Dear Candidate,

Cheerleading for one’s school can be both rewarding and fun! However, it does require its participants to be self-motivated, willing to give unselfishly of their time, work steadfast in accomplishing goals, and most importantly, be mindful of the six pillars of good character: Trustworthiness; Respect; Responsibility; Fairness; Caring; and Citizenship. Additionally, members are considered as AMBASSADORS of their school and are expected to be positive role models for their peers! Lastly, if selected to be part of the PHS Spirit Program you will be guided by a set of rules and regulations that foster community among its members, philanthropy, leadership, and school spirit!!!!!!

We ask that both you and your parents/guardians read over all necessary papers, complete those that need to be completed, and remit them on or before:

**THURSDAY JUNE 18TH BY 4:00 PM:**

High School: Outside of the Main Office in basket labeled......

“COMPLETED SPIRIT PROGRAM TRYOUT APPLICATIONS”

A cheerleading program can be rewarding and fun when its members exercise their ability to be productive, listen well, and work together as a team in developing advanced cheerleading skills for performances at games, pep rallies, and in competitive venues.

We are ready, are you?

Respectfully,
Coach Handchen & Coach Matthews
PHS SPIRIT SQUAD TRYOUT INFORMATION

POINTS OF EMPHASIS

• ONLY students who are currently enrolled in a Moore County School are eligible to tryout, at this time, for the PHS High School Cheer team. Registration for NEW Moore County School students will take place beginning July 6th.

• If you are currently NOT a Moore County student, kindly email Coach Handchen at rhandchen@aol.com for further instructions.

PINECREST HIGH SCHOOL SPIRIT PROGRAM

The Pinecrest High School Cheer Program is EXCITED to announce “VIRTUAL TRYOUTS” for the 2020-2021 school year!

Tryout Application Due On or Before

Thursday, June 18th

Tryout Video Due By

Saturday, June 20th

**Application and Video Tryout Requirements are available by emailing:

phspatriotscheer@gmail.com

Or visiting Pinecrest High School Athletic Site Fall Sports Cheerleading

Application can be emailed to phspatriotscheer@gmail.com or dropped off and placed in the plastic bin by the main office at PHS.
Video should be sent to phspatriotscheer@gmail.com

For questions or additional information, please email Coach Handchen at phspatriotscheer@gmail.com

**EXPECTATIONS**

If selected for participation, each participant is expected to:

- Demonstrate a commitment to EXCELLENCE!!!
- Be dedicated to working towards & achieving goals!!!
- Be attentive to scheduled practices, activities, & events!!
- Be cognizant & follow all safety guidelines.
- Be financial responsible for expenses associated with participation in cheerleading.

**BE PROACTIVE BE RESPONSIBLE BE A PROBLEM SOLVER BE A DOER BE A TEAM PLAYER BE A DIFFERENCE MAKER SETTLE FOR MORE!!!!!!**

**TRYOUT ATTIRE**

As a candidate, you are vying for a spot on a Spirit Squad. Therefore, each candidate is expected to arrive to each tryout session dressed properly for the activity:

- Shorts (preferably green or black)
- Tee shirt (any bulky shirt will be required to be tucked in)
- White sneakers (should not be too bulky or heavy)
- Hair: Long: up in a high pony with a bow Shorter: ½ up, ½ down with a bow
- You should appear neat and clean demonstrating readiness for the position!
- No JEWELRY!!!! Medical bracelets must be taped down.
- Nails need to be an appropriate length (fingertip as per NFHS)!!!!

**Evaluations Based On The Following**

- APPEARANCE
- ATTITUDE & WORK ETHNIC
- FITNESS
- MOTION TECHNIQUE
• JUMPS
• PERFORMANCE SKILLS/CROWD APPEAL
• FLYER BODY POSITION STUNTING KNOWLEDGE & FLEXIBILITY
• TUMBLING

TRYOUT VIDEO REQUIREMENTS

JUNE 2020

APPEARANCE:

Candidates should be dressed in appropriate clothing for the activity. Shorts (only) should be green, white, or black. Tee or tank should not be bulky and be free of a large distracting logo. Hair needs to be in a high pony, if possible, with a bow. If one has short hair or unable to put hair in a high pony, low pony or headband, white or black will work. Sneakers need to be worn and appropriate for the activity.

ORDER OF EVENTS:

• Spirited Entrance

• Introduction:
  - Name (First then Last)
  - Grade
  - Position Seeking

• Band Chant- NCA 2020 Tryout Band Chant
  - See You Tube for Routine Video & Instruction
  - Go to varsity.com virtual tryouts NCA Tryout Kit for the music
  - Poms should be used, any color, if available
  - Choose any of the three ripples to demonstrate (your choice)

• Flyers Only:
  * If possible demonstrate flyer skills & flexibility on a commercial flyer stand (do NOT purchase one for this activity) or a curb.

    - Balance Skills/Body Positions:
      - Liberty (both Legs)
      - Arabesque (Stand on right leg.)

    - Flexibility/Body Positions:
      - Heel Stretch (both legs)
      - Scorpion (stand on right leg)
- Scale (stand on right leg)

- **Jumps:**
  - Front hurdler to the right
  - Front hurdler to the left
  - Toe Touch

- **Standing Tumbling (Beginner to Advanced)** *

- **Running Tumbling (Beginner to Advanced)** *

- **Jump/Tumbling Combination(s) (Optional)** *

- **Spirited Exit**

*Any tumbling performed should be skills that you have already mastered:*
- without a spotter
- in an open space free of obstructions or obstacles
- on a SAFE surface
  - matted
  - air trak
  - grass (flat)

**ABC’S OF THE PHS SPIRIT PROGRAM**

**A**

**Attendance:**

The PHS Spirit Program will run from the time of tryouts, until Wednesday, March 31, 2021.

- Attendance at all practices is required:
  Therefore, Driver’s Education Classes, vacations, and mission trips are to be taken during off periods from cheerleading.

- Off Periods:

  Monday, June 29, 2020 - Sunday, July 5, 2020
  Monday, July 20, 2020 – Sunday, July 26, 2020
- Calendar of Events (See Important Dates Chart)

- Practices after August 17th:
  
  **Varsity:** Monday & Tuesday 6-8 PM, Wednesday & Thursday 6:15 AM-8:00 AM
  
  **Junior Varsity:** Monday, Tuesday, & Wednesday 4-5:30 PM

- Games:
  
  **Football:**
  
  Varsity: Friday Nights
  
  Junior Varsity: Thursday Home JV Football

  **Basketball:**
  
  Varsity: Tuesday & Friday with four to five away games
  
  Junior Varsity: Tuesday & Friday Home JV Game

---

**Basic Information:**

The PHS Spirit Program will comprised of a:

- Junior Varsity Squad (16-18 participants)
- Varsity Squad (16-20 participants)

Each Squad will prepare for game performances and for competitive performances.

**Fund Raising:**

There will be ample fundraisers provided both team and individual to off-set out-of-pocket expenses.

**Fees:**

- Practice Wear/Spirit Wear
  
  Approximately $250 plus tax & S/H

- Game Day Equipment:
  
  Returners: Approximately $77.00 plus tax & S/H
  
  New participants: Approximately $150.00 Plus tax & S/H

- Competition:
  
  Junior Varsity: Approximately $100.00 (Pre-States, Carolina Championships & States)
  
  Varsity: Approximately $450.00 (Pre-States, Carolina Championships, States, NC Coaches’ Invitational, & Cheer Ltd. CanAm)
Community Service
Participation in:
- Back-to-School Nights
- Parades
- Community Service Projects

Communications:
All communication will be done through email or the use of an App such as Band.
We will adhere to a “Chain of Command”. Coach-Player, Coach-Player-Parents,
Coach-Player-Parent-Athletic Director.

FYI:
At the mandatory parent/guardian meeting, additional paperwork will need to be signed by both
participant and a parent or guardian. These papers include: Extracurricular Standards of
Behavior, Inherent Risk of Cheerleading, and Program and Conduct Guidelines

Dear Candidate,

Paying attention to details and adhering to due dates is quite important. Please use this checklist as a
means of keeping yourself organized and on top of your game. Kindly complete the necessary paperwork.
Then place all required papers in either a folder or manila envelope, neatly write your name on the folder
or envelope. Remit all paperwork to main office at the high school or in the main office of the middle
schools. (Look for the decorated cheer collection box.)

All paperwork is due on or before: Thursday, June 18, 2020, by 4:00 PM PHS Outside Main Office.
(Place in the Plastic Bin marked PHS Cheer Applications.)

CHECKLIST:

- Tryout Application Completed and Placed in a Folder or Envelope
- Copy of Physical Forms Completed and Included in Folder or Envelope
- A Copy of Your Most Recent Report Card Attached to Tryout Application
- A letter of recommendation from a teacher/coach.
- Physical and school forms entered and approved on Arbiter [http://www.arbiterathlete.com]
- Begin Stretching, Conditioning, and Working on Your Jumps and Any Tumbling
  you wish to demonstrate.

3, 2, 1, SOMETHINGS TO KNOW:
✓ Cheerleading for one’s school is both rewarding and fun! However, it does require its participants
to give more of their time than most people realize. Participants must be willing to devote a
minimum of 12 hours per week to cheerleading related activities. The demands place on a person’s time and energy are great, and all participants must be able to successfully balance academic requirements, cheerleading and social lives. Prospective candidates need to consider carefully their various personal commitments before deciding to try-out for a position within the PHS Spirit Program.

- Cheerleaders are expected to support all cheerleading activities during the season. Such activities include but are not limited to: team meetings, practices, games, assemblies, pep rallies, camps, clinics, fundraisers, community service, community events, and parades.

- Cheerleaders must remain in good academic standing at-all-times. Failure to do so will result in probation from the squad.

Role of the Parent:
The parents/guardians play a significant role in helping to support the PHS Spirit Program. Therefore, all parents will must be active participants in the PHS Spirit Program Boosters and become active members of the PAC, the Parent Athletic Club of PHS Athletics. By becoming active members in both groups, we can ensure that the PHS Spirit Program is successful in all their philanthropic and fund raising efforts!

Thank you for taking the time to read through the PHS Cheer Program Information. Any questions kindly email Coach Handchen at phspatriotscheer@gmail.com

Pinecrest High School Cheerleading
2020-2021

Important Program Dates

<table>
<thead>
<tr>
<th>EVENT</th>
<th>DATE(S)</th>
<th>TIME</th>
<th>ACTIVITY</th>
</tr>
</thead>
<tbody>
<tr>
<td>TRYOUT APPLICATION DUE</td>
<td>THURSDAY, JUNE 18TH</td>
<td>4:00 PM</td>
<td>TRYOUT APPLICATION DUE</td>
</tr>
<tr>
<td>TRYOUT VIDEO</td>
<td>DUE BY 6/20</td>
<td>VIDEO</td>
<td>TRYOUTS</td>
</tr>
<tr>
<td>SQUAD PLACEMENT ANNOUNCED</td>
<td>MONDAY, JUNE 21</td>
<td>5 PM</td>
<td>SELECTION OF THE 20-21 PHS SPIRIT LEADERS</td>
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<tr>
<td>Phase 1</td>
<td>Phase 2</td>
<td>Phase 3</td>
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<tr>
<td><strong>July</strong> 6, 7, 8, 9, 14, 15, 16, 17</td>
<td><strong>July</strong> 28, 29, 30, 31</td>
<td><strong>August</strong> 3, 4, 5, 6, 11, 12, 13</td>
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<tr>
<td><strong>Small Group</strong> W/Staggered times 8:30 AM - 1 PM *If outside, all, if inside small group instruction w/staggered sessions *All together 8:30 AM - 11:30 AM</td>
<td><strong>Sizing &amp; ordering of Equipment, Learning of Material &amp; fitness training Game Day Prep</strong></td>
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<tr>
<td><strong>STARTING THE WEEK OF AUGUST 17TH:</strong></td>
<td><strong>Learning of Material &amp; fitness training Game Day Prep</strong></td>
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</table>

**VARSITY**

**PRACTICES:**

MONDAY-TUESDAY 6-8 PM  
WEDNESDAY-THURSDAY 6:15 AM-8 AM

**GAMES:**

FRIDAY NIGHTS AUGUST 14TH-DECEMBER 11TH (INCLUDES PLAY OFF DAYS)

**JUNIOR VARSITY**

**PRACTICES:**

MONDAY-WEDNESDAY 4:00 PM-5:30 PM

**GAMES:**

THURSDAY HOME JV GAMES
PHS SPIRIT PROGRAM TRYOUT
REGISTRATION FORM
**KINDLY PRINT NEATLY**

Name_________________________________________________________________

Current Grade: ________ DOB: ____________ Age: __________

Candidate’s Cell #: __________________________________________________

Candidate’s Email: ___________________________________________________

Candidate’s Address: _________________________________________________

**Parent Guardian’s Information:**

**Mother:**
Name: ______________________________________________________________
Cell #: ______________________________________________________________
Email: _______________________________________________________________

**Father:**
Name: ______________________________________________________________
Cell #: ______________________________________________________________
Email: _______________________________________________________________

**Guardian:**
Name: ______________________________________________________________
Cell #: ______________________________________________________________
Email: _______________________________________________________________
PHS SPIRIT PROGRAM TRYOUT APPLICATION

Please print neatly and be mindful of the fact that your interest and commitment may be judged by the care and professionalism with which this application is completed!

Name: _______________________________________________________________

Current Grade: ________________ Cumulative: GPA: ________________

Mailing Address: _______________________________________________________

City: ___________________________ Zip Code: _______________________

Home Phone: _________________ Cell: __________________________

Email Address: _________________________________________________________

-------------------------------------------------------------------------

General Information:

1. What position will you be trying out for? Flyer Back Base Side Base
   (Circle all positions that you would like to be considered for.)

2. Place a check mark next to any tumbling skills you can do without a spot:
   
   _____Forward roll       _____Cartwheel       _____Round-off

   _____Standing Back Hand Spring       _____Front Hand Spring

   _____Back Walk Over       _____Front Walk over       _____Standing Tuck

   _____R/O BHS       _____R/O Multiple BHS       _____R/O Tuck

   _____R/O BHS Tuck       _____R/O BHS Layout       _____R/O BHS Full Twist

   Other Tumbling Skills: ____________________________________________

3. List your cheerleading and/or dance experience:
   ___________________________________________________________________
   ___________________________________________________________________
   ___________________________________________________________________
   ___________________________________________________________________
   ___________________________________________________________________
Open Ended Responses:

Respond to these open-ended items to the best of your knowledge. Please limit your responses to the space provided.

We are looking to fill our spots with dedicated, enthusiastic, well-rounded individuals who possess the desire to dedicate themselves to upholding and maintaining the high standards of the PHS Spirit Program. Briefly explain the following: What do you feel is the major role of a cheerleader and why do you believe you would be an asset to the PHS Spirit Program?

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COMMUNITY SERVICE ACTION PLAN

Candidate’s Name______________________________________________________________

Name of Community Service Project:

To whom will this Community Service Action Plan Benefit:

Best time of year to initiate and implement the CSAP:

Will you need assistance in planning the CSAP? If yes, how many people will you need in assisting you?_______________

Briefly describe the Community Service Project:

______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
The student listed below is applying for the a position on the PHS Spirit Program. We are looking for hardworking, dedicated individuals who are willing to put in 110% commitment. Further, we feel that their commitment to their academic/athletic success is indicative of what they will give to their PHS Spirit Program. Therefore, we are requiring each candidate to secure a recommendation from at least one teacher or a coach.

**Candidate, please fill out the following information and give form to one teacher or coach.**

Name:____________________________________________  Current Grade level: ______________

Teacher’s Name: ___________________________________ Subject: ________________________

Candidate’s Conduct:

<table>
<thead>
<tr>
<th>Excellent- 4</th>
<th>Above Average-3</th>
<th>Average-2</th>
<th>Below Average-1</th>
<th>Poor-0</th>
</tr>
</thead>
<tbody>
<tr>
<td>Class conduct</td>
<td>Honesty</td>
<td>Cooperation</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Respect to peers</td>
<td>Appearance/grooming</td>
<td>Attendance/ Punctuality</td>
<td></td>
<td></td>
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<tr>
<td>Respect to teachers</td>
<td>Leadership Ability</td>
<td>Motivation/Drive</td>
<td></td>
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<tr>
<td>Works well in groups</td>
<td>Dependability</td>
<td>Grades</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Overall Recommendation (choose one)
________ Do not recommend          _____Recommend with reservation

________ Recommend                        _____highly Recommend

Thank you,
Coach Handchen & Coach Matthews