

GOHS CHEER TRYOUTS



2022-2023

Welcome!

Introduce Coaches:

Terri Kostecki - Varsity Head Coach/Program Advisor tkostecki@tvusd.us

Erica Arino - JV Head Coach gopackjvcheer@gmail.com

Mandy Balster - Frosh Head Coach gohsfroshcheer@gmail.com

Kimberly Pregler - Varsity STUNT Head Coach kimmypregler@gmail.com

Please email us if you have any questions/concerns.

Cheer Constitution

Please READ the Cheer Constitution in its entirety. You will be held accountable to all of the guidelines. It's available on the Great Oak cheer website.

GOHS/Activities/Cheer

Please check there regularly for updated information or changes.

Coaches and Communication

We use **BAND** as our main communication tool. It is MANDATORY for all cheerleaders to be on the Cheer Tryouts BAND account. This is how important info is sent to the athletes. We encourage parents to join as well, so they are informed of events and any changes. Just scan the QR code to join BAND. Notifications should be ON.



GOHS CHEER TRYOUTS

Scan this QR code and join!

Athletic Physicals/Clearance

Every athlete must be cleared to participate in Tryouts. We are hoping this will be available in the beginning of April. You can get your Dr. physical now and then upload when it's available.

The process is outlined below.

- 1) Go to athleticclearance.com and choose 22-23 school year.
- 2) Choose GOHS as your school and Traditional Competitive Cheer as the sport.
- 3) You will complete all steps and upload the Confirmation page AND the physical form STAMPED and signed by your physician.
- 4) We can accept all physicals dated on or after February 12th.

You can't participate until you are cleared.

IMPORTANT TRYOUT INFORMATION

We have 4 Cheer teams at GOHS: Varsity, JV and Frosh Sideline and Varsity Competitive Sport Cheer (STUNT) Tryouts for STUNT are in August.

Athletes are allowed to be on BOTH Sideline and STUNT. If you are interested in ONLY trying out for STUNT, you will sign up for that at a later time.

You must be enrolled at GOHS at the time of tryouts. All transfers must be approved in order to be eligible to tryout. If you have any questions regarding your eligibility, please wait and speak with me after the meeting.

Minimum Academic Requirements: Must have 2.0 GPA and no more than 1 F in the last grading period. No exceptions.

IMPORTANT TRYOUT INFORMATION cont.

The Cheer Constitution has all the needed information. Please read it carefully.

You must complete the following immediately:

- 1) Click on the sign up link on the GOHS website, if you don't sign up, you don't try out.
- 2) You must share the link for the Teacher Evaluation with all 6 of your teachers.
- 3) Your tryout score is a combination of the physical tryout score, teacher evaluations, attendance and discipline.
- 4) We don't set a number for our teams, we have had smaller and larger teams, depending on what the final scores are.
- 5) Tumbling is not a requirement, but will give you extra points in your final score.
- 6) You do NOT need prior cheer experience to make the team. Every year we have first time cheerleaders make one of our teams.
- 7) 9th graders are on Frosh, 10th or 11th on JV, 11th or 12th on Varsity. If in 11th grade, you need to let us know when you sign up if you would like to be considered for the JV team if you don't make Varsity. Varsity STUNT team is for 9th-12th.

CAMP

We will be attending camp at the Great Wolf Lodge in Garden Grove June 27-30.

For summer trip planning purposes, teams will be practicing the entire week prior to camp. June 20-24.

For financial planning, the total cost with 4 day/3 night camp is \$550. This includes round trip transportation and all camp expenses. All meals are included except lunch on Day 1.

We will leave on the morning of June 27th and return the afternoon of June 30th.

Camp deposit of \$100 per girl will be required immediately after tryouts. Camp balance (\$450) will be due no later than May 20th. Due to the cost involved with Camp, this is optional, however we strongly encourage your athlete to attend, because it's such an important learning experience for the girls.

SUMMER PRACTICES

Even though Camp is optional, summer practices are mandatory!

Each coach will communicate with their team on their summer practice dates/times.

For planning purposes, expect to practice the entire week prior to camp.

During the summer and camp, Stunt groups are formed, material for the first day of school or Frosh BBQ are learned, among many other things. If you are not present, you will not be placed in the routine and will be at a disadvantage starting the season.

Absences

You are allowed 6 absences per year. This includes practices/events/games etc.

Having a job is NOT an excuse to miss practice/events. We give you the schedule of events enough in advance to notify your employer and request days off.

Dr appts/etc. We know how hard these are to schedule, but barring an emergency, please schedule these appointments outside of practice time.

Due to the nature of our sport, we need everyone present to be successful in stunting and setting formations.

IMPORTANT LINKS

Cheer Tryout sign up link:

https://docs.google.com/forms/d/e/1FAIpQLScmQbdX3P_8vDrWryYkkDQ23gc3_roGb_fHzF2xRBcz-WesTw/viewform

Teacher Evaluation link:

https://docs.google.com/forms/d/e/1FAIpQLSfug2oQWIkZTuAD0HUzSSfhVzZ83_n9EcDrqWIDld_fx7Yuqw/viewform