cheer team/JV Pom team

Selection of the new teams will be made from a panel of judges and all decisions are final.

***** Seniors cannot make the JV team. You must score on Varsity or there will be cuts*****

What to wear for Pom / Cheer Clinics

CHEER CLINICS

Solid Black T-shirt

Black Soffes/Black Athletic Shorts

Spankies (Short Spandex) to wear underneath shorts

Lightweight tennis shoes or cheer shoes and socks

Hair pulled back out of face in high pony with any bow you have (non CEHS related)

POM CLINICS

Solid Black T-shirt

Black Soffes/Black Athletic Shorts

Spankies (Short Spandex) to wear underneath shorts

Tan Jazz Shoes or Tan Pirouette Shoes

Hair must be a low tight bun with any bow you might have (non CEHS related)

*****All returning members please do NOT wear any Spiritline clothing from past seasons*****

What to wear for Tryouts

CHEER TRYOUTS

Solid Black color t-shirt

Black athletic shorts

Spankies (Short Spandex) to wear underneath shorts

White no-show socks

Tennis Shoes/Cheer shoes

Hair pulled back out of face in high pony with any bow you have (non CEHS related)

POM TRYOUTS

Solid Black color t-shirt

Black athletic shorts

Spankies (Short Spandex) to wear underneath shorts

White no-show socks

Tan Jazz Shoes or Tan Pirouettes

Hair must be a low tight bun with any bow you might have (non CEHS related)

What to take out

All Body piercings!! Including belly rings, earrings, etc.

All other jewelry (watches, necklaces, etc)

Nails that are longer than your fingertips are not permitted and NO COLOR on the nails

Any violations of the list above will be an automatic removal from Tryouts

??? What Do I Need for Tryouts and Clinics ???

Cheer Teams

- Cheer
- Chant
- Jumps (Toe Touch, Hurdler, and Combo)
- Tumbling (unassisted)
- Stunting Technique
- Dance Combo

Pom Teams

- Strong Dance Technique (Ballet, Jazz, Etc.)
- Turns
- Leaps
- Kicks
- Tumbling (ariels, walkovers, headsprings, etc.)
- Dance Combos (Pom and Jazz)

Numbers

On the day of clinics, you will be given a number that will be assigned to your name. Do NOT trade numbers with anyone otherwise they will be trying out for you. Incoming Freshmen you will be given a name tag. You **CANNOT** participate in Tryouts Day but are allowed to attend all Clinics.

All cell phones need to be on off position or on vibrate please. No phone calls during the clinics and tryouts. Demonstrate a positive attitude and good sportsmanship always. Be respectful to the girls who are trying out with you as well as the ones showing the material.

Tumbling

You will have the opportunity to perform both standing and running tumbling skills. Standing skills will include a back handspring, tuck, and other varieties of standing tumbling connected. Running skills will include round off handsprings, tucks, layouts, fulls, combos, etc. If you can tumble, you will perform your skills solo at tryouts. If you need a spot we ask that you do not pass. We do not want you to hurt yourself and can only get a spot during clinics not at tryouts. If you are chosen for a team, you are expected to have these tumbling skills unassisted for routines. Coaches can and will spot during practices, but will make decisions based on level and skill being presented. Only tumbling skills Pom members would need to have are the following: Ariels (right and left), head springs, front and back walkovers (1 handed), and back tucks (if possible). Starting working now on skills at home, gyms, etc.!

??? What Teams Are Offered ???

<p><u>Varsity Game Team:</u> All candidates selected for the varsity team will be freshmen, sophomores, juniors, and seniors during the school year. Varsity will be expected to make their commitment to their team priority and will not be able to participate on any other CeHS team until the season is over. Varsity Sideline will cheer at all home and away football games, home basketball games, school assemblies and various school and community functions. They will have one practice per week over summer to prepare for games and work on skills.</p>	<p><u>Varsity Game Team</u> All candidates selected for the varsity pom team will be freshmen, sophomores, juniors, and seniors during the next school year. The pom team will attend all football games both home and away with Cheer and perform at football games, basketball games, school assemblies, and various school and community functions. Varsity Pom Sideline will practice one a week during the summer to prepare for all games and events.</p>	<p><u>JV Sideline Team</u> All candidates selected on this team will be freshmen, sophomores, and juniors during the next school year. Per AIA rules, seniors cannot be on the JV teams, regardless of the sport. The purpose of JV will be to promote school spirit, cheer at home games for football and basketball games and to focus on building the fundamentals skills of cheerleading. JV may possibly compete at local competitions as well. Nationals are based on the coaches and if the team will be ready for that level. Competition is a privilege and must be earned.</p>
<p><u>Varsity Competition Team</u> Will attend local and national competitions selected by the coaches. Whether competition teams attend nationals are determined on a yearly basis. It is never a guarantee. The team needs to earn the privilege to compete, both with the various cheer organizations and with the coaches and school administration. You MUST have a standing backhand spring from a jump and running backhand spring to be considered for this team.</p>	<p><u>Varsity Pom Competition Team</u> This team will consist of experienced dancers with a high level of technique and training. All candidates selected on this team will be freshmen, sophomores, and juniors during the next school year. Per AIA rules, seniors cannot be on the JV teams, regardless of the sport. You MUST have a quad turn and ariel (right AND left) as well as strong flexibility and knowledge of dance technique for this team.</p>	

Financial Commitment

Spiritline members will be given opportunities to fundraise money for various items throughout the year and are expected to take advantage of these opportunities. If team members don't raise enough to cover the individual cost, then they will be asked to pay out of pocket. Tax Credit donations are great for raising funds to be used. Here is a breakdown of the full season. These payments are broken up over time and not all due at once. Fundraisers will be applied to each kid's account as we process and complete them.

Returning Varsity Cheer / Pom Members 22-23

Bows	\$45 (Red, White, Pink)
Poms	\$35 (Red and Navy-If needed)
Camp	\$400-\$550 (Comp. team Only)
Comp Fees	\$140 (Due in Aug)
USA Nationals	\$450-\$700 (Feb. 2023)
Shoes	Any Solid White Shoes (Purchase on own)
Tumbling	Being Worked on
Spirit Items	\$175 (Shirts, Shoes, Sports Bra)
Total for the year	\$1,862.00

New Varsity Cheer / Pom Members 22-23

Uniform	\$178.05 (can purchase a senior one for less price-Only those on Comp Team)
Bows	\$45 (red, white, pink)
Poms	\$22 (Pink) \$35 (Navy and Red)
Camp	\$400-\$550 (Comp Only)
Comp Fees	\$140 (Due in Aug)
USA Nationals	\$450-\$700 (Feb 2022)
Shoes	Any Solid White Shoes (Purchase on own)
Hydro	\$60
Bag	\$90
Warm-ups	\$85
Tumbling	Being worked on
Spirit Items	\$175 (Shirts, Shorts, Sport Bra)
Total for the year	\$2,165.05

Returning JV Cheer / Pom Members 22-23

Bows	\$45 (red, white, pink)
Poms	\$45 (Red and Navy-If needed)
Camp	\$400-\$550 (Comp Only)
Comp Fees	\$140 (Due in Aug)
USA Nationals	\$450-\$700 (Feb 2022)
Shoes	\$90
Tumbling	\$25 per month
Spirit Items	\$175 (Shirts, Shorts, Sport Bra)
Total for the year	\$1,722.00

New JV Cheer Member 22-23

Bows	\$45 (red, white, pink)
Poms	\$22 (Pink) \$30 (Navy and Red)
Camp	\$400-\$550 (Comp Only)
Comp Fees	\$140 (Due in Aug)
USA Nationals	\$450-\$700 (Feb 2022)
Shoes	\$90
Hydro	\$60
Bag	\$90
Warm-ups	\$85
Tumbling	\$25 per month
Spirit Items	\$175 (Shirts, Shorts, Sport Bra)

Total for the year	\$1,987.00
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Participation Fee

Participation Fee is Due in August for \$100. This will go to the bookstore **NOT** to coaches or Boosters. PUSD Rule and not Coaches. However, coaches will need to enforce this rule prior to an athlete starting practice and being selected for a team. Please use TAX CREDIT for this payment.

Uniforms: Varsity Cheer and Pom

Will use school game uniforms provided and returned at the end of the season. Next year for Varsity Cheer and Pom to order new uniforms is the 2023-2024 season. Comp Team are required to purchase new uniforms if you do not have it.

Uniforms: JV Cheer

JV Cheer/Pom will be using the school provided uniform. Will return at the end of the season

Coach Gonzales and Coach Marinaro, wish everyone the best of luck at clinics and tryouts. If you need any further information, clarification, or have questions please email the coaches:

Coach Gonzales

cargonzales@pusd11.net

Coach Marinaro

jmarinaro@pusd11.net

CENTENNIAL HIGH SCHOOL
SPIRITLINE APPLICATION 22-23 SEASON

Name: _____

Address: _____

City: _____ Zip: _____

Your Cell #: _____

Parent(s) Name: _____

Parent(s) Email: _____

What Grade will you be in 2022-2023 School year? 9th 10th 11th 12th

Do you have any referrals on file? YES NO

If yes, please explain:

Current Schedule: Please list your current classes and teachers.

Teacher (First and last name)	Class

Experience: Please describe any experience you may have with cheer, tumbling skills, dance, etc.

What makes you a good candidate for the Spiritline Program at Centennial?

What is it about cheer/pom that interests you?

If Selected, how will you promote Coyote Pride and school spirit?

How will you hold yourself accountable for staying on task, practicing and performing with 100% effort?

How will you help raise the overall work ethic of the team?

How many absences from practice do you think is appropriate to miss? (Excused or Unexcused)?

If you were selected in a leadership position, how would you address not showing up to practice? Or leading early/arriving late to practice?

If selected for the 2022-2023 Spiritline teams, these applications will be kept on file and coaches will hold each team member accountable to the answers they have provided.

These applications are due on the first day of tryouts.

CeHS Spiritline Clinics/Tryouts 22-23 Season Teacher Evaluation

Candidate Name (First and Last): _____

Teacher: _____

Subject: _____

** This is a confidential evaluation from the teacher's perspective. Please be honest as this candidate is auditioning to be part of CeHS Spiritline; they will represent CeHS for the full 2022-2023 Spiritline Season **

Please fill out and place in Coach Carlos Gonzales's Mail Box in front office at CeHS or can email as well at:

Cargonzales@pusd11.net

Please rate the student on a scale from 0-5 (5 being the highest) of the following elements:

Attendance/Punctually	0	1	2	3	4	5
Respect for Authority	0	1	2	3	4	5
Respect of Peers	0	1	2	3	4	5
Effort/Qualify of Work	0	1	2	3	4	5
Honesty and Integrity	0	1	2	3	4	5

Current Grade/Percent: _____

Additional Comments:

Photo Consent and Release Form

Without expectation of compensation or other remuneration, now or in the future, I hereby give my consent to [legal entity/organization], its affiliates and agents, to use my image and likeness and/or any interview statements from me in its publications, advertising or other media activities (including the Internet). This consent includes, but is not limited to:

(a) Permission to interview, film, photograph, tape, or otherwise make a video reproduction of me and/or record my voice;

(b) Permission to use my name; and

(c) Permission to use quotes from the interview(s) (or excerpts of such quotes), the film, photograph(s), tape(s) or reproduction(s) of me, and/or recording of my voice, in part or in whole, in its publications, in newspapers, magazines and other print media, on television, radio and electronic media (including the Internet), in theatrical media and/or in mailings for educational and awareness.

Name (Student): _____

Signature: _____

Address: _____

Date: _____

The below signed parent or legal guardian of the above-named minor child hereby consents to and gives permission to the above on behalf of such minor child.

Signature of Parent
or Legal Guardian: _____ Print Name: _____

The following is required if the consent form has to be read to the parent/legal guardian:
I certify that I have read this consent form in full to the parent/legal guardian whose signature appears above.

Date

Signature of Supervisor/Team Leader

Centennial High School Athletics

Social Media/Behavior Contract

Participation in interscholastic athletics at Centennial High School is a privilege. Student athletes are expected to adhere to a high standard of self and school representation. All student athletes are ambassadors of Centennial and carry with them the responsibility of presenting themselves in a responsible and positive manner. This includes all school and athletic related events as well as personal conduct on any social media forum. Therefore, all students wishing to take advantage of the opportunities presented to them by Centennial High School must show a commitment to their athletic program by adhering to the "Social Media/Behavior Rule" that will be in effect for the 2022-2023 season. All student athletes will be expected to follow these social media guidelines:

- 1) Any student athlete who chooses to post or repost inappropriate or distasteful images or comments on any type of social media forum will be removed from their team. This includes any form of illegal behavior and additional consequences can occur depending on the situation.
- 2) Any student athlete who chooses to post derogatory comments or images towards their team, teammates, Centennial High School or its teachers, staff or administration will be removed from their team.
- 3) Any forms of bullying or posing about another team member can result in removal from the squad, benched from a game, and can result in additional consequences.

The Centennial coaches and administrators will have the final decision regarding what is deemed inappropriate in regards to social media, all student athletes are expected to follow the "Social Media/Behavior Rule" from the time they are selected until their season ends. All decisions made by the Centennial coaches and/or administration are final.

By signing below, both student athlete and their parent/guardian accept the terms outlined by the "Social Media/Behavior Rule" set forth by CeHS Spiritline. Furthermore, the undersigned state that they understand the consequence should the student athlete violate any part of the "Social Media

Student Signature: _____ Printed Name: _____

Parent Signature: _____ Printed Name: _____