**NOVI SIDELINE CHEER TRYOUTS**

**2015**

**Middle School Tryouts:** Monday June 1st, Tuesday June 2nd, Wednesday June 3rd

**Time:** 3:00pm-4:15pm

**Location:** Novi Middle School Gym

**High School Tryouts:** Monday June 1st, Tuesday June 2nd, Wednesday June 3rd

**Time:** 6:00pm-8:00pm

**Location:** Novi High School, Fieldhouse. Court C

**Thursday, June 4th** ---Mandatory parent & athlete meeting in room 160 at Novi High School 6:00pm. Camp money is DUE at this meeting!

Middle School Coach: Megan Chapin-Dubé [Chapinm2@gmail.com](mailto:Chapinm2@gmail.com)

Junior Varsity Coach: Bethany Courtnay [Bethanyflayer24@gmail.com](mailto:Bethanyflayer24@gmail.com)

Varsity Coach: Ashley Karinen [AKarinen07@gmail.com](mailto:AKarinen07@gmail.com)

**You must have the following items turned into your coach on the first day of tryouts. If these forms are not turned in, you will not be allowed to tryout.**

* **Signed Permission Slip-** Read through the rules and expectations with your parents and both of you need to sign this slip.
* **Completed Information Sheet**
* **Summer Vacation Request Sheet**

**What to wear to tryouts:**

You will be required to wear athletic clothing and shoes to tryouts. Do not wear halter-tops, spaghetti strap tops, jeans or skirts. Hair must be put up in a high pony so that it’s out of your face, and absolutely no **jewelry!** Arrive 10 minutes prior to start time to help pull mats out!

**How will I know if I made the team?**

After everyone has completed the tryout evaluations, the coaches will calculate and total the scores and put the teams together. Everyone will then be invited back into the gym and each student will be handed an envelope with their determination letter.

Absolutely **no one** will be permitted to open their envelope until they leave school grounds. *Failure to comply with this rule will result in removal from the team.* After 24 hours, you may set up a meeting with the coaches to discuss reasons for not being placed on a team. The meeting will be between the coach and the athlete to go over scores!

**If you have been selected for a team you will receive more information with your letter regarding the upcoming season.**

**FALL REGISTRATION:** Registration Dates TBD

Prior to registration, please visit the Documents and Forms page (online at Novi Athletics) complete the required forms listed below and bring it to registration.

1. Current MHSAA Physical form (dated on or after April 15, 2015)

2. Acknowledgement of Risk/Proof of Insurance/Statement of Eligibility

3. Concussion Protocol Form

4. Participation Contract and Participation Fee. Payment will be due for all sports both cut and non-cut. Refunds will be issued and/or checks will be returned if the student-athlete does not make the team they are trying out for.

\*\*Failure to turn in required forms to the athletic office result in unexcused absences from practice\*\*

**Cheer Costs and Needs**

If you have bodysuits, briefs, t-shirts, and white shoes that are in good condition from a previous season, you do not need to purchase them again.

\*Money in each cheerleader’s individual fundraising accounts can be applied to gymnastics and camps\*

\*\*CAMP SHOULD BE CONSIDERED MANDATORY UNLESS YOU HAVE A PRE-EXCUSED ABSENCE FROM A COACH\*\* NMS AND NHS will be attending camp July 18th-20th

**Middle School Costs**

3 Day Classic Camp: $285.00 (due at mandatory parent meeting)

Participation Fee: $75.00 (due at fall sports registration)

Gymnastics: $20 registration fee, $10 each session

*Various amounts will be due for clothing items/cheer gear per cheerleader. This is all ordered online and depends on whether your daughter has purchased the items previously or not and what kind of shape they are in.*

3 Mandatory T-Shirts: approx. $45

2 Bows: $15-$20 Total

Mandatory Rain Jacket: $35

**Junior Varsity Costs**

3 Day Classic Camp: $285.00 (due at mandatory parent meeting)

Participation Fee: $175.00 (due at fall sports registration)

Gymnastics: $90 for the season

3 Mandatory T-Shirts: approx. $45

Mandatory Yoga Pants: $60

2 Bows: $15-$20

Mandatory Rain Jacket: $35

**Varsity Costs**

3 Day Classic Camp: $285.00 (due at mandatory parent meeting)

Participation Fee: $175.00 (due at fall sports registration)

Gymnastics: $90 for the season

4 Mandatory T-Shirts: approx. $50-60

Mandatory Jersey: $27.50

2 Bows: $15-$20

White Mid Driff Socks: TBD

Mandatory Rain Jacket: $35

\*Each cheerleader will need a plain, white pair of athletic shoes which should be purchased on her own.

\*Each cheerleader will need a bodysuit and brief which can be purchased at bodies in motion

Novi Cheer Team Rules and Expectations

**Making the Team:**

* The cheer team coaching staff decides upon the final selection and placement on teams.
* Placement on a team will be based on a tryout rubric.
* MS Cheer will be a combined 7th/8th grade team depending on numbers
* **A Standing back tuck DOES NOT mean you’re on the varsity team as an underclassman during sideline/competitive season!!!** If you were a sophomore or freshman on the varsity team last year, you are entitled to your varsity position, however, ONLY if your skills have shown improvement!
* **Making the varsity team does not guarantee that you will be on that team the entire year!** If at any time you are not able meet the requirements for varsity, you can and will be moved accordingly throughout the season.

**Academics:**

* School comes first –However, no excused absence will be given for homework or study time. This is the perfect chance for our girls to learn the importance of time management.
* **With later practices at the High School, there should be no reason that our athletes can not join clubs or stay after school for projects, tutoring, etc. We encourage this!**

**Safety:**

* All safety guidelines set forth by the Michigan High School Athletic Association Competitive Cheer Manual will be followed at all times. This includes the following:
  + **Hair**: Hair shoulder length or longer must be tied back and secured for safety reasons. Hair control/adornment devices must be secure in hair and must be made of soft material.
  + **Prohibited Items:** All of the following are prohibited: jewelry, friendship wrist bands, gum, face and body glitter, unsafe fingernails and bobby pins.
  + **RULE 2.2.3** Unduly long fingernails, including artificial nails can become a safety hazard. Therefore, fingernails, including artificial nails, must be kept at a length appropriate to minimize risk for the participants. **An appropriate length is defined as not showing over the edge of the fingers.**

**Guidelines for conduct at practices and games**

1. All language and actions must be dignified and sportsmanlike. \*\*Both in and out of school!\*
2. Treat other teams, teammates, coaches, and fans with respect. Everyone should feel welcome at all times!
3. During competitions or games, cheerleaders will remain with the team. Meaning NO cheerleaders will visit with friends or family in the stands, in passing, etc.
4. Eating is permitted during designated times. Gum chewing is not allowed at any times. Energy drinks, candy, desserts WILL NOT be allowed prior to competing—EVER! Cheerleaders are NOT allowed to purchase food at the concession stands during games!
5. Treat teammates and coaches with respect. Negative attitudes towards teammates and/or coaches will NOT be tolerated.

A. 1st Offense--- 1st warning to the athlete

B. 2nd Offense---2nd warming to the athlete and parent

C. 3rd Offense---Meeting with the coach, athlete, and parent to discuss possible dismissal from the team.

6. The use of cell phones during practice, games or competition is not permitted! This includes talking, texting, emailing or any other use. All cell phones should be silenced during these times. Cell phones will be collected by the coach at the start of practice. In case of an emergency, please call your designated coach.

**Behavior**

1. Novi cheerleaders are expected to show respect towards coaches, teammates and themselves. We also expect all members to display a positive attitude. Repeated instances of poor attitude or disrespect will result in punishment to be determined on a case by case basis including suspension from practices, competitions, other events, or removal from the team.
2. There will be no public displays of affection while student athletes are in uniform or while representing their school at any event.
3. Each student athlete will refrain from taking part in activities that may jeopardize her safety, her eligibility, or the image of OUR PROGRAM! This means making choices that would be deemed acceptable by coaches, parents, teachers, and administrators.

* Guilty by association!
* Conduct unbecoming of an athlete
* MIA-Minor in Attendance

1. Each student athlete will represent the cheer program at all times including, but not limited to, text messaging, Instant Messenger, Twitter, Instagram, Snap Chat, Tumblr, Vine and Facebook. If inappropriate pictures, video, or comments are on these pages, consequences will take place.
2. Quitting a team is highly discouraged in Novi athletics. It speaks clearly to an athlete’s commitment and character. Once placed on a team, athletes are expected to fulfill their commitment to that team.
3. A suspension restricts a student from being on school grounds, so if suspended, you will be required to sit out from all competitions and practices during that period. In addition, every missed practice during this suspension will result in removal from a game/competition.
4. Text messages and phone calls to coaches will not be responded to between the times of 9:00pm and 6:00am! During these times, please EMAIL your coach. Text messages and emails need to be appropriate and written grammatically correct. Coaches should be able to show the Athletic Director or any other administrators your messages.

**The NCSD Athletic Code of Conduct is published in the students’ planner. All guidelines will be strictly enforced.**

**Possible grounds for immediate suspension or dismissal**

1. Blatant disrespect for the coach or any other team member
2. Poor moral conduct
3. Insubordination
4. Failure to adhere to absence policy
5. Alcohol or drug use at any time
6. Any cheerleader who participates in a “Walk-out” of practice is choosing to remove themselves from the team

**Participation & Attendance:**

All participants of Novi Athletics will be required to attend and participate in regularly scheduled practices, meetings, workouts, etc. The only exception would be a **prearranged** absence communicated by the **ATHLETE**. We ask that parents do their best to schedule appointments around practice. Although all circumstances are unique, there are three kinds of absences: **excused, unexcused, and no-call/no-show**.

* Excused: The coach is aware that you will not be in attendance and has approved your absence. There is no penalty for this type of absence.
* Unexcused: The coach has been notified prior to practice but has decided that the reason for the absence does not warrant it to be excused. The penalty for this type of absence may result in removal from games or competitive material or suspension. Two unexcused absences may result in suspension from the team indefinitely (expectations for return to active status will be determined by the coach and athletic director). Birthdays, Dinners, etc are UNEXCUSED absences. LIEING IS NOT TOLERATED!
* No-call/No-show: This means that you failed to contact the coach PRIOR (at least one day) to the designated meeting time. Penalty for this type of absence may result in removal from games or competitive material. Second offense may result in removal of the program.

If you miss school because you are sick you CAN NOT participate in practice or attend the game/competition. IF you go to school you are EXPECTED to attend practice! You may sit out if you don’t feel well, but you are still expected to attend. As soon as you make the decision to stay home, you MUST notify your coach! DO NOT tell your coach ten minutes prior to practice beginning. That would result in a no-call/no-show!

1. Athletic teams require optimal practice times to be successful. If a player is considered unprepared to cheer due to absences from practice, she could forfeit some of her playing time regardless of whether absences are excused. *Special circumstances may be reviewed on an individual basis.*
2. Since the presence of each cheerleader is so critical to having an effective practice, game and competition*, if a cheerleader is absent* ***for any reason***, her placement in formations or stunts may be moved.
3. If injured/ineligible, you will still be expected to attend practices, games and competitions.

### Parent Expectations

**1.** Every family is expected to participate in the cheer program by volunteering for various events/fundraisers based on program need. Understand that by volunteering you do not have any expectation of personal benefit. It will not promote your athlete’s standing in the program. Athletes themselves earn their position through hard work.

**2.** If you or your daughter has a concern, we ask that your daughter learn the responsibility of approaching the coach herself. If your daughter makes the appropriate **first step** of talking to a coach, yet the issue is still not resolved, a parent can then be asked to have a meeting.

**3.** Parents should **never** approach a coach during a practice, game, or competition about any conflicts. Please wait the 24 hour rule after an event to contact the coach via **email** so that things can be kept private. **PRACTICES ARE ABSOLUTELY CLOSED during our season!** This means, no parents are permitted in the practice area/warm up areas, on the field or at competitions.

**4.** Communications between the coach and parent are just that-between the coach and a parent. These communications do not impact the athlete/coach relationship. Do not share private communications with others.

**5.** The best way to support your athlete is to support the program and coaching staff. Athletes bring their attitudes from home. If a parent is negative, demeans the ability of other athletes and questions the authority of the coach, the athlete will mirror this. Negative begets negative, positive begets positive.

**6.** Do not compare your athlete to others. Celebrate their accomplishments and applaud the achievements of others.

**7.** Let the athletes cheer, let the coaches coach, let the parents be positive. Remember that this is not about you or your individual athletes; it is about the team and ALL the girls on it. The coaches are in charge of developing and implementing the program. The parents should help in ways that make it easier for the coaches to focus on coaching the teams.

**Communication with Parents and Athletes**

1. If the athlete has a problem, concern, or question they will discuss this with the coach FIRST. After doing so, then a parent may contact the coach regarding the issue, if the issue is not resolved in a timely manner. The coach will NOT respond to the parent unless the athlete has already communicated with their coach.
2. If a parent needs to contact a coach directly, feel free to do so anytime via email. This is the preferred contact method and will result in the most timely response. Although we will answer as quickly as possible, please allow up to 24 hours to receive a response.

**Uniforms:**

* Uniforms are to be worn for school sponsored events only
* Any damage to a uniform is the responsibility of the team member
* Uniforms should be washed on a weekly basis.
* **You will be charged a $10 late fee each day that your uniform is not turned in at the end of the season**
* If you fail to turn in any of your uniform items you will be charged for each item
* If you do not pay for the missing items, the school will be notified and you will not be able to graduate or register for classes the following year

**Letters & Awards:**

* Athletes on the JV team will receive a certificate to acknowledge their participation.
* Athletes on the Varsity team will receive a certificate and a varsity letter for their first season of participation and certificate for all subsequent seasons.
* In order to qualify for certificates and letters, a team member must participate in a minimum of 90% of the practices, games and competitions in the season.  Exceptions can be made at the coach’s discretion.

**Tryout Rubric**

**Please note that everyone is welcome to tryout, regardless of having any gymnastics background! We have gymnastics instructors—we can teach you everything you will need in order to have a successful cheer experience!**

**Student-Athletes will be evaluated in the following areas throughout the entire tryout period.**

**Jumps:** **(10pts)** Evaluation will be based on the herkie jump and the toe-touch.

**Flexibility: (10pts)** Evaluation will be based on the switch splits and the Heel-stretch.

**Back-walkover: (10pts)** - performed on the track for fall

* Just a bridge (1pt), 2 spots (2pts), with 1 spot (3pts)

**Back-handspring: (10pts)-** performed on the track for fall

* With 2 spots (1-2pts) and with 1 spot (3pts)

**Back-tuck: (10pts)-** performed on the track for fall

* With 2 spots (2pts) and with 1 spot (3pts)

**Tumbling Bonus- (performed on the track for fall):**

* Cheerleaders can earn bonus points for tumbling passes including Round-off back-handsprings, Round-off back-handspring back-tuck, layouts, etc.

**Stunting: (10pts)**

* Be able to quickly make changes and improvements on your stunting

**Motions and Floor Presence:** **(10pts)**

**Attitude and Cooperation: (10pts)**

* Turned in **all** tryout paper work on time
* Work cooperatively with other athletes and staff

Dear Cheerleading Candidates & Parent/Guardians,

Thank you for your interest in the 2015 Novi Sideline Cheer Team! I believe that cheerleading is a rewarding and exciting sport that teaches dedication, sportsmanship, teamwork and hard work. As a Novi cheerleader, you will be in the forefront as a representative of the school and will be expected to adhere to the strict code of conduct, both on and off school grounds.

Keeping this in mind, both you and your parent or guardian will need to read the enclosed information to ensure you fully understand both the responsibility and commitment expected of you as a Novi cheerleader.

Please consider the time commitment this sport will require from both the student and parents. Your commitment will require active participation in after school practices, fundraisers, and team bonding activities. Due to the fact that cheerleading is in fact a team sport, one person’s inability to follow through on their commitment affects the entire team.

In addition to the time commitment, you will also need to consider both your academic requirements and the financial impact. As a cheerleader, you are held to higher standards in your academic requirements. In the Novi cheer program, you will always be a student first and an athlete second.

Please consider and evaluate all of these factors before deciding to tryout. Being a part of one of the Novi cheer teams requires commitment to yourself and the team. Having been a part of the Novi Cheer Program myself for over 18 years--I am determined to have this program be successful! I appreciate your enthusiasm and interest in our program and I wish each and everyone one of you the best of luck!

Cheers!

Ashley Karinen

Varsity Cheer Coach

[AKarinen07@gmail.com](mailto:AKarinen07@gmail.com)

Those who stay will be CHAMPIONS

**-NOVI CHEER**

**Novi Cheer Program Tryout Permission Slip**



Your daughter has shown an interest in trying out for a Novi Cheer Team. With this endeavor comes a great deal of commitment of both time and energy. Moreover, we are writing to you now so that you may discuss with her the enormous amount of dedication and determination that goes along with this choice. We want to be certain that you as well as your daughter are aware of the expectations prior to making the team.

Please understand that practices may be deleted or added depending on facility conflicts and/or need. It is our expectation that your daughter attends all practices including gymnastics. Missing practices may result in being withheld from games, competitions or other events. **Please complete the permission slip below and your information sheet for your child to return to the coaching staff on the first day of tryouts.**

I hereby give \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ permission to tryout and (if selected) participate on a Novi Cheer Team. I have read the programs rules and regulations. I understand the amount of time, energy and effort that my daughter will be expected to dedicate to this sport. We have discussed this, and we agree this is a commitment she is willing to make. If chosen for a team, my athlete and I will look over the schedule of practices and events and notify the coaching staff immediately if she cannot attend—we understand that all scheduled events are considered mandatory. My signature indicates that I have read and understand the expectations, (and the consequences for failing to meet those expectations) associated with participation.

**Parent/Guardian signature** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ date \_\_\_\_\_\_\_\_\_\_

**Athlete signature** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ date \_\_\_\_\_\_\_\_\_\_

**INFORMATION SHEET**

Please fill out the following information and turn this page in on the first day of tryouts!

**PLEASE MAKE SURE YOUR HANDWRITTING IS LEGIBLE!!**

**Athletes Name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Grade:** \_\_\_\_\_\_\_\_\_\_ **Age:** \_\_\_\_\_

**Address:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Athletes Birthday:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Home Phone:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Can your daughter receive texts? Please check yes or no*

*Yes\_\_\_\_\_ No\_\_\_\_\_*

**Athletes Cell Phone:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Athletes Email:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Parents Names:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Parents Cell Phone 1:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Parents Cell Phone 2:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Parent Email 1:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Parent Email 2:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Emergency Contact** (Name & Number):\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Novi Cheer Summer Vacation Request Form**

Cheerleader\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Team\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\*\*Important Dates\*\*

Varsity Only Cheer clinic- July 13,14,15

Middle School, Junior Varsity and Varsity 3 day camp-July 18,19.20

Summer practices are Monday/Wednesday 8-10am and Tuesday/Thursday 5-7

Mandatory Season begins August 12th for HS

Mandatory Season begins August 24th

I am requesting the following dates off and will not be attending practices because I will be on a preplanned vacation

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\*\*Pre-planned vacations during the mandatory practice schedule are highly discouraged and will follow the participation and attendance regulation\*\*

I understand that by signing this form I am expected to be at ALL practices with the exception of the dates I have listed above. I also understand that cheer camp should be considered mandatory. If I am absent on any dates other than the ones listed or do not attend cheer camp, it will be considered as an unexcused absence. Although summer practices do not fall under mandatory season, I understand that by not attending summer practices or camp, I am subject to not be in stunt groups, pyramids, formations, etc.

**Parent/Guardian signature** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ date \_\_\_\_\_\_\_\_\_\_

**Athlete signature** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ date \_\_\_\_\_\_\_\_\_\_