



Cornelia Connelly School Cheer Program 2017-2018 Schedule and Information for Tryouts

Dear Parents:

This is information for students interested in trying out for cheerleading at Cornelia Connelly School. Tryouts will be held at Connelly on **Mon. April 10th through Thurs. April 13th from 4 – 6 pm** each day. There will be a parent meeting on **Mon. April 10th at 6 pm**. Attendance at tryouts is mandatory.

Before tryouts, there are some things you should be aware of.

- The estimated **cost is \$2,300* for new students and \$2,000* for returning students** and will cover the following:
 - *Uniforms – Both Connelly and Servite uniforms for new students and just Connelly uniforms for returning students, Camp/Practice uniforms, Warm-ups w/rhinestones, Shoes, Backpack, and Bows*
 - *Camp Fees*
 - *Pace Camp: will be held at the **PACE Elite Dance & Cheer at 7646 Garden Grove Blvd., in Westminster, CA 92683** in the summer – approximately \$250 per student*
 - *USA Knotts Camp: will be held at the Knott's Berry Farm Resort – \$400 per student*
 - *Fees for practicing at PACE over the summer and during football season – Approximately \$135 per student per month for 2 sessions per week*
- **Students must have a current physical on file and a business/academic clearance form to attend the clinic. The completed forms must be turned in with this application by Mon. April 3rd.** The required forms are available on the Connelly website.
- All students **except incoming freshman** will be required to have a **2.0 GPA** and registration paid, to try out.

****Cheer fees are due May 24th, 2017. Please note that fees are subject to change. The number given above is a rough estimate.***

Cheer Tryout Dates:

Monday	April 10 th	4:00 – 6:00 pm (Clinic) <i>Parent meeting – 6:00 pm</i>
Tuesday	April 11 th	4:00 – 6:00 pm (Clinic)
Wednesday	April 12 th	4:00 – 6:00 pm (Clinic)
Thursday	April 13 th	4:00 – 6:00 pm (Tryouts)

Dress code for Tryouts:

- *Comfortable clothes suitable for a workout – Burgundy or white t-shirt or top with sleeves and athletic black shorts. No jeans and no short shorts.*
- *Shoes – athletic*
- *Hair – must be tied back, away from face*
- *No jewelry, no acrylic nails, no body piercings*
- *Please bring water bottles on all days.*

Cheer Camp – at PACE Gym in Garden Grove – Tentative Dates – second week of June, from 9 am – 4 pm each day.

- *Students will receive camp wear for the four days of camp. Coach Felicianna will have those available on the first day of camp.*
- *Students can attend camp and will receive camp wear only if payment is received in the school office by May 24th.*
- *Summer practices will be announced at the parent meeting on Mon. April 10th.*

**Complete the attached forms along with a current copy of a physical and business/academic clearance to Ms. Eser by Mon. April 3rd.*

Coach: Ms. Felicianna Castillo

Advisor: Ms. Shaina Eser
Director of Activities
(714) 776 1717 ext. 219
seser@connellyhs.org



Cornelia Connelly School Cheer Program Application 2017-2018

Student Information: *(Please type or print clearly)*

Name _____

School: _____

Grade _____ Date of Birth _____

Student Cell _____ Student E-mail _____

******I am interested in cheering for:**

___ Football/Basketball

___ Both + Competition Team

Parent Information: *(Please type or print clearly)*

Parent/Guardian Name _____

Address _____

Parent's work phone: _____ Cell: _____

Parent Email: _____



**Cornelia Connelly School Cheer Program
Emergency Contact and
Medical Information Form 2017-2018**

In case of Emergency and I (we) cannot be reached, please contact the following:

Name _____ Relationship _____

Phone _____

Name _____ Relationship _____

Phone _____

Medical Information:

Insurance Company _____

Group Number _____ Physician _____

Phone _____ Preferred Hospital _____

Dentist _____ Phone _____

Please list any special allergies, medication, health problems and/or special information/instructions:

To the best of my knowledge my daughter is physically fit. She has my permission to participate in the cheer clinics and tryouts, and if selected, for the Cornelia Connelly School Cheer Program for the 2017-2018 school year.

Parent Signature

Date

A completed physical form and copy of health insurance card must be attached.



**Cornelia Connelly School Cheer Program
Business and Academic Clearance Form 2017-2018**

For current Connelly Students

Student Information: *(Please type or print clearly)*

Name: _____

Grade: _____

Academics:

GPA for 1st Semester 2016-2017: _____

Verified By Assistant Head of School: _____

Business Office:

New School Year Registration Packet:

- Completed
- Not Completed
- All financial obligations for 2016-2017 school year have been met.

Verified By Assistant Business Manager: _____



**Cornelia Connelly School
Cheer Program Consent form 2017-2018**

To the Head of School, Cornelia Connelly School, Sr. Francine Gunther, SHCJ:

I hereby request that my daughter, _____, be allowed to participate in the 2017-2018 Cornelia Connelly School Cheer Program, which entails participating in tryout procedures, clinics, and performances. **I understand, and indicate by my initials below, my acceptance of the following responsibilities.**

_____ My daughter and I realize there may be certain risks of injury during her involvement in the Cornelia Connelly School Cheer Program. My daughter and I are aware that the risks include a full range of injuries, from minor to severe.

_____ We both realize that neither protective equipment, nor padding are used in this sport. Also, the safety rules, and/or cheerleading procedures as well as the coaching instructions, nor the sport medicine care provided to athletes will guarantee safety or prevent all injuries that my daughter might sustain.

_____ My daughter and I agree to accept these risks as a condition of her participation in the Cornelia Connelly School Cheer Program. Furthermore, my daughter and I are responsible for informing the cheer coach of any special condition my daughter might have, which could create additional risks. We both agree to follow all instructions given either by the cheer coach, doctors, and/or physical therapists.

As a cheerleader your daughter would be required to:

- Attend all scheduled practices, games, tumbling classes, competitions, assemblies, events and community service events. Practices are **MANDATORY**. Please consider your availability for the practice days before trying out. Please schedule all appointments on days practice is not scheduled.
- Be responsible for finding transportation to and from all scheduled practices, and home and away events.
- Not let work hours, or extracurricular activities interfere with her duties and practices. **Practice time will be announced at the parent meeting.** If you cannot commit to the practice times, please talk to coach before trying out.
- Abide by the rules set forth by the coaches within the: code of integrity, practice rules, and behavioral policies of Cornelia Connelly School.

Cheerleaders must complete the entire cheerleading season in good standing with at least a 2.0 GPA to receive cheerleading awards.

PARENT/STUDENT ACKNOWLEDGEMENT FORM

I have read and fully understand the above rules and obligations and give my daughter permission to try out for Cornelia Connelly School Cheerleading and if selected, to participate in the Cheer program for the 2017-2018 school year.

I will encourage and strive to make it possible for my daughter to be a good leader at Cornelia Connelly School.

In addition I agree to hold Cornelia Connelly School, and its employees, harmless from liability for any injury that may be incurred by my daughter. Should it be necessary for my daughter to have medical treatment while participating in this activity, I hereby give the school permission to use their judgement in obtaining medical services for my daughter and I give permission to the doctor selected by the school to render medical treatment deemed necessary and appropriate.

Cheerleader Name: (Please print)

Grade:

Cheerleader signature

Date:

Parent signature

Date:

Completed Applications are due to Ms. Eser on or by Mon. April 3rd.

Students will not be allowed to tryout without this completed application. The completed physical form and a copy of your daughter's insurance card must be attached.

Thank you for your interest in the Connelly Cheer program.



Cornelia Connelly School Cheerleading Policies 2017-2018

- ❖ Be dressed and ready to practice on time every time and in proper attire.
- ❖ Work hard to improve yourself. Be serious. Have fun without clowning around.
- ❖ Always be positive and represent the school in a positive manner at all times.
- ❖ Never leave practice without permission.
- ❖ Refrain from criticizing and complaining. Earn the respect of others. You know the rules and have agreed to abide by them
- ❖ The time we have for practice is valuable. When the coach or captain starts practice, your undivided attention is expected.
- ❖ Never leave practices, games, competitions, or events without checking in with coach.
- ❖ No horseplay or messing around. No giggling during stunts. Full concentration is expected during stunting. If a flyer or base feels the stunt should come down, just say “down” and all members are to immediately prepare to bring the stunt to the ground. Do not scream, you will not be heard. Only positive language will be accepted.
- ❖ No half motions of any kind will be allowed. Please do motions full out every time.
- ❖ Always work with a spotter on anything.
- ❖ Absolutely no lotion before or during practice, performance, event, competition, or cheering of any kind.
- ❖ No artificial nails at any time during season. No nail polish at competitions.
- ❖ Nails should be no longer than the tip of the finger.
- ❖ **ALL piercings will need to be taken out during practices, games, events, or anything coach deems as a safety concern. This is for your safety and the safety of others.**
- ❖ Please note that Cornelia Connelly School policies do not allow tattoos or body piercings. Students who come to school with excessive ear piercings or any other body piercings will not be allowed to attend school until the piercings are removed.

- ❖ Team members should never be heard using profanity especially when in uniform.
- ❖ Team members should never be seen showing public displays of affection especially when in uniform.
- ❖ Team members will be substance free at all times.
- ❖ Team members should always wear their hair up and out of their face.
- ❖ No gum chewing at practices or events.
- ❖ No soda, junk food or candy allowed at practices. Please drink water!!
- ❖ Practice is MANDATORY. Please make sure clubs and extracurricular activities do not interfere with practice time. Please schedule Dr./Dentist appointments on days that practice is not scheduled. If you must make an appointment during practice, please have a note from the doctor that states you were at the appointment. If you do not have a note, it will be considered a missed or late practice and you will accept the consequences.

I have read the rules and understand them. I will abide by these policies.

Cheerleader Name: (Please print)

Grade:

Cheerleader Signature

Date:

I have read the policies for cheerleading and understand them. I will direct my daughter to abide by these policies.

Parent Signature

Date



**Policies and Consequences
Cornelia Connelly School Cheerleading 2017-2018**

Late to practice: athlete will sit out the first quarter of the game if they are late both days

Not coming to one practice: athlete will sit out first half of the game

Late to Game: for every minute late, you will sit out that many minutes of the next quarter. *Please note that it is the athlete's responsibility to make sure they have a ride to and from the game*

Being late to the field or floor after halftime: (you need to be back and ready to cheer with 3 minutes on the clock). Athlete will sit out that many minutes from the next quarter.

Refusing to practice: Athlete will be sent home.

"Attitude" with team or coach: Coach will give warning, if it is not "fixed" you will go home. If sent home you will sit out the first ½ of the next scheduled game.

No shoes, practice clothes, or sports bra at practice: Athlete will sit out and it will count as a missed practice.

Suspension from school for any reason: Athlete will sit out ½ of the season from time of suspension. You will not be able to try out for the next season.

Not having poms at game: Athlete will not participate in that cheer.

Taunting, bullying, unsportsmanlike conduct at school, game, or event. Athlete will sit out of the next game.

Not maintaining at least a 2.0 GPA: Athlete will sit out games, in uniform, until grades are up.

Use of any illegal substance, or any conduct unbecoming to an athlete, to include, but not limited to: taunting, mocking another cheerleader, (whether at Connelly/Servite or another school) fighting, not respecting authority. All at coach's discretion, constitutes removal from team with NO refund.

Loss of uniform: Athlete will not cheer until uniform has been replaced. (keep in mind uniforms take 6 weeks to replace)

- ! **Please not that if your athlete is missing a practice, game, event, or competition A PARENT must send a message to both the Coach Felicianna and Ms. Eser stating why. If it is for a medical reason, a doctor's note must be provided. For any non-medical reasons, as much advance notice as possible must be given. Failure to do so will result in the athlete having to make up for the time missed as deemed fit by the coach and advisor.**

I, as a coach, take the sport of cheer very seriously. As a cheerleader we expect you to abide by these policies. We ask parents to support the cheerleading program by directing their child to follow all policies.



Cheerleading Program 2017-2018

Acknowledgement Form

Please sign and return to Coach Felicianna.

I understand the policies and consequences for the infractions listed. I agree to abide by them.

Cheerleaders signature

Date

Parent signature

Date

*****All policies, consequences, events, expenses, and safety concerns are subject to change*****