

Dublin Coffman High School



Cheerleading



Tryout Information Packet

2024-2025

You must be currently enrolled as a Coffman High School student by the date of the cheerleading tryout to be eligible to try out for a spot on the Dublin Coffman Cheerleading team.

If you have questions, please contact Head Coach Stacey Kern **BEFORE** the actual tryout date at kern_stacey@dublinschools.net

Rocky

Dublin Coffman High School Cheerleading Tryout Information Packet

Tryout Clinic Dates: Varsity Fball/Bball, JV Fball/Bball, and Freshman Fball only

May 28-29, 2024 from 8:00-12:00, meet at the DCHS track. Bring a water bottle, running shoes and cheer shoes – Each potential cheerleader will run at the start of each day. **Freshman basketball will hold a separate tryout at the end of October.**

Tryout Date:

May 30, 2024

8:30 am

Tryouts for JV and V teams (both football and basketball)

9:45 am

Tryouts for the Freshman Football team only

Place:

Dublin Coffman High School Gym(s)

Attire:

Each Day - White T-shirts, dark shorts – no spandex, tennis shoes, and hair pulled back with a bow. Be dressed appropriately and ready to go! No jewelry of any sort!

Material:

All material will be posted on the www.coffmancheer.com website.

Team Meeting:

All 2024-2025 cheerleaders will attend an athlete (both football AND basketball cheer) only meeting on FRIDAY, May 31 from 9:00-11:00. The Parent/Athlete information clothe wear order meeting from 11:00-12:00 on Friday, May 31 (when picking up your child). We will discuss the program moving forward, team rules, schedules, activities, events, fundraising, requirements, spirit wear, and camp. If a cheerleader and parent are **not present** it will be assumed that you are **giving up your spot** on the team. Please contact Coach Kern with any questions or concerns.

Tryout Information:

1. In order to participate in **clinics** and **tryouts**, students **MUST** have a current physical **and** all forms updated and posted on the Coffman Cheer website for student information including concussion form and emergency contact information. **Completed physical forms and emergency medical forms must be up to date in our online Final Forms athletic system.** If you are coming from the middle school, your information will follow you to Coffman, however, it has to be up to date.
2. The Dublin Coffman cheerleading coaches, along with independent judges will judge the squad members. These judges will have at least one of the following qualifications: from a known cheerleading organization, coached middle school, high school, or collegiate level athletes, or have prior college cheerleading experience.
3. The decisions of the coaches and judges are final. If you have questions concerning the procedures for tryouts and team placement, please make sure that you ask them **PRIOR** to the date of tryouts in June.

4. There will be separate stations in which athletes will be required to demonstrate a variety of skills. The scores from these stations will be combined for an overall score.
5. Cheerleading tryouts are closed to the public and all cheerleaders must be present for tryouts unless a unique situation is approved by the head coach and staff prior to the start of tryouts. No Exceptions!
6. **Teacher Evaluations:** All candidates must ask TWO of their CURRENT ACADEMIC TEACHERS to complete a teacher evaluation. Teachers are very busy this time of year, so make sure you ask them early and kindly. [Students will send an email with the link](#) to two of their **current** academic teachers. It is the cheerleader's responsibility to follow up with the teacher to make sure they have submitted their recommendations.
7. **Requirements for each team broken down:**
 - I. **Freshman Squad Requirements:**
 - A. Cheerleading candidates must score above 55% or 156/283 and be currently enrolled as a freshman attending Dublin Coffman High School for up to 16 positions.
 - II. **Junior Varsity Squad Requirements:**
 - A. JV cheerleading candidates must score above 55% or 156/283 and be currently enrolled as a Sophomore, Junior, or Senior at Dublin Coffman High School for up to 16 positions.
 - III. **Varsity Requirements:**
 - A. Varsity cheerleading candidates must score above 65% or 184/283 and be currently enrolled as a Junior or Senior at Dublin Coffman High School for up to 16 positions.
8. **If the cheerleader makes a squad and then decides that he/she does not want to cheer on that squad, he/she will have to forfeit any other squad he/she makes that school year.** Regardless of a student's prior years of experience with the Dublin Coffman cheer program, no one is guaranteed a spot on the cheer squad.
9. Cheerleaders making the squads will need to practice and exhibit the same skills displayed at tryouts throughout the season in which they cheer on the track and/or basketball court. **If the cheerleader cannot practice and exhibit the skills he/she may be ineligible to cheer, including if the cheerleader is injured, until the cheerleader can perform those skills performed at tryouts, cleared by a physician.**
10. All gymnastics skills must be performed unaided and without a spotter on the basketball court. ****All skills must land appropriately and safely. Skills that "touch", fall, etc. will not be counted and will score a zero.**
11. Scores from cheerleading tryouts will determine which individuals will cheer next year. **Like other sports teams, the coach will determine members of specific squads. It is ultimately the coach's decision on what team the cheerleader is placed on.**
12. At the conclusion of tryouts, results will be posted on www.coffmancheer.com, Thursday, May 30th by 4:00 pm. The competition team WILL NOT be chosen on the day of tryouts.

Season Information and Expectations

1. Cheerleading is a very large time commitment. Cheerleaders are expected to attend and participate actively at all scheduled practices, games, and events through the conclusion of their season. Failure to do so may result in dismissal from the team, and may not earn participation awards or letters. Please refer to our cheer constitution regarding absences. (Family vacations are considered unexcused absences.) If you already know that you have conflicts with this schedule that you cannot break or work around, you may want to reconsider trying out.
2. During the year, there are three to five practices per week and one to three games per week.
3. Practices begin the first week of August for Coffman football cheerleaders and basketball begins the first week of November - February, tournament dependent.
4. To maintain eligibility, a cheerleader must have/do the following:
 - a. Have passing grades in five (5) academic subjects (based upon nine-week grades).
 - b. Dublin Schools also has a 2.0 GPA requirement that must be met.
 - c. Perform the same skills during practices and games, as was performed at tryouts. Note: if this is not attained, the student may be required to sit out, or may be asked to leave the team. This included injury-related issues that prevent a cheerleader from performing, just as it would in other sports at DCHS.
5. Once the squads have been chosen, each cheerleader and their parent(s) will be required to sign the Constitution and by-laws of Cheerleaders and abide by them.
6. Cheerleaders will be expected to fully participate in each practice, game, activity, etc. This includes wearing the correct practice wear, uniform to school, uniform to a game, having poms, having rain gear, etc. Failure to do so may cause and be the reason for the cheerleader to sit out of games, up to being dismissed from the team.
7. Being late to an event, game, or practice, without prior permission from Coach Kern, may result in not participating in an event up to being dismissed from the team.
8. POSTER- Varsity will be asked to get a \$200.00 poster sponsor from a business and/or family sponsorship. The sponsor must be turned in on the assigned turn-in date! All JV and Freshman will be asked to get two-\$75 sponsors for camp shirts. Please seek out a local business this summer!
 - a. Our organization relies on the support of both our cheerleaders and parents. For us to have a successful program, we need parent volunteers to help support fundraisers (cheer camps), senior night, banquets, etc.

Cost Information

Cheerleading is both time-consuming and expensive. Below is a list of financial responsibilities. Cheerleaders are responsible for their shoes, socks, spankies, poms, and bodysuits.

***All prices are approximate and are subject to change. A final price list will be given out at the informational meeting following tryouts.**

Yearly Expenses:

Pay-to-participate	~\$50.00 (per season to Dublin City Schools)
Shoes	~\$70.00
Bow(s)	~\$15.00
Spirit Wear	\$20.00-\$45.00
Booster Fee	\$75.00 for one season and \$150.00 for two seasons

**Failure to turn in a clean uniform that is not damaged, will be given an invoice for replacement of the lost/damaged items.

One Time Expenses (based upon normal wear and tear)

Nike Pro	\$15.00-\$20.00
Body liner	\$20.00
Warm-up	\$75
Cheer Bag	\$50.00
2 sets of Poms	\$40

Competition:

- **IF** DCHS has a Game Day Competition team:
 - Additional costs are associated with being part of the team.
 - Cheerleaders who choose to compete must make that commitment with Coach Kern and will be required to fulfill the commitment.

Jumps and Tumbling

Judge _____

<p>Toe Touch</p>	<p><input type="checkbox"/> pointed toes <input type="checkbox"/> straight legs <input type="checkbox"/> sticks landing <input type="checkbox"/> feet together <input type="checkbox"/> legs at/above horiz <input type="checkbox"/> arm placement <input type="checkbox"/> Strong Technique</p>	<p><input type="checkbox"/> toes not pointed <input type="checkbox"/> bent legs <input type="checkbox"/> wobbly landing <input type="checkbox"/> feet apart <input type="checkbox"/> legs not horiz <input type="checkbox"/> arms not placed <input type="checkbox"/> Weak Technique</p>	<p>10</p>
<p>Combo Jump <i>x3 Jump Combo will be given on the tryout date</i></p>	<p><input type="checkbox"/> pointed toes <input type="checkbox"/> straight legs <input type="checkbox"/> sticks landing <input type="checkbox"/> feet together <input type="checkbox"/> legs above horiz <input type="checkbox"/> arm placement <input type="checkbox"/> Strong Technique</p>	<p><input type="checkbox"/> toes not pointed <input type="checkbox"/> bent legs <input type="checkbox"/> wobble landing <input type="checkbox"/> feet apart <input type="checkbox"/> legs not horiz <input type="checkbox"/> arms not placed <input type="checkbox"/> Weak Technique</p>	<p>20</p>
<p>Standing Tumbling: Back handspring –max 5 Cartwheel/BH - max 10 Toe/BH - max 10 BH/Tuck - max 10 Cartwheel/Tuck - max 11 Standing Tuck – max 15 Toe/Tuck - max 18 Triple Toe Tuck – max 20</p>	<p><input type="checkbox"/> pointed toes <input type="checkbox"/> straight legs <input type="checkbox"/> sticks landing <input type="checkbox"/> legs together</p>	<p><input type="checkbox"/> toes not pointed <input type="checkbox"/> bent legs <input type="checkbox"/> wobbly landing <input type="checkbox"/> legs apart</p>	<p>20</p>
<p>Running Tumbling: Rd/BH or Rd/BH/BH – max 10 Rd/Tuck – max 12 Rd/BH/Tuck – max 15 Rd/BH/Layout – max 18 Rd/BH/Full – max 25</p>	<p><input type="checkbox"/> sticks landing <input type="checkbox"/> good form <input type="checkbox"/> other _____</p>	<p><input type="checkbox"/> wobbly landing <input type="checkbox"/> the form needs imp. <input type="checkbox"/> other _____</p>	<p>25</p>
<p>TOTAL:</p>			<p>75</p>

The maximum point score is 283. Cheerleaders must receive a 65% (184/283) to be eligible for Varsity team placement or receive a 55% (156/283) to be eligible for JV/Fresh team placement. Teacher Evaluations will be added to this score after it is determined that the cheerleader meets the % requirement.

Cheer/Chant	Judge		#
Voice projection/ Rhythm	<input type="checkbox"/> loud voice <input type="checkbox"/> good expression <input type="checkbox"/> even flow of words <input type="checkbox"/> word/tone variation <input type="checkbox"/> voice inflections on important words	<input type="checkbox"/> quiet voice <input type="checkbox"/> no expression <input type="checkbox"/> too high pitched <input type="checkbox"/> too low pitched <input type="checkbox"/> no excitement	20
Energy/Showmanship	<input type="checkbox"/> natural look <input type="checkbox"/> enthusiastic <input type="checkbox"/> fun to watch <input type="checkbox"/> good eye contact <input type="checkbox"/> invites the crowd to cheer	<input type="checkbox"/> overdone facials <input type="checkbox"/> lacks enthusiasm <input type="checkbox"/> uninterested <input type="checkbox"/> no eye contact <input type="checkbox"/> hesitant to initiate crowd	20
Jumps	<input type="checkbox"/> pointed toes <input type="checkbox"/> straight legs <input type="checkbox"/> sticks landing <input type="checkbox"/> feet together <input type="checkbox"/> legs above horiz <input type="checkbox"/> arm placement <input type="checkbox"/> Strong Technique	<input type="checkbox"/> toes not pointed <input type="checkbox"/> bent legs <input type="checkbox"/> wobble landing <input type="checkbox"/> feet apart <input type="checkbox"/> legs not horiz <input type="checkbox"/> arms not placed <input type="checkbox"/> Weak Technique	10
Motion Placement	<input type="checkbox"/> Correct Placement <input type="checkbox"/> Wrists Straight <input type="checkbox"/> other _____	<input type="checkbox"/> Placement N/I <input type="checkbox"/> bent wrists <input type="checkbox"/> other _____	20
Motion Sharpness	<input type="checkbox"/> Motions punch <input type="checkbox"/> Motions stick and hold <input type="checkbox"/> other _____	<input type="checkbox"/> Motions place <input type="checkbox"/> Motions bounce <input type="checkbox"/> other _____	20
Overall Execution	<input type="checkbox"/> grab audience attention <input type="checkbox"/> knows material well <input type="checkbox"/> clean and sharp <input type="checkbox"/> pleasant to watch <input type="checkbox"/> other _____	<input type="checkbox"/> boring to watch <input type="checkbox"/> doesn't know material <input type="checkbox"/> sloppy and bouncy <input type="checkbox"/> other _____	20
TOTAL:			110

The maximum point score is 283. Cheerleaders must receive a 65% (184/283) to be eligible for Varsity team placement or receive a 55% (156/283) to be eligible for JV/Fresh team placement. Teacher Evaluations will be added to this score after it is determined that the cheerleader meets the % requirement.

Dance/Band Dance

Judge _____

Timing and Synchronization to music	<input type="checkbox"/> In time with music	<input type="checkbox"/> Off beat	10
Energy/ Showmanship	<input type="checkbox"/> Natural look <input type="checkbox"/> Enthusiastic <input type="checkbox"/> Fun to watch <input type="checkbox"/> Good eye contact <input type="checkbox"/> Invites crowd to cheer	<input type="checkbox"/> Overdone facials <input type="checkbox"/> Lack enthusiasm <input type="checkbox"/> Uninterested <input type="checkbox"/> No eye contact <input type="checkbox"/> Hesitant to initiate crowd	20
Motion Technique	<input type="checkbox"/> Correct placement <input type="checkbox"/> Wrists straight	<input type="checkbox"/> Wrong placement <input type="checkbox"/> Bent wrist	20
Motion Sharpness	<input type="checkbox"/> Motions punch <input type="checkbox"/> Motions stick and hold	<input type="checkbox"/> Motions place <input type="checkbox"/> Motions bounce	20
Dance Technique	<input type="checkbox"/> Good rhythm <input type="checkbox"/> Good body posture <input type="checkbox"/> Good body positions <input type="checkbox"/> Ease of execution	<input type="checkbox"/> Uncomfortable <input type="checkbox"/> Wrong body posture <input type="checkbox"/> Wrong body positions <input type="checkbox"/> Execution uneasy	10
Jumps/Tumbling Jump Combo - max 7 Jump/HS - max 10 Jump/Tuck - max 18	<input type="checkbox"/> pointed toes <input type="checkbox"/> straight legs <input type="checkbox"/> sticks landing <input type="checkbox"/> legs together <input type="checkbox"/> good height	<input type="checkbox"/> toes not pointed <input type="checkbox"/> bent legs <input type="checkbox"/> wobbly landing <input type="checkbox"/> legs apart <input type="checkbox"/> low height	18
Total:			98

The maximum point score is 283. Cheerleaders must receive a 65% (184/283) to be eligible for Varsity team placement or receive a 55% (156/283) to be eligible for JV/Fresh team placement. Teacher Evaluations will be added to this score after it is determined that the cheerleader meets the % requirement.

Dublin Coffman High School Cheerleading Constitution

Preamble: *We, the cheerleaders of Dublin Coffman High School, dedicate ourselves, our talents, and our service to the establishment and continuance of school spirit and enthusiasm, as well as to fulfill the position of a cheerleader to the best of our abilities.*

I. Purpose:

- A. *To lead and direct cheers at athletic events and pep rallies.*
- B. *To be an outstanding representative of Dublin Coffman High School and the Dublin Community in all actions.*
- C. *To assume responsibilities willingly and never let the team or other cheerleaders down.*
- D. *To promote school spirit and interest others in doing the same thing.*

II. General Behavior:

- A. *DCHS cheerleaders must accept the responsibility of being a school leader which goes along with the privilege of being a cheerleader.*
- B. *Each cheerleader must comply with the rules and guidelines in the Dublin City Schools Athletic Code and Substance Abuse Policy. Failure to comply with these rules will result in disciplinary action, which includes, but is not limited to, ineligibility.*
- C. *Each cheerleader shall abide by all school rules. Failure to do so may result in ineligibility or dismissal from the squad.*
- D. *Any type of bullying will not be tolerated. Bullying will result in suspension or removal from the squad.*

III. Responsibilities:

- A. *Attend ALL practices and games and participate fully in both (and be prepared for them...shoes, hair pulled up, no jewelry, no gum, etc.). ALL practices and games are mandatory.*
- B. *To know ALL material covered in practice. Failure to do so may result in ineligibility until the material is mastered.*
- C. *Each cheerleader must participate fully in all fundraisers and/or community service projects.*
- D. *A cheerleader must earn and maintain the approved GPA outlined in Dublin City Schools athletic code. Failure to meet academic eligibility could result in a forfeit for the season.*

IV. Practice:

- A. *Practices will be held at a time decided upon by the coaches.*
- B. *Practice is mandatory. Cheerleaders shall reserve the necessary time for practice and not plan to work or have appointments, vacations, or other activities scheduled during practice times.*
- C. *Coaches reserve the right to sit a cheerleader if she is not prepared for a game or fails to attend practices during the week. This includes not knowing chants, cheers, dance, quarter cheer, not performing tumbling skills demonstrated at tryouts including injury, etc.*

V. Games:

- A. *Cheerleaders must be prompt to all bus departures and home games.*
- B. *A cheerleader will only be allowed to cheer if he/she has been in school at least half a day prior to/day of the game and then only with the permission of the coach. The cheerleader must be present at the practices leading to the game to be eligible to cheer at the games. In the case where a Varsity/JV cheerleader misses a game for any reason, they must make up the game by cheering at a JV/Freshman game. If a freshman misses a game, they will sit out the next game. If more than one game is missed a cheerleader will sit the same amount of games they were not present for.*
- C. *A cheerleader who is ineligible shall attend ALL games in warm-ups and must sit with the coach without their device and for halftime. Failure to attend the game will result in further ineligibility at the next game.*
- D. *Positive attitudes and good sportsmanship are expected at every game and at all times.*

Cheerleaders and parents will submit a signed copy of the DCHS Cheerleading Constitution at our mandatory meeting after tryouts.

I have read and understand the expectations of participating as a cheerleader at Dublin Coffman High School. I understand that in failing to meet these expectations, disciplinary actions stated in the constitution may be assigned.

Submit your signature on online registration.