

DCS Cheer Try-out Packet

Keep this informational page with the calendar of events on the back.

Please bring the following paperwork back, completely filled out:

- Contact Information
- Waiver and Release of Liability
- Cost Acknowledgment
- Size Information
- Student Athlete Code of Conduct
- Teacher Recommendation
- CA Waiver

This packet is due no later than January 3rd!!!!

Try-outs

DCS Cheer will be holding try-outs January 4th and 5th during seminar time. Athletes who turn in their packet by January 3rd will be sent to Miss Chase's classroom during seminar to be evaluated. Wear athletic clothing and shoes.

Try-out fee: \$5 (siblings are free)

*This fee will go directly into the cheer account.

Skills evaluated:

- Tumbling: forward roll, backward roll, handstand, bridge, cartwheel, round off, bridge kick over, back walkover, front walkover, back handspring, round off back handspring, series, trick/combo passes (having at least 4 skills on this list is HIGHLY recommended)
- Jumps: toe touch, right hurdler, left hurdler, pike, combination jumps (these will be taught)
- Strength and Endurance
- Flexibility: right split, left split, middle split, bridge
 - Flyer body positions: heel stretch, bow and arrow, arabesque, scale, scorpion, needle

The results will be sent out on January 6th by 4:00pm.

DCS Cheer Calendar 2017

January

- 1/3 Try-out paperwork and \$5 due
- 1/4 & 1/5 Try-outs during seminar time; wear athletic clothing/shoes both days
- 1/6 Team list will be sent out by 4:00pm
- 1/9 Parent and athlete meeting at 2:30pm; Apparel fees due: New Athletes: **\$88**; Returners: **\$81**
- 1/10 Cheer seminar begins (every school day 2:30-3:20pm)
- 1/20 CA Tumbling Clinic 5:00-7:00pm (\$10) 1505 Helm Drive LV, NV 89119

February

- 2/9 Chipotle Fundraiser 4:00-8:00pm *Lake Mead location
- 2/10 CA Practice 10:00am-noon (\$10) 1505 Helm Drive LV, NV 89119
- 2/20-23 No Seminar
- 2/24 Friday school: 1:00pm cheer field trip to Gravady (bring waiver and \$10)
- 2/25 Art Gala

March

- 3/1 Competition fees due (\$65)
- 3/10 Car Wash & Bake Sale fundraiser 9:00am-3:00pm (AM and PM shifts available)
- 3/25 CA Practice 12:00-2:00pm (\$10) 1505 Helm Drive LV, NV 89119

April

- 4/10-14 Spring Break
- 4/17-20 Practices after school until 4:30pm (as necessary)
- 4/21 Dress Rehearsal at CA 10am-noon (\$10) 1505 Helm Drive LV, NV 89119
- 4/22 Sharp Cheer Competition *Be available all day
- 4/28 Friday school; cheer event during school TBD

May

- 5/5 DCS Carnival at night (game booth shifts)
- 5/25 Final day of seminar

June

- 6/6 Last day of school
- 6/7 End of the year pool party and awards 3:00-7:00pm

*CA and Gravady fees are due in cash.

**Apparel and competition fee checks may be made out to DCS Foundation.

This schedule is tentative and may change based on attendance, squad readiness, and outside factors. Be prepared to be flexible and communicate with Miss Chase if any issues ever arise! BChase@dcslv.org

Contact Information

This sheet will allow us to make a team contact sheet. Your information will only be shared with Miss Chase and the parent coordinator.

Student Athlete Name: _____

Check Applicable: _____ Returning Athlete _____ New Athlete

Advisory Teacher: _____

Circle Grade: K 1 2 3 4 5 6

Parent/Guardian Name: _____

Phone Number: _____

Email Address: _____

*This account will be listed as the primary email address.

Parent/Guardian Name: _____

Phone Number: _____

Email Address: _____

Parent Facebook name(s) to associate with the cheer account:

Additional emergency phone number: _____

*Preferred method of contact: _____

DCS Cheer Waiver & Release of Liability

Student Name: _____

Parent/Guardian Name: _____

Emergency Phone Number: _____

Insurance Policy: _____

Policy Number: _____

In consideration of being allowed to participate in any way in the DISCOVERY CHARTER SCHOOL CHEERLEADING PROGRAM, related events and activities, the undersigned acknowledges, appreciates, and agrees that:

1) The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis and death, and while particular rules, equipment, instruction, and personal discipline may reduce this risk, the risk of serious injury does exist; and, 2) I knowingly and freely assume all such risks, both known and unknown, even if arising from the negligence of the releasees or others, and assume full responsibility for my child's participation; and, 3) I willingly agree to comply with the stated and customary terms and conditions of participation. If unusual significant hazards during my presence or participation occurs, I will bring such to the attention of the nearest official immediately; and, 4) I hereby release and hold harmless DISCOVERY CHARTER SCHOOL CHEERLEADING PROGRAM their officers, officials, agents, and/or employees, other participants, sponsors, instructors, owners and lessors of premises used to conduct the event ("RELEASEES"), with respect to any and all injury, disability, death, or loss or damage to a person or property, whether arising from the negligence of the releasees or otherwise, to the fullest extent permitted by law.

I have read this release of liability and assumption of risk agreement, fully understand its terms, understand that I have given up substantial rights by signing it, and sign it freely and voluntarily without any inducement. By signing, I certify that I am legally responsible for the participant listed above, and consent/agree to this release of liability in its entirety.

Please list any allergies, past injuries, restrictions, etc. below:

Signature of Parent/Legal Guardian

Date

Cost Acknowledgment

Please read through all known costs:

Apparel

Tank Top: \$21; Capri Pants: \$25; Bow: \$15; Cheer t-shirt \$20
Drawstring Bag: \$7 (new athletes only)

Total apparel fees: New Athletes: **\$88**; Returners: **\$81**

Due: January 9, 2017

**Athletes MUST provide their own pair of white athletic shoes.*

CA Gym Costs

\$10 cash per gym visit (currently 4 gym visits are scheduled)

Due: at the beginning of each CA practice

Gravady

\$10 cash

Due: February 24, 2017

Competition Costs

\$65 per competitor (includes all fees, sweatshirt, medal, and bag)

Due: March 1, 2017

***Apparel and competition fee checks may be made out to DCS Foundation.*

Chipotle Fundraiser

Each athlete should attend and invite everyone they know! We get 50% back.

Goal: \$500 to offset our competition costs and team registration

Car Wash and Bake Sale Fundraiser

Each athlete should attend, bring a bake sale item, and sell 3 car wash tickets.

Goal: \$500 to support competition shirts, snack bags, photos, and awards

Initial where applicable:

_____ I acknowledge all above costs and will be prepared to pay them by the deadlines listed **if** my child makes the cheerleading team.

_____ I am interested in **additional** fundraising to offset some of these costs.

_____ I would like to help sponsor another child to offset their costs and provide them with the opportunity to participate in this activity.

Student Athlete Name: _____

Parent Signature: _____ Date: _____

Size Information

AGE	WOMENS						Arm Length	GIRTH
	SIZE	BUST	WAIST	HIPS	Height	INSEAM		
6 to 8	YXS	22 - 25	21 - 23	25 - 27	42 - 47	24	18.5	41 - 45
8 to 10	YS	25 - 27	23 - 24	27 - 29	47 - 51	25	19	46 - 50
10 to 12	YM	27 - 29	24 - 25	29 - 31	51 - 55	26	19.5	51 - 55
12 to 13	YL	29 - 31	25 - 27	31 - 33	55 - 59	27	20	56 - 60
	AXS	31.5 - 33	24.5 - 25	33.5 - 35	"	29	22	56 - 58
	AS	33.5 - 35	25.5 - 27	35.5 - 37	"	30	22.5	58 - 60
	AM	35.5 - 37	27.5 - 29	37.5 - 39	"	31	23	60 - 62
	AL	37.5 - 40	29.5 - 32	39.5 - 42	"	32	23.5	62 - 64
	AXL	40.5 - 43	32.5 - 35	42.5 - 45	"	32	24	66 - 68
	2XL	43.5 - 46	35.5 - 37	45.5 - 48	"	32	24.5	70 - 72
	3XL	46.5 - 48	37.5 - 39	48.5 - 50	"	32	25	72 - 74

Athlete Name: _____

Tank top size: _____

Capri size: _____

T-shirt size (circle one): YS YM YL YXL AS AM

Sweatshirt size (circle one): YS YM YL YXL AS AM

Please measure your child and use the chart above. I have sample pieces in my classroom if you are torn between two sizes. Pieces will not be ordered until your child 1. makes the team and 2. fees are turned in. Sign below to indicate that you want the listed size.

_____ Check here if your athlete has short hair (above shoulder length) and needs a headband bow instead of a regular bow.

_____ Check here to indicate if your child is a new athlete or a returner who needs the DCS Cheer drawstring bag.

Parent Signature: _____ Date: _____

Student Athlete Code of Conduct

An Expectation of Excellence

DCS Cheerleading requires commitment and dedication. Student athletes are expected to arrive at practice ready to work hard. Our goals can only be met through effort and determination. As DCS cheerleaders and student athletes, you represent not only yourself, but also your team, coaches, and school. Please read and adhere to the Code of Conduct.

1. Come to practice with a positive attitude.
2. Attend practice. If you need to miss practice, please contact Miss Chase.
3. Maintain good grades and citizenship in each class. All assignments and projects must be turned in on time.
4. Wear designated practice attire and athletic shoes to each practice.
5. Be ready to give 100% to yourself, your team, our coaches, and this program.
6. Commit to this seminar for the remainder of the school year.

I, _____ have read and understand this student athlete code of conduct. I know if any rules are broken; the coach has the right to take appropriate actions including the possibility of suspending me from the team and/or seminar.

Athlete Signature: _____ Date: _____

I will hold my child to a standard of excellence.

Parent Signature: _____ Date: _____

Teacher Recommendation

Student Athlete Name: _____

**Should be filled out by any current teacher.*

Teacher: _____ Subject: _____

Check Applicable: ___ Highly recommend ___ Recommend ___ Don't recommend

Circle Grade: A B C D F

Citizenship: Outstanding Satisfactory Needs Improvement

What three words immediately come to mind when considering this student?

1. _____
2. _____
3. _____

Rate the following on a scale of 1 to 5; 1 being absolutely not and 5 being absolutely.

Attends class every day	1	2	3	4	5
Is on time to class	1	2	3	4	5
Has a good relationship with peers	1	2	3	4	5
Respects authority	1	2	3	4	5
Has a positive attitude	1	2	3	4	5
Turns in work on time	1	2	3	4	5
Volunteers to speak in class	1	2	3	4	5
Takes pride in their work	1	2	3	4	5

Additional Comments:
