

WELCOME TO 2021-2022 TOHOPEKALIGA

CHEERLEADING SEASON



Dear Potential Cheerleader and Cheerleading Parent,

First and foremost, I would like to thank you for considering THS as your future cheer team. Being a cheerleader is hard work, and requires constant dedication to oneself, team, school, and community. We are excited that you are interested in becoming part of our cheerleading family. So that you are aware of all that is involved, we ask that you carefully and thoroughly read all of the information in this packet. Please consider every aspect before deciding if THS Cheerleading is a suitable activity for you or your child. Individuals should remember that as part of the cheerleading team, you are a representative of THS, and are expected to display positive leadership characteristics at all times both in the **classroom** and around the Tohopekaliga community. In this packet you will find most if not all the information you will need to decide if trying out for the team is right for you or your child. Please feel free to contact me with any comments, questions, or concerns after reading through this packet.

All students trying out must be presently enrolled, zoned or choice approved, to attend Tohopekaliga High School. This is a School District of Osceola County rule and no exceptions can be made. The goal is to make Cheerleading at Tohopekaliga High School a team you and future Tigers are proud to be a part of. It is important for us to create and develop an outstanding program that will be an important part of the school and greater community. Here at Tohopekaliga we want to encourage athletes to be the leaders of the school both inside the classroom and on the mat. Being a member of this team is a big responsibility with numerous duties. To reiterate, being a cheerleader is hard work and requires constant dedication to oneself, team, school, and community. Please consider every aspect of this packet before deciding if THS Cheerleading is a suitable activity for you or your child. Individuals should remember that as part of the cheerleading team, you are a representative of THS and are expected to act accordingly.

The most important part of high school is a student's academic progress. Therefore, incoming ninth graders must have at least a C average, while current high school students must have at least a cumulative 2.0 unweighted GPA. Grade/GPA checks will be conducted by the THS Guidance Department once tryout paperwork is turned in, and students will be notified before the tryout clinic if they are found to be ineligible to participate. Additionally, the THS cheerleading coaching staff will conduct grade checks throughout the season to ensure all athletes are performing accordingly. Students may be benched if grades are not satisfactory. At the end of the day, you are enrolled at THS not to participate in sports, but to gain an academic diploma that you will use the rest of your life. Academics are extremely important and the team shall not lose sight of that.

There is a huge time commitment involved in being a cheerleader. It is important and expected of cheerleaders to be able and willing to go the extra mile no matter what is asked of them. Parents and cheerleaders must understand that cheerleading is a year-round commitment. All cheerleaders will cheer for both football and basketball games. Additionally, cheerleaders will participate in various other school and community events. A cheerleader is expected to commit his or herself for the entire year regardless of competition team standing or involvement in other activities. Please see the Important Dates page for our calendar through the beginning of August. We will have three weeks off – please notify me of any vacations that do not fit in this window as soon as possible. This is crucial to our success. Any conflicts should be addressed with Coach Berger immediately.

Unfortunately, cheerleading is not free. We will be completing several fundraisers throughout the year starting with finding sponsors. This will be a yearly fundraiser given out at the initial parent meeting. Please see the attached Sideline Fee Schedule page for more details regarding fees. (Competitive Fee Schedule will be released at a later date, as all costs are not available at this time.) Additionally, students must have all debt cleared from the THS Obligation List before the tryout clinic begins or they will be ineligible to participate. We will have three practice outfits. The girls will be asked to purchase 3 tshirts for \$25 total; I will supply the tshirts as they are branded with Tohopekaliga Cheerleading. You will be asked to provide 3 pairs of shorts (navy, white, and black), plain white high socks (no logos whatsoever), and cheerleading sneakers.

All tryout paperwork (application, parent permission form, and teacher recommendations from THREE CURRENT teachers must be received by Coach Berger no later than 2:20 pm on Wednesday, April 28th. Athletic fee payment can be made to cash or check. Checks must be made payable to Tohopekaliga High School w/ the writer's Driver's License # on it. In addition, all clinic participants must have a valid Physical on file w/ THS's Athletic Office by April 23th. Remember, Physicals are only valid for 365 days after performed! We encourage you not to wait until the last minute for all of this in case there are any issues with your paperwork. Please take into account that a lack of planning on your part does not constitute an emergency on ours!

Incomplete/late paperwork will reflect athlete's scores.

Students must attend the tryout clinic in full in order to be eligible for selection, with the exception of individuals preapproved due to extenuating circumstances deemed by Coach Berger. The clinic will be held in the THS gym Monday & Tuesday afternoons, April 26th- 27th, from 5:15-7:00pm, and will conclude w/ the formal tryout on Wednesday, April 28th at 5:15pm. The material (cheer, jumps, dance) will be taught starting Monday and be finished up Tuesday evening. Both evenings will include an introduction to stunting. Students will be placed in stunt groups by the coaching staff. All tryout events are closed to the public.

Students will do their formal tryout in a group of three, randomly chosen by numbers drawn on Tuesday evening. Once in place for the formal tryout, you will be asked to individually show your jump. Your group will then be asked to show fifteen seconds of spirit where you will be judged on your crowd leading ability. Following your spirit, your group will be asked to show the clinic cheers and dance. The cheers and dance will be judged on motion placement, sync of motions w/ group, words (cheer), sharpness, and overall impression. We are looking to take approximately 15-20 athletes on to the varsity team, and 12-16 on the JV team, but these numbers are subject to change.

After tryout decisions have been made, the team will be sent home with information regarding the Boggy Creek Bengals Club Cheerleading team. This team has a fee listed below and lasts an entire year. This allows the girls to work on their stunting skills throughout the summer and other times of the year regardless of whether or not the school team is in season.

Judges/coaches decisions are **FINAL**. Appropriate attire must be worn for the clinic and should include proper athletic shoes. No jewelry or gum. Cell phones

should be silenced during the clinic and put away. Hair must be worn in a secure, clean ponytail. Please dress in THS colors – orange and blue – and take advantage of this opportunity to show us your school spirit! Returners are encouraged not to wear practice clothes from previous years in order to make all participants feel included. Wednesday's tryout attire is a white t-shirt with black shorts. You may wear a bow. The coaches & judges will be looking at your overall presentation/representation of yourself to a crowd over the course of the tryout process. Please be respectful & encouraging toward others at all times and keep a positive attitude.

Your total tryout score will be composed as below:

Teacher recommendations:	20 pts
(average of 3 current teachers w/ zeros for any missing)	
Stunting	15 pts
Standing tumbling (see attached chart)	5 pts
Running tumbling (see attached chart)	5 pts
Double jump	5 pts
Toe Touch	5 pts
Fifteen seconds of spirit	10 pts
Cheer	15 pts
Dance	15 pts
Index Card Assignment	5 pts
Overall Total:	possible: 100

Again, we ask that you carefully read all the material in this packet. It is imperative that prospective cheerleaders and their parents understand what is expected. Being a part of THS Cheerleading can be some of the best memories of your life. Cheerleading is a wonderful opportunity to learn about leadership, school spirit, and responsibility. I welcome your participation at the clinic if you are ready to be a leader, work hard, and show Tiger Pride.

I wish you all the best at tryouts, enjoy the experience!

Sincerely,

Danielle Berger

THS Cheerleading Coach, danielle.berger@osceolaschools.net, 407-483-3685 , x70676

Tohopekaliga Cheerleading Teacher Recommendation

This form is for all **CURRENT** teachers of a cheerleading applicant.

Fellow Teachers,

Your student is preparing to tryout for the 2021-2022 cheerleading team at Tohopekaliga High School. Please take a few minutes and complete this recommendation form. This results of this form can be left in my mailbox at Tohopekaliga or emailed to me and need to be received no later than Wednesday April 21st by 2:20pm. **DO NOT** return these recommendations to the student or parent under any circumstance. They are to be kept completely confidential. Recommendations will be averaged together to account for 20% of each student's total tryout score. Missing recommendations will be averaged in as zeroes, and any late paperwork will result in the cheerleader having a three point deduction from their total score. Using a scale of 1-4 (1 = poor, 2 = fair, 3 = good, 4 = great), please rate the student in each category. Please be as accurate as possible, as your insight is extremely valuable. I sincerely appreciate your assistance.

Sincerely,

Danielle Berger

TKHS Cheerleading Coach

danielle.berger@osceolaschools.net

407-483-3685, x70676

Current Grade: _____

School Spirit	1	2	3	4
Leadership qualities	1	2	3	4
Attitude	1	2	3	4
Behavior in classroom	1	2	3	4
Attendance	1	2	3	4

Teacher

Name: _____

Teacher Signature:

Date: _____

Parent/Guardian Permission Form

I, _____, give my child, _____, permission to try out for the TKHS Cheerleading Squad for the 2021-2022 school year. If selected, he/she has permission to participate in all cheerleading events and I understand that she must abide by the rules set forth. I also understand that cheerleading events will be held year round. I furthermore understand that attendance at all events throughout the year is a requirement of a cheerleader. I understand that if my child becomes a cheerleader, I am responsible for transportation to and from all events, unless otherwise instructed by the Coach. I also understand that I am to be prompt and on time to drop off and pick up my cheerleader at the time specified by the coach and failure to do so may cause my child to lose privileges to participate as a TKHS Cheerleader. I realize that TKHS Cheerleaders will be expected to follow certain team guidelines. I have read and fully understand the TKHS Cheerleading Tryout Packet. I accept that the coaches reserve the right to add or modify said guidelines as the need arises.

While I know that TKHS is committed to the cheerleading program and provides extensive support, I understand that the coaches and school assume no financial obligation relating to individual expenses incurred by cheerleaders. I understand that, if chosen, my child will be required to pay individual costs as detailed on the Fee Schedule.

I agree not to hold liable/responsible the coaches, TKHS (its staff or volunteers), and the School District of Osceola County for any accident or injury that may occur as a result of participation in THS Cheerleading. I give permission for my child to receive medical attention in the event that I am not present or cannot be reached.

I will respect the coaches have respective schedules and I will only contact a coach "after hours" if the issue is a dire emergency. Otherwise, I will contact the Coach during team practice. I understand and will respect that e-mail is the preferred method of contact for all non-emergency issues.

I understand all responsibilities and requirements should my child become a THS Cheerleader. I have read this Permission Form, fully understand its terms, and sign it freely and voluntarily.

Signature : _____

Date: _____

Parent/Guardian Information

Name: _____

Cell Phone #: _____

Email address (write clearly!):

Secondary Emergency Contact Information (If Parent/Guardian is unable to be reached)

Name: _____ Cell Phone #:

Relationship to Applicant:

2021-2022 THS Cheerleading Constitution

Purpose

- Our Purpose is to create and promote school spirit, pride, and loyalty, to encourage good sportsmanship by building better relationships between schools, and to bring positive recognition to our school through superior representation, public relations, and competition. Furthermore, the THS Cheerleading program is designed to promote interest in school activities, develop responsibility, teach self-respect, encourage honest effort, strive for perfection and develop character, as well as teach teamwork and pride in a quality performance through maintaining high standards.
- These guidelines have been designed to build a high caliber cheerleading squad with a respectable and impressive reputation. School and district rules must be followed at all events including off-campus activities. Cheerleaders should be leaders both within the school and in our community and set a good example at all times

Qualifications

- Grades
 - All squad members must maintain a cumulative 2.0 unweighted GPA to cheer.
 - Weekly eligibilities will be checked by Guidance the day of the last practice prior to each sideline game.
 - An F grade is unacceptable and will result in the cheerleader being immediately suspended from cheering on the sideline until the grade comes up. A D grade will be given a warning, and if it is still a D the following week, the cheerleader will be suspended until the grade comes up.
 - Cheerleaders have until the end of the school day on game day to bring a printout to the coach should the grade change on game day.
- Physical Fitness
 - Cheerleaders must be physically fit in order to participate effectively in stunting, jumping, tumbling, and other aspects of cheerleading. Cheerleaders need to keep themselves healthy. Any health problem that appears to be a detriment to the cheerleader or the squad must be addressed. A doctor's note may be required and/or a period of sitting out may result.
- Financial Obligations
 - Candidates must be and remain in good financial standing with the school.

- Individual costs must be paid according to the Fee Schedule or the cheerleader will be placed on the THS Obligation List and unable to cheer until payment is made.
- Participation in team fundraisers is required.
- Each cheerleader will be required to maintain good condition and cleanliness of his/her uniform(s). Failure to do so will result in being placed on the THS Obligation List for a new, replacement uniform.

Accountability

- Cheerleaders will earn the right to cheer through excellence in academics and school conduct, hard work, attendance at practices and events, great attitudes, teamwork, moral conduct, knowledge of material, and the display of a sincere attitude to cheer and promote spirit. The coaches will decide if each cheerleader has earned that right on a continual basis throughout the year.
- Each cheerleader will be required to learn all material used at THS. All material needs to be performance-ready well in advance of its first performance. Failure to do so will require the cheerleader to sit out until they are performance ready.
- Cheerleaders are not permitted to allow a non-cheerleader to wear their uniform, at any time, for any reason.
- A cheerleader represents his/her school both in and out of uniform, therefore a cheerleader's moral conduct should be above reproach at all times. Misconduct includes (but is not limited to) the misuse of alcohol, drugs, cigarettes, inappropriate language, participation in parties/events where the above mentioned are present, lying, fighting, inappropriate use of social media, and promiscuity

Attendance

- All cheerleaders must attend every team event in its entirety. →
- Cheerleaders must be present for at least half the school day on game days in order to cheer. Any exceptions must have prior approval of the coach. It is the responsibility of the cheerleader to notify the coach immediately if they missed more than half the day. →
- Any cheerleader who is absent from school must notify their coach immediately on the day of the absence if there is an event scheduled for that day. Coaches will decide if the absence is excused or not. →
- If a cheerleader is ill and must miss a team event, he/she must be at home resting or seeking medical appointments.

- If you are able to still come to a team event and sit out or “take it easy”, you are expected to do so
- All doctor’s appointments, college visits, etc., should be scheduled so that they do not interfere with team events.
- Tardiness
 - Being prompt (5-15 minutes early) is expected at all cheerleading events.
 - All practices will have a sign-in sheet. If you arrive late to a sideline practice, you will be benched one quarter for every 15 minutes you are late. If you consistently arrive late to competitive practice, your spot on the team may be reconsidered.
 - Be aware that traffic may be a concern and is not a valid excuse for tardiness.
 - Cheerleaders must be at a football game at one hour before start time, and at a basketball game one half hour before start time. Any time after that is considered late and will result in being benched one quarter.
 - Please notify a coach (not a fellow teammate) immediately if you even think you may be late. Just because you “told the coach” does not mean the absence is excused. —

Transportation

- You are responsible for your own transportation unless otherwise noted. The coach will designate a place and time to meet. If you are late to that designated place, you may be left behind, resulting in an unexcused absence.
- Work, not having a ride, “I forgot,” studying, outside activities, etc. are not considered an acceptable excuse for missing or being late to any event. Students should understand that only serious illness, very special extenuating family circumstances, and certain other THS commitments are legitimate reasons to miss or be late to a cheerleading event.
- School attendance is of utmost importance. Excessive school absences are unacceptable and can affect your spot on the team.
- Continually being late to (or missing) cheerleading events can affect your spot on the team, even if they are for “excused” reasons.
- Coaches are much more willing to work with a cheerleader when advance notice is given of a conflict. Last minute surprises are unacceptable and will be dealt with more severely

Practice and Events

- Appearance
 - Appropriate clothing must be worn and information will be given as to what outfits (often including bow, socks, undergarments, etc.) will be worn for all events.
 - Whenever dressed in “required attire,” you are to remain that way until you are home & fully changed.
 - Hair must be worn in a secure ponytail for all practices and performances. Please arrive to practice ready to practice and plan for your hair to last throughout the entire practice.
 - Wearing jewelry is prohibited with the exception of religious or medical medals that are taped to the body under the uniform without a chain. Prohibited jewelry includes fishing line through any piercing to keep the hole from closing and woven friendship bracelets/anklets. This includes new piercings. Eyeglasses must be secured with a strap. SMALL PEARL STUD EARRINGS are the only jewelry allowed for community events.
 - Cheerleaders’ fingernails must be kept short. Only clear nail polish or traditional/plain French manicure is acceptable.
 - Visible tattoos are not allowed.
 - No gum is allowed at events.
 - Light neutral makeup & lipstick is to be worn for all events.
- Practices will not be organized around meeting times and dates of other clubs and organizations.
- Cheerleaders are responsible for bringing their THS cheerleading duffel bag, backpack, or sling bag with raincoat and poms to ALL events.
- Cheerleaders are responsible for bringing their own water/sports drink to ALL events.
- Cheerleaders are to promote good sportsmanship at all events. Showing respect for other cheerleaders, organizations, players, the student body, coaches, officials, and spectators is a must.
- At all events, the coach makes all decisions regarding whether a cheerleader participates as well as to the extent of their participation. If parents have concerns about any decisions the coach makes, please contact the coach the next school day following the event (e-mail is preferred method of communication unless there is a dire emergency).

Discipline

- Discipline can be given by any THS cheerleading coach or school administrator.
- All issues will be dealt with on an individual basis as they may arise.

- Benched means the cheerleader will sit out for a portion of the game, suspended means the cheerleader is not allowed to dress in uniform or participate in the event(s).
- Excessive, repetitive, and/or cumulative discipline can result in the cheerleader being ultimately dismissed from the team.
- All concerns should always be addressed with the coach first.

Contacting Coaches

- Please take into consideration that your coaches have families and their own lives too! ☹ When contacting a coach “after hours,” please consider first if the issue is a dire emergency. If it is something that can wait - please wait!! We ask that you e-mail us for all non-emergency issues.
 - **Coach Berger:** danielle.berger@osceolaschools.net
- “After hours” refers to after practices/events and weekends that are not a competition weekend.
- Dire emergencies are things such as illness, injury, death in the family, etc.
- Please always remember that a lack of planning on your part does not constitute an emergency on ours



Important dates

<i>Date</i>		<i>Time</i>	<i>Location</i>
May 4th	Parent information meeting	7 pm	Gym
April 21st	Informational Meeting	6:00pm	PAC Lobby
April 26th- 27th	Tryout Clinic	5:15-7:00pm	Gym
April 28th	Formal Tryout	5:15-8:00pm	Gym
April 29th	Practice	5:15-7:00pm	Gym
April 30th	Practice	5:15-7:00pm	Gym
May 3rd – 7th	Practice	5:15-7:00pm	Outside
May 4th	Parent meeting	7:00pm	Gym
May 10th – 14th	Practice	5:15pm-7:00pm	Outside Monday-Wednesday, Gym Thursday-Friday
May 17th-19th	Practice	5:15-7:00pm	Gym/Track
May 20th	Spring Game	TBA	Track
May 21st	Practice	5:15-7:00pm	Gym

Summer practices:

We will be practice twice a week in the morning (Looking at Monday and Wednesday mornings). One practice will be a conditioning practice with part of it in the weight room with our certified conditioning instructor.

June Dates: 7, 9, 14, 16, 21, 23, 28

July Dates: 19, 21

Beginning the last week of July we will enter our regular Fall schedule. More information is to come, but expect practice EVERY Monday, Tuesday, Thursday, and Friday unless otherwise noted

Upcoming Fees and Required Materials

[Sneakers – Recommended pair](#) \$90 (but any pair will do; they go as low as \$30)
– Due **ASAP**

https://www.amazon.com/Nfinity-Adult-Evolution-Cheer-Shoes/dp/B003VVKDSE/ref=sr_1_9?dchild=1&keywords=nfinity+cheer+sneakers&qid=1617717879&sr=8-9

Club Team Payment \$50 – due **May 21th**

Athletic Fee \$35 – reopens for the season **June 1st** - due **June 4th**

Varsity will be ordering 3 t-shirts to wear throughout the season at \$10 each (\$30 total) - due **May 5th**

JV will be ordering 1 t-shirt to wear throughout the season for \$10 – due **May 5th**

****Varsity girls will need to purchase a pair of black, white, and navy soffee shorts. JV girls will need to purchase a pair of navy soffee shorts. They are about \$9 per pair and are sold on/at [Amazon](#), [Dicks Sporting Goods](#), and on [their website](#)****

https://www.amazon.com/Soffe-Juniors-Authentic-Shorts-Heather/dp/B0893ZB4W7/ref=sr_1_2?dchild=1&keywords=soffe+shorts&qid=1617718556&sr=8-2

https://www.dickssportinggoods.com/p/soffe-juniors-cheer-shorts-16sofwsffchrshrtxapb/16sofwsffchrshrtxapb?sku=11346158&camp=CSE:DSG_92700048881921454_lia_pla-827358559585&segment=&gclid=CjwKCAjwjbCDBhAwEiwAiudByzS42b8QMAw6r9Txdvk4B2Z80F6lOhSUB6JmEjQvoC1kC6sY3zV_mxoCa5lQAvD_BwE&gclsrc=aw.ds

<https://www.soffe.com/product/M037/Womens-Authentic-Soffe-Short.html>

*The tshirts along with shorts are both **mandatory** and will be worn at weekly practices starting in May and several community events throughout the season.*