2018- 2019
Northeast Cheerleading
Squad Tryouts
April 10th- April 14th

Northeast Cheerleading
Scoresheet Break Down and Team Selection

- Jumps: 5 points possible for each jump. These will be judged on height and overall technique. Each candidate is required to perform the below listed jumps unless exempt for medical reasons (broken legs, sprained ankle, dislocated hip, etc.)
    - Toe Touch
    - R/L Herkie
    - R/L Hurdler
    - Combination Jump (toe touch connected to jump of choice)
- Cheer: 30 points possible for the cheer category. Candidates will perform a uniform cheer in groups of 3-4. Each group will have the same cheer and candidates are expected to perform on their ripples. Scores will be based on voice projection, motion technique, cheer knowledge, overall presence and energy.
- Dance: 35 points possible for the dance category. Candidates will perform a uniform dance in groups of 3-4. Each group will have the sae dance and candidates are expected to perform on their assigned ripples. Scores will be base on motion technique, energy, overall knowledge, eye-contact/facials and overall presence.
- Additional: 5 additional points possible for tumbling. Tumbling points can only advance your score, but will NOT hinder it. The break down for points are as follows:
    - Round-off: 1 points
    - Front/ Back Walkover: 2 points
    - Round-off Back handspring: 3 points
    - Standing Back handspring:4 points
    - Advanced running tumbling/ Standing Back Tuck: 5 points
- Teacher Evaluations: 20 points possible for teacher evaluations. Each teacher will complete a confidential evaluation of the candidate as a student. Candidates will NOT receive these evaluations back from their teachers. Each teacher affects 5 points of the 20 total. It is the candidates responsibility to make sure teacher's have submitted their paper copy of the teacher evaluation to the athletic office before April 1st at 4PM.

- Competition Team: Competition team will be chosen based on the highest scoring candidates. Candidates may select whether or not they wish to be considered for the competition team on their initial tryout application.

- Candidates will be judged out of 120 possible points. Candidates will be placed on squads based on the range created through the scoring curve.

- Character Evaluation
    - Candidates will have a short informal interview with the coaching staff. This is a time for the coaches to get to know a little bit about each candidate and answer any questions they may have about the program. Along with this, candidates will

submit a small questionnaire with their tryout packet. These elements are NOT SCORED, but WILL play a role in determining the finalized squads.Questions for the candidate may include:
    - Why would you like to represent Northeast as a cheerleader?
    - What are some weaknesses you see yourself having throughout the year?
    - How would you describe your work ethic and dedication?

- Candidates are expected to show integrity to the cheerleading program and should any dishonesty be brought to the attention of the coaches, the candidate may not be allowed to complete the tryout process.
    - EX: learning material ahead of time, forging teacher evaluation forms, etc.

- 2018-2019 Tentative Squads
    - Freshman: incoming 9th graders ONLY
    - JV: Incoming 9th graders, 10th and 11th
    - Varsity: 10th, 11th, 12th graders
        - Incoming freshman may be considered for the Varsity Squad only if invited by head coach
            - Eligibility based on tumbling ability, cheerleading experience, motion technique
        - 12th Graders are only eligible to make varsity

- Selected candidates have until April 18th to make a final decision on if they would like to accept a place on a 2018-2019 squad. If an individual declines a spot, the next candidate in line will be offered the spot.

* Judges/Coaches will not release scores to individuals. Individuals who would like feedback may request their comments (not scores) after April 25th. Email LNErocketcheer@gmail.com

Northeast Cheerleading Tryout Score Sheet

Judge #_____ Candidate #_____ COMP TEAM: Y or N

Category	Possible Points	Points Scored	Comments
Jumps			
• Toe Touch	5		
• R/L Hurdler	5		
• R/L Herkie	5		
• Series Jump	5		
Cheer			
• Voice Projection	10		
• Motion Technique	10		
• Overall Presence	10		
Dance			
• Knowledge of Dance	15		
• Motion Technique	10		
• Overall Presence	10		
Sideline			
• Voice projection	5		
• Motion Technique	5		
• Overall Presence	5		
Additional			
• Tumbling	5		

Northeast Cheerleading
2018-2019 Estimated Costs

UCA Cheerleading Camp $380	Backpack (rookies required, personalized) $41.00
Camp Clothes $120	Varsity Shipping and Handling $60.00
Uniform (2X shell, liner, skirt) $200	Game Day Clothes (t-shirt, long sleeve, sweatshirt per squad) $60.00
Poms $32.00	Game Day Team /Sideline Shoes $64.99
Briefs (rookies required, returners optional) $45.90	Music Fee $25.00 (Competition Team Only)***
Cheer Shoes $50.00	
Warm-Ups $125.00	Highlighted: Estimated Fee Waiver
Bows (2) $10.00 *Comp Team additional bow: $6.00	
Ear warmer $10.50	Total (estimated): $1200.00 Approx (rookies) $1105.00 (Returners)

*Costs estimated as of 1/31/18, costs may increase or decrease based on a number of factors. an exact cost sheet will be issued at the first parent meeting after tryouts. Other costs may arise as season progresses

** UCA camp is not required, but is very STRONGLY encouraged! Cost includes: rooms, meals, tuition, travel to and from camp.

***Competition team may be subject to additional costs and tentative fees

Financial obligations include paying for all uniform pieces and UCA camp. Fee waiver can be applied to cheer if a student has been approved for it, in which case Lincoln Public Schools has judgement over which pieces will be covered by fee waiver; Camp or optional items will not be paid for by LPS. There will be a $364 deposit due at the first parent meeting of the season April 18th, the remaining balance will be split into monthly payments.

Northeast Cheerleading
2018-2019 Itemized Cost Sheet

- Uniform
    - TBD: $200
    - Varsity Compression Short Briefs (2): $45.90
- Warm-Ups
    - Trios 17 Adidas Training pants $45.00
    - Varsity Waterproof Jacket w/ Transfer $80.00
- Camp
    - UCA Camp- University Of Nebraska-Lincoln: $364
    - Includes: 3 Nights, 4 Days of Instruction, Food, Material Cost
- Poms
    - Omni Cheer Solid Color Pom Set (White): $12.00
    - Omni Cheer Metallic Color Pom Set (Crystal Black): $20.00
- Game Day Items
    - Ear Warmer: $10.95
    - Football Performance Shoes: Adidas Neo Women's Cloudfoam QT Sport Shoes:$64.99
    - Cheer Shoes: Omni Cheer Adidas Cheer Sport Shoes $41.00
    - Squad T-Shirt: $15.00
    - Squad Long Sleeve: $20.00
    - Squad Sweatshirt: $25.00
- Bows
    - Chasse Jumbo Hair Bow (White): $4.25
    - Chasse Jumbo Hair Bow (Black): $4.25
    - Omni Cheer Tinsel Performance Bow (Silver): $5.50
- Bag
    - NEW Varsity Spirit Game Day Max BackPack (required rookies, optional returners): $35.95
        - Optional Personalization: $9.50
- Campwear
    - Outfit One
        - Team Sports Wear Jersey: $24.99
        - SANUCL 3D print Leggings: $16.00
    - Outfit Two
        - Authentic Soffee Shorts: $8.00
        - Screen Printed T-Shirt: $12.00
    - Outfit Three
        - Varsity Skort: $24.95
        - Screen Printed T-Shirt :$12.00
    - Camp Pep Rally Costumes (decided on by squad): $20.00
- Shipping and Handling $60.00

Northeast Cheerleading
2018-2019 Tryout Checklist

- ❏ LNE Cheer Application
- ❏ Medical Release
- ❏ LNE Cheer Questionnaire
- ❏ (3) Teacher Evaluations (1 colored)
- ❏ 4X6 Photo (Identification purposes only)

Due: April 3rd, 2018 @4pm (Athletic Office)

2018 - 2019 Northeast Cheerleading Tryout Application

Name: _____ Grade:_____

Home Address:_____

Circle One: Male or Female

_____

Birth Date:_____

_____

Student ID:_____

_____

Competition Squad(circle one) :

Y or N

Parent Information

Name: _____

Phone Number:_____

Email Address: _____

Emergency Contact Name / Phone Number:_____

Please list summer 2018 commitments including camps, family vacations, competitions,etc.

_____

_____

_____

Please list any/all school activities in which you are/or plan on being involved in:

_____

LINCOLN NORTHEAST CHEERLEADING

MEDICAL RELEASE FORM

Student's Name:_____
School Attending(currently):_____ Grade next year:_____

I certify that_____ is physically capable and able to fulfill requirements to try out for a position as a 2018-2019 cheerleader. I understand that this form legally releases all obligations and responsibilities for the medical treatment of my son/daughter in the event of illness or injury during any cheer related activity when either parent/guardian cannot be reached. If there is any physical or medical reason why she/he should not participate fully, the school requires a doctor's release. Furthermore, the school is not liable for any injury incurred during tryouts.

Parent(s)' Signature:_____
Date:_____

MEDICAL TREATMENT PERMISSION FORM

In the event of an emergency occurring while my son/daughter is on a school sponsored practice, performance or trip, I grant my permission to the school and it's employees to take whatever action necessary. In the event that I cannot be reached, I hereby authorize the school and/or it's employees to give consent for my son/daughter,
_____ to receive medical treatment.

Home Phone:_____ Business Phone:_____
Address:_____
_
City:_____ State:_____ Zip:_____

Person to be notified other than parent or guardian in an emergency:
Name:_____ Phone:_____
Family Doctor:_____ Phone:_____

If you do not grant permission or authorization for consent to medical treatment, what procedure should be
followed?_____
_____

Insurance Company:_____
Policy#_____
Parent/Guardian Signature:_____
Date:_____

Medical Information: (circle one)

Heart condition or disease	Yes	No	Asthma	Yes	No
Diabetes	Yes	No	Allergic to medication	Yes	No
Convulsions disorder	Yes	No	Allergic to insect stings	Yes	No

State allergies:_____

Date of last tetanus shot:_____

Additional medical information that may be helpful:_____

_____

_____

Any medications currently receiving:_____

Teacher Evaluation

2018-2019 Northeast Cheerleading Tryouts

Please complete the following evaluation and return to main office no later than **April 3rd by 4:00pm**. Teacher evaluations play a large part in the candidate's tryout score, therefore it is very important to provide us coaches with an **ACCURATE** and **HONEST** look into the candidate as a student at LNE. These evaluations will be tallied by the coaching staff and will remain strictly confidential. ***Evaluations will not be shared with candidates or parents/guardians.***

Please place the completed evaluation in a sealed envelope and return to the Cheerleading mailbox located in the main office.

Thank you, in advance, for you help with choosing the best squad to represent Northeast!.

Cheerfully,
Alexis Gass
Head Cheerleading Coach

Student Name:_____ Class:_____

Approximate Grade in Class:_____

On a scale of 1-5 with 5 being the highest, rate the candidate on their overall presence as a student (considering attitude, punctuality, respect, attendance, etc.): _____

Additional Comments:

_____

_____

_____

Teacher's Name:_____ Date:_____

Signature:_____

Teacher Evaluation

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Alexis Gass
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Additional Comments:

_____

_____

_____

Teacher's Name:_____ Date:_____

Signature:_____

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2018-2019 Northeast Cheerleading Tryouts

Please complete the following evaluation and return to athletic office no later than **April 1st by 4:00pm**. Teacher evaluations play a large part in the candidate's tryout score, therefore it is very important to provide us coaches with an **ACCURATE** and **HONEST** look into the candidate as a student at LNE. These evaluations will be tallied by the coaching staff and will remain strictly confidential. ***Evaluations will not be shared with candidates or parents/guardians.***

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Additional Comments:

_____

_____

_____

Teacher's Name:_____ Date:_____

Signature:_____

Northeast Cheerleading
Tryout Questionnaire

(Please Type Answers and return with your tryout packet)

- What does being on a squad mean to you?
- Why would you like to represent LNE as a cheerleader?
- How will you work to represent the program and the school positively?
- Tell us about your leadership skills.
- Describe yourself in three words.
- What sets you apart from the other candidates?

Thank you for your answers! We are so excited to learn a little more about each and every one of you as we begin to select the 2018-2019 Northeast Cheerleaders.