

# 2023/2024

## Cougar Spiritline Competition Team

### Tryout Packet

Cougar Spiritline Competition Team (Comp Team) is a competitive cheer program at CGUHS. The team competes at regional, state and national competitions from November through February. Currently, the team competes in the All Girl division. The team is exploring the idea of competing co-ed for 2023/2024 season. However, this change in division would require a minimum of 4 males to make the team.

\*Spiritline reserves the right to change any details listed in this packet at any time.

### Tryout Requirements: **MUST** be completed before attending tryouts!

- ♦ Print and Sign Contract Agreement (page 3 of this packet)
- ♦ Completed Register My Athlete (if new to Spiritline)
- ♦ A physical dated **AFTER** March 1, 2023 is **REQUIRED** to be eligible for tryouts (if new to Spiritline)

### Guidelines:

- ♦ Blue or black shorts/leggings and white t-shirt  
(NO: thin strap tank tops, exposed cleavage, crop tops, or short spandex shorts)
- ♦ Appropriate athletic foot wear. No slip-on shoes, Crocs or bare feet
- ♦ Hair pulled tightly out and off of face
- ♦ No jewelry or gum
- ♦ Natural nails trimmed back close to fingertip
- ♦ No artificial/acrylic nails

### Scoring:

Candidates will be evaluated on several skill categories by the coaches. The ultimate decision on the team placement is made by the coaches with full support from the CGUHS administration. All cuts and placements are final and are not open for discussion. Final selections will not be discussed with students or parents. Phone calls, emails, texts and/or letters regarding this topic will not be returned.

### Commitments:

Being part of the program can be a truly rewarding experience, but it also requires a tremendous time and dedication commitment for every Cougar Spiritline Team. By trying out for the CGUHS Varsity Spiritline in May, you have chosen a commitment to be a part of a ***full-time team***. Due to the high physical demands of cheerleading and safety for both the individuals and team members, comp team members are not allowed to participate in any other competitive sport/team including all-star/rec programs during the competition season (Oct-Feb).

Members may participate in on campus and off campus extra-curricular activities (Stu Co, Key Club, Deca, FFA, jobs, etc.) with the exception that it does not interfere with the member's attendance to practices/lessons, competitions/performances, fundraisers, community events, and any other team event/activity.

## Requirements:

Comp Team requires members to fully commit their time and be dedicated to build and progress in skill. In order for the team to be successful on a competitive level, athletes must be able to work well with others.

Practice will be a ***minimum*** of 4 days a week. There will be some weeks practices will be held on Friday and Saturdays. Members will be REQUIRED to attend the Monday team tumbling class and weekly strength and conditioning sessions. Comp Team members must be able to attend all the choreography/lesson/competition dates listed below. If you are unable to attend any of the dates, you are ineligible for the team.

### Choreography/Lesson Dates:

- Oct 18 1:30-7:30
- Nov 8 1:30-7:30
- Nov 9 3:30-9:00
- Nov 30 3:30-8:00
- Jan 10 1:30-6:30
- Jan 31 1:30-6:30
- Feb 7 1:30-6:30

\*all times are listed with estimated end times.

### Competition Dates:

- USA Regional Sat. Nov 11
- AIA Game Day Sat. Dec 9
- USA Regional Sat. Jan 13
- AIA State Thurs-Sat. Jan 18-20
- USA Nationals (Anaheim, CA) Thurs-Mon. Feb 16-18

\*additional competitions may be added

### SAMPLE: Weekly Practice Schedule

- Monday's Team Tumbling and Conditioning
- Tuesday's Practice 5:15-8:00
- Wednesday's 1:30-3:30 (later if it is choreo/lesson)
- Thursday's Practice 5:15-8:00
- Friday's 3:30-6:00 (as needed)
- Saturday's (as needed)

\*all practices are mandatory and ALL absences require coach approval. Missing practices that have valid reason and/or with coach approval can still lead to being removed from a routine, position, stunt, performance due to not physically being available to practice.

## Financial Obligations:

Fee per member is estimated at \$300 **plus** hotel room for Nationals.

Additional fees may apply for team snacks, meals, and extras throughout the season.

Payment Due Dates	
November 3, 2023	\$150
December 1, 2023	\$150
January 5, 2023	Hotel
** prices/ final cost may vary	\$300 +Hotel

**Candidate commitment & parental permission to participate in CGUHS Cougar Spiritline Comp Tryouts**

I hereby commit to full participation for the 2023/2024 CGUHS Cougar Spiritline Competition Team. I understand that I am required to tryout before I can be announced as a team member. I understand there are certain guidelines that I must meet in order to be eligible to tryout. I understand evaluations are based on all aspects of cheerleading by the coaches and I agree to abide by their decision. I understand that participating in tryouts does not guarantee a spot on the team. I understand the ultimate decision on the team placement is made by the head coach with full support from the CGUHS administration. All cuts and placements are final and are not open for discussion. I am committed to fair play, teamwork, and respect of others during the tryouts and throughout the season if I am chosen to join the squad.

➤ Candidate Printed Name: \_\_\_\_\_ Signature: \_\_\_\_\_ Date \_\_/\_\_/\_\_

➤ Parent Printed Name: \_\_\_\_\_ Signature: \_\_\_\_\_ Date \_\_/\_\_/\_\_

**Informed Consent/Release and Discharge of Liability (23-24)**

I understand by the very nature of the activity, cheerleading and gymnastics carry a risk of physical injury. No matter how careful the participants and coaches are, how many spotters are used, or what landing surface is used, the risk cannot be eliminated. Cheerleading is a vigorous & physical activity involving motion, rotation and height in a unique environment which carries with it a higher than ordinary risk of injury. On rare occasions, these injuries could be serious, severe or life threatening. I understand these risks and release and discharge employees, agents, instructors, coaches, volunteers and directors of the activity from any and all liability, claims, or causes of action resulting in any kind of damages, illness, injuries, to my child in any way relating to or arising out of this activity.

➤ Parent Printed Name: \_\_\_\_\_ Signature: \_\_\_\_\_ Date \_\_/\_\_/\_\_

**Parent/Guardian Financial Obligation (23-24)**

There are certain responsibilities and obligations which must be assumed if your child is a member of the CGUHS Cougar SpiritLine Comp Team. One such responsibility is meeting the financial obligations of the squad. Although the ultimate obligation belongs to the parent/guardian, the team will work together whenever possible to minimize the personal obligation. Specific fundraising events have been set up to cover extra cost of the program. Fundraising opportunities are organized such that together we can help to offset the teams' financial obligations. Please understand that financial obligations listed in this packet are not limited to just those items. Expenses can and often do come up during the season. All expenses are asked to be paid on time as stated on the cost sheet so that they can be received in time. Once any item(s) have been ordered, parents/guardians are responsible to pay for it. All monies paid are non-refundable. If a member resigns or is removed from the squad for any reason, all monies collected are non-refundable. If a member quits or is removed from the squad prior to receiving any cheer wear they will forfeit receiving those items and will not be reimbursed any money. If there is an outstanding balance at the end of the year, for any reason, CGUHS will hold that amount on the individual's bookstore account until payment is made in full. Any unused personal fundraised monies at the end of the year will be added to the Spiritline account and will not carry over to the individual the following season. No monies will be given for amounts not used within the specific season in which they were raised. Please seriously consider these financial obligations prior to making a commitment to the Cougar Spiritline Comp Team.

I/We have read the financial obligation form and understand my financial obligation.

➤ Parent Printed Name: \_\_\_\_\_ Signature: \_\_\_\_\_ Date \_\_/\_\_/\_\_