

Legend Cheerleading Program 2010-2011

Sue Caughran, Head Cheerleading Coach, Phone: Cell: (303) 870-3754;
E-mail: susan.caughran@dcsdk12.org

PROGRAM OVERVIEW

High School Cheerleading is an important part of the school and community culture. Cheerleaders create and boost school unity, morale and spirit, support athletic and co-curricular programs. Our school and community appreciate the Cheerleaders' leadership and performance at athletic events, rallies, and other spirit activities. It is our pledge to our students, teachers, parents, and community to organize, conduct, and maintain a high quality of Cheerleaders at Legend High School. The 2010-11 season will have two teams, a Varsity and JV team.

TRY-OUT PROCESS & CLINIC

Cheerleader candidates will demonstrate their skills in a try-out environment judged by the coach. The clinics and tryouts are closed to spectators. The Try-out Clinic and schedule is as follows:

- **Monday, April 12, 6:00pm** – Mandatory meeting in the commons for parents and girls interested in trying out for the 2010-11 cheerleading teams.
- **April 26- 29, 5:00pm-7:00pm:** Try-out clinic in the Legend High School commons.
- **Monday** – collect physicals (must have a current physical on file to attend clinic and tryouts), meet the coach, demonstrate tumbling, learn dance and cheer, hand out information.
- **Tuesday** - run the mile, show jumps, flexibility, strength, and work in groups.
- **Wednesday** – interview with coach, take sports test, finish working with groups.
- **April 29, Thursday, 5:00pm-7:00pm:** Final try-out clinic. Collect application, and hand out final instructions for Friday.
- **Friday April 30, Tryouts – Time TBA - Final Try-out results will be announced at approximately 8:00pm on Friday, April 30. Possible team event after announcements. Please send money for your daughter, if we go to dinner.**
- **Monday, May 3, 2010 – Uniform fitting at 3:30pm, Parent meeting at 6pm. First payment due.**

CHEERLEADING SKILLS:

I am looking for many characteristics in our Cheerleaders. This year there will be a minimum tumbling requirement to be considered for the Varsity team. Varsity candidates must have a solid standing back hand spring, and a solid round off back hand spring. There is no tumbling requirement for JV. The basic athletic skills I seek include tumbling, jumps, voices, motions, running the mile, and dance. Candidates must be able to run the mile in 9 minutes or less. Other important considerations are work ethic, punctuality, preparedness, attitude, coach ability, paperwork/organization, use of time, adherence to rules, teamwork, and basic sports test.

CHEER SEASON

Cheerleading requires a huge time commitment. The season usually runs from May through March of the following year. While summer commitments are not mandatory, it is an important time for the team to develop fundamental skills, conduct fund raising, and bond as a team.

The summer schedule is not mandatory, but is highly recommended to insure the success of the team. I encourage you to take your family vacations and do your normal summer activities, but every effort should be made to attend summer practices. Students should plan work schedules around our summer practice schedule.

- Weight Lifting. The Legend High School summer strength and agility camp is HIGHLY recommended. Dates, times and cost TBA. We will have about 30 minutes of team practice built into the strength and camp.
- Summer gymnastics is being scheduled; I will give you dates as soon as they are set. Each team will have a team tumbling class. Most likely, one will be Mondays at 3:30pm and the other will be Tuesdays at 3:30pm
- Practices will be scheduled beginning the end of May, probably twice a week.
- We will be hosting a cheerleading camp some time in June.
- We will be attending summer camp June 21 – 24.
- Cheer Break will be the month of July.
- Possible fundraising and team bonding events.

Fall & Winter: Once school starts, Varsity will practice will everyday and JV will practice two to three days a week, after school for 2 hours, and gymnastics class one day a week. The actual practice times will depend on the team and coach's schedules. Fall break is not a cheerleading break. We are still in season and will be practicing, covering games, and preparing for competition. All team members are required to be at practices, games, and events during fall break.

- Games/Performances: Cheerleaders support most sports teams (including football, soccer, volleyball, boys basketball, girls basketball, and wrestling). There are usually 2 or 3 games per week in addition to the practices. Varsity will attend away football games and possibly other away games. Varsity will compete 4-5 times and JV will compete 2-3 times.
- All girls on the Varsity cheerleading team should be enrolled in the power weights class for at least the fall semester. Girls on the JV team should be enrolled in strength and conditioning class.

COST

The complete cost for cheerleading is approximately \$1,000 - \$1500. This covers shoes, practice clothes, warm-ups, uniform accessories, camps, team gymnastics, athletic bag, and athletic fee. These costs can be reduced through fund raising and extended payment plans can be worked out with the coach. The first payment will be due at the parent / uniform fitting after tryouts.

DISCIPLINE

Cheerleaders are held to very high academic and discipline standards. Participants are required to sign a participation contract. This contract describes in great detail the discipline policy and expectations of the athletes.