

Cougar Spiritline Tryout Meeting

JV is open to all CGUHS 2024/2025 9th-11th grade students

Links to forms along with more program information are available online at: CougarSpiritLine.Com

Students MUST complete all requirements before TRYOUTS!

- Current Physical (physicals must be dated after March 1, 2024)
- Create and Complete Aktivite (Register My Athlete) Profile for the 2024/2025 year
- Complete the online Cougar Spiritline Tryout application
- Sign Spiritline Agreement and Waiver (page 3 of tryout packet)
- Obtain a Clearance Slip from the Athletic Office (Mrs. Wagner)
- Read Spiritline Contract and Athletic Handbook

Appropriate Attire:

- Blue or black shorts/leggings and white t-shirt (COVER: Breast, Butts, Bellies)
Final Day: School colors are ***highly*** encouraged.
- Appropriate athletic footwear. No slip-on shoes, Crocs, or bare feet
(Arizona Interscholastic Association Rule)
- Hair pulled out and off of face. No “wispies” or bangs.
(Arizona Interscholastic Association Rule)
- Nails trimmed back below the fingertips for safety. No acrylic or fake fingernails.
(Arizona Interscholastic Association Rule)
- Remove all jewelry BEFORE you arrive. Even if you just got a piercing it has to be removed when doing skill work (jumps, stunts, tumbling, etc.) This is an NFHS rule. (National Federation of High School, Arizona Interscholastic Association, USA Cheer Safety Rule)

Scoring:

- During clinic days the coaches will evaluate attitudes, sportsmanship, and will score stunts and tumbling.
- Scored on the final tryout day: Jumps, Cheer, Dance, Skill Technique, Overall Impression
- Candidates will be scored by a panel of judges on Friday. While the opinions of these judges weigh heavily on team placement, the ultimate decision is made by the coaching staff with full support from the CGUHS administration. All cuts and placements are final. (see Athletic Handbook 15 Team selections)

Commitment:

The JV Cougar Spiritline is seeking spirited, motivated, positive-attitude individuals who are committed to representing Casa Grande Union High School. We look to build on the traditions of the past and raise the squad performance back to a championship level. By trying out for the CGUHS Varsity Cougar Spiritline you have chosen a commitment to be a part of a full-time competitive program.

Due to the high physical demands of cheerleading and safety for both the individuals and team members, cheerleaders are not allowed to participate in any other competitive sport/team including all-star/rec programs. Members may participate in on-campus and off-campus extra-curricular activities with the exception that it does not interfere with the member's cheer schedule.

JV Squad Obligations:

Season: Aug 2024 - Feb 2025

JV Spiritline members will promote school spirit and perform at home Fresh/Soph football games, at most JV boys basketball games, and at assemblies and community events. JV members are required to participate in any fundraisers and volunteer opportunities during the season. Additionally, female JV members will have the opportunity to be evaluated to join the Competition Team.* The JV season runs from the first day the team meets through the last basketball game or cheer competition, whichever is later. Practice will be a minimum of 3-4 days a week during season months and members are required to attend the Monday team tumbling lessons and weekly weight training sessions. Football game days are Wednesdays/Thursdays, basketball games vary during the week, and cheer competitions are on Saturdays.

* All Comp Team members will either be placed as performing members or alternate performing members at the coaches' decision. Both require the same time commitment.

SAMPLE: Weekly JV Schedule during Football Season

Monday- Tumbling /Jump Lessons (off campus & transportation is provided. Depart after school and return est. 6

Tuesday- Practice 3:30-6:15

Wednesday-Practice 6-8pm OR Football Game 6:00 pm

Thursday- Practice 3:30-6:15

Friday- No Practice

Additionally, a squad member must be able to work well with others, have a positive attitude, and be dedicated to the team and their academics. Members must maintain a passing grade. Missing a game/performance/event due to grade ineligibility can result in dismissal from the team. Members must also represent themselves in a positive way on campus, in the community, and on social media. Behaviors and actions that lead to school discipline or any illegal activity can result in dismissal from the team. Please be aware of all the Cougar Spiritline Contract & Athletic Handbook terms as you prepare to take on the challenges and responsibilities of becoming an athlete at CGUHS and a member of the Cougar Spiritline.

Cost: \$660

365 Spirit Stunt Camp Aug 20-21, Tumbling/Conditioning Lessons, Cheer Shoes & Wear, Poms Pay to Play Fundraisers to offset season fees are: Pretzels/Donations (Sept)

Additional Out-of-Pocket Cost:

Soffe Shorts (blue, black), Compression Shorts (blue/black), Snack/Supply

Optional Out-of-Pocket Cost: Pictures, Stadium Banners, Winter Wear

Team will fundraise to purchase mandatory cheer wear and gear

Team Fundraisers: Team Store (Aug), Flamingo Flocking (Oct)