

REVISED a/o: 5/21/18

(please read all information regarding changes)

El Camino Real Charter High School Cheerleading Tryouts 2018 – 2019 JV and Varsity Cheer Teams

Dear Cheer Applicant,

My name is Beth Corbett. I am the Cheer Advisor at El Camino and together with Coach Amanda Sanchez, we welcome you to the annual JV and Varsity cheer tryouts for El Camino Charter High School! Please read all information carefully and remember to fill out a tryout packet.

All individuals trying out for cheerleading will perform an entrance, jumps, individual cheers, group dance, 20 push-ups, plus tumbling. Each individual will be judged on motions, voice, coordination, jumps, dance ability, cheer ability, strength, facials, and tumbling ability.

Informational Video: (REVISED!)

On Tuesday May 29th at 12:00 pm, ECR Cheer will release a short video on the school's website detailing expectations and requirements for tryouts. The video will contain jumps, cheers, a dance, facials, tumbling and proper push-ups. You can find this video on the school's website: ecrchs.net under "Activities" menu, then under "Cheer." (****I no longer will email applicants as it is on the school's website.***)

Practices for Tryouts:

On Wednesday May 30th and Thursday May 31st from 3:30pm – 5:30pm, we will practice the requirements for the upcoming tryout. Practices (as well as tryouts) will take place at El Camino Real Charter High School's **small gym, located in the same building as the main gym**. *I strongly suggest that you attend both days of tryout practice to increase your chances of making the team.

TRYOUT DATE: (REVISED)

On Friday June 1st, tryouts will begin at 3:00pm and end at approximately 5:00pm. ***All girls trying out from Hale Charter Academy will have an alternate tryout date on Sunday June 3rd at 9am sharp in Anderson Hall. In addition, all girls from Carousel Dance will have this tryout date on June 3rd at 9am as well.***

REVISED: The girls who make the teams will be contacted by text on Sunday afternoon June 3rd. Please be aware that if you make the team, there is a mandatory Parent Meeting on Monday June 4th at 7pm in the school library – all girls and a parent MUST attend to get all pertinent information, review the contract, and sign other important documents.

Please download and print the application packet from the school's website or pick up in the main office at El Camino starting on **MAY 21th** and bring the completed forms to tryouts. **All participants must have a sports physical completed before the Wednesday May 30thnd practice as well as the completed cheer packet.**

Requirements: (REVISED – must bring 15 week grades)

- A sports physical presented at tryouts. No exceptions. See below for information on where to get a physical.
- 2.0 GPA or above at the 15 Week Spring Semester report cards. No more than one “U” in cooperation. (If you make the team, Final 20 Week grades/cooperation will determine Fall eligibility)
- Please bring a copy of your 15 Week – Spring Semester report card on first day of tryouts.

Dress:

- Comfortable fitting shorts and t-shirts
- Athletic shoes (no Converse or Van style shoes)
- Hair in ponytail – no hair on face, no jewelry, no gum, no piercings, no long nails

Bring:

- Medical release form (in packet)
- Water
- Completed physical form (front and back) by sports doctor
- Information sheet – (packet) filled out

REVISED PRACTICE SCHEDULE – if you make the team!

*ECR Cheerleaders are required to participate in Football, Basketball – both boys and girls Basketball and Volleyball. Varsity cheers both home and away games; JV cheers home games only. Cheer also performs at Pep Rallies throughout the school year. Cheer is held 6th period as a class with after school practices, generally Mondays 3:15- 5pm, and Wednesdays until 5 pm. ***There are Thursday practices as well, as needed – I will announce at the beginning of the week when we do Thursday practices.*** Games are MANDATORY. Football season games are Friday nights – excluding playoff games. Basketball and Volleyball games are Wednesdays and Fridays – excluding playoffs. You cannot participate in any other sport at ECR as a cheerleader due to our demanding schedule. **If you make the team you must commit to both fall and spring semesters – no exceptions.**

Cheerleaders are expected to be at every game and every practice – no exceptions. No other extra-curricular activity comes before cheer. Every absence from a practice or game requires a doctor’s note. You may not be a part of an extra-curricular activity if it interferes with Cheer. *Any personal commitment such as vacations, doctors appointments, or work are not considered an excuse for missing practice or games. Excuses such as a family dinner, party, ski vacations, etc., will not be accepted.

If you make the team, there are summer practices and a cheer camp.

Summer Practices: 6/19, 6/21, 6/26, 6/28, and 7/10, 7/12 from 1pm – 3pm at ECR in Anderson Hall

Cheer Camp: Impact Cheer June 13, 14, 15 – cost \$150.00. Camp is in the afternoons with times TBD.

ECR Cheer is a major commitment. The responsibilities are numerous and must be understood in advance.

Sports Physicals - you may use your own provider

Dr. Rigg – West Oaks Urgent Care
 20181 Saticoy
 Canoga Park, CA 91306
 818-709-5700 approx. \$20.00 – no appointment needed

Best of luck, Beth Corbett and Amanda Sanchez

