



TRYOUT INFORMATION

DATES & TIMES

- Tryout Practices: May 7th & May 9th 6:00 – 8:30 pm in the Cafeteria
- Official Tryout: Friday, May 10th starting at 6:00 pm in the Upper Gym

ATTENDANCE

- Attendance at all Tryout Practices and the Official Tryout is mandatory unless previously excused by a coach
- Absences will only be excused for prior, un-avoidable commitments and/or illness

REQUIRED PAPERWORK

- Due May 6th (Tonight):
 - Tryout Application (Must Complete Google Doc Online – Use this QR Code)
 - Athletic Participation Form (Front & Back) (Pink)
 - Tryout Contract (Yellow)
- Due May 9th (Thursday):
 - Grade/Character Check Form (Orange)
 - Current Physical (White)



TRYOUT PRACTICE STRUCTURE

- Candidates will learn and practice the following material:
 - Jumps
 - Tryout Cheer
 - Seniors have the option of making up their own cheer but are not required to. Seniors who choose to make up their own cheer should include these elements:
 - Cheer should be approximately four 8 counts long
 - Cheer should include a crowd involvement section
 - Cheer should be loud, sharp, and clean
 - Tryout Dance
 - Tumbling (This is an opportunity for candidates to work their current skills, not gain new skills)
 - Basic Stunting

OFFICIAL TRYOUT STRUCTURE

- Candidates will tryout in pairs of two.
- Candidates can choose their partners by writing them on their tryout contract. Those who don't choose a partner will be assigned one.
- The following will be performed in each tryout:
 - Running Tumbling: Each candidate will perform one of the following options if able:
 - Cartwheel, Round Off, Round Off Back Handspring, Round Off Multiple Back Handsprings, Round Off Back Handspring Tuck, Round Off Back Handspring Layout, or Round Off Back Handspring Full
 - Standing Tumbling: Each candidate will perform one of the following options if able:
 - Forward Roll, Handstand Forward Roll, Back Walk Over, Standing Back Handspring (on Cheese Mat), Standing Back Handspring (on Cheer Mat), Standing Multiple Back Handsprings, Standing Back Handspring AND Standing Tuck, Standing Back Handspring Tuck
 - Jumps: Each candidate must perform the following jumps:
 - Toe Touch, Front Hurdler, and a Double Jump of their choice
 - Tryout Cheer
 - Tryout Dance
- This is a closed tryout. Parents, friends and other candidates may not watch.
- The tryout order will be posted with estimated times at practice and online Thursday, May 9th.
- Warm-up mats will be set up out in the student center. Please give yourself plenty of time to stretch and warm-up before your official tryout.
- Once you have completed your official tryout, you are free to go.

WHAT TO WEAR

- Candidates are to dress in athletic attire.
- Hair is to be secured back, out of face and eyes (bangs below the eyebrows must be secured back).
- No jewelry of any kind is allowed.
- Fingernails are to be cut short and fake nails are not allowed.



WESTVIEW CHEERLEADING

2019-2020 TRY-OUTS

SCORING

- Coaches will take the following into consideration when selecting the teams:
 - Official Tryout Scores
 - Attendance at the Meeting and Practices
 - Grade/Character Check Forms
 - Attitude
 - Stunting Potential

RESULTS

- Results will be posted Friday night (the 10th) on our team website at www.westviewcheerleading.com.

TEAM INFORMATION

VARSITY

- Eligible Grades: 9th – 12th Grade
- Minimum Requirements:
 - Standing Back Handspring
 - Advanced ability in Cheer, Dance, Jumps, Tumbling and Stunting
- Time Commitment:
 - Practices: 3 times per week for 3 hours each (This includes 1 hour of tumbling and 2 half hour weight lifting sessions) plus Run Through Practices for 1 hour on the Fridays prior to competitions
 - Games:
 - Friday Games: Football or Basketball weekly (home & away)
 - Week Night Games: Approximately 2 – 3 per month
 - Competitions: The majority of Saturdays from November through February
 - Season: The Varsity season goes from Try-outs through Basketball/Competition Season
- State Alternates: Due to OSAA division regulations some members may be alternates and not compete in every competition.

JUNIOR VARSITY

- Eligible Grades: 9th – 11th Grade
- Requirements: Strong potential in Cheer, Dance, Jumps, Tumbling and Stunting
- Time Commitment:
 - Practices: 3 times per week for 3 hours each (This includes 1 hour of tumbling and 2 half hour weight lifting sessions) plus Run Through Practices for 1 hour on the Fridays prior to competitions
 - Games:
 - Thursday/Friday Games: Thursday Football & Friday Basketball weekly (home & away)
 - Week Night Games: Approximately 2 – 3 per month
 - Competitions: The majority of Saturdays from December through February
 - Season: The JV season goes from Try-outs through Basketball/Competition Season

EXPECTATIONS

ATTENDANCE

- ALL practices, games, and events are MANDATORY. Illness, family emergencies (ie: funerals, etc.), and mandatory school events that are approved by the coach are the only absences from a game, practice or other event that will be allowed. Vacations and jobs will not be considered excused absences and dental, doctor, hair and other appointments must be made after school, outside of practice time. Cheerleading is a large time commitment and families need to be prepared to make that commitment along with their cheerleaders.

ELIGIBILITY

- Cheerleaders are expected to remain academically eligible in accordance with the OSAA's and the Beaverton School District's Eligibility Rules.

CONDUCT

- As a Westview High School Cheerleader, you will represent yourself, your team, your school, and your coaches at all times. Your actions need to reflect that honor.

- Team members will be expected to follow all rules set forth in the Team Constitution. Parents and athletes will need to read and sign that they agree to abide by these rules if they are selected for the team.
- Smoking, drinking, and drug use are grounds for suspension or dismissal in accordance with the Westview High School Athletic Training Rules.

MARK YOUR CALENDARS

DATE	TEAM	EVENT	TIME
May 13 th	All	Parent/Team Meeting @ WHS	6:00 – 7:00 pm
May 14 th	Varsity	First Practice @ WHS	3:00 – 6:00 pm
	JV	First Practice @ WHS	4:00 – 7:00 pm
	Seniors	Senior Leadership Night	6:30 pm – 9:00 pm
May 20 th	All	Uniform Fittings @ WHS	5:30 – 9:00 pm
May 31 st – June 2 nd	Varsity	Stunt Camp @ WHS	4:00 – 8:00 pm (5/31) 1:00 – 5:00 pm (6/1 & 6/2)
June 1 st – 2 nd	JV	Stunt Camp @ WHS	8:00 am – 12:00 pm
July 15 th – 18 th	All	NCA Camp @ Great Wolf Lodge	Overnight
August 5 th – 8 th	Varsity	WYC Summer Camp	4:30 – 7:30 pm
August 12 th – 23 rd	All	Daily Doubles @ WHS	Times T.B.D. (Afternoons/Evenings)

FUNDRAISING

TEAM FUNDRAISERS

- There are multiple required team fundraisers that will raise money to cover uniform fillers, choreography, competition fees, and other team expenses.

INDIVIDUAL FUNDRAISERS

- You will also have an opportunity to fundraise some of your personal cheer expenses. It is the responsibility of the cheerleader and their family to take advantage of these opportunities.

APPAREL & ACCESSORY EXPENSES

BASIC UNIFORMS

- Basic Uniforms (skirts & tops) are provided for your use during the cheerleading season.
- During that time you are expected to properly care for them.
- You are expected to return all uniform items issued to you at the end of the season.
- You are financially responsible for any part of the uniform that is ruined from improper care or is not turned in for any reason.

TEAM APPAREL & ACCESSORIES

- There are personal items, which are required, but are not provided by the school, that each individual must purchase.
- These items include: Bodysuit, Briefs, Comp Leo, Hair Ribbons, Poms, Gloves, Rain Jacket, Earwarmer, Shoes, Warm-up Jacket, Warm-up Pants, Practice Clothes, Competition Tees, Team Sweatshirt, and Team Backpack
- All apparel & accessory expenses must be paid in full by Monday, August 12th, 2019.
- Estimated apparel & accessory expense for each team:
 - New Varsity or JV Member: \$550.00
 - Returning Varsity or JV Member: \$200.00



TEAM FEES

- Below are the required fees that each cheerleader will be responsible for paying throughout the season with the costs and the date in which the payments will be due.

DUE DATE	DESCRIPTION	FEE
May 13 th , 2019	Stunt Camp Payment	\$100.00(V)/\$90.00(JV)
	Summer Team Tumbling	\$130.00
June 4 th , 2019	Summer Camp Payment	\$475.00
August 12 th , 2019	Fall Team Tumbling	\$130.00
	Fall Cheer Team Fee	\$75.00
	WHS Activity Participation Fee	\$85.00
December 1 st , 2019	Winter Team Tumbling	\$130.00
	Winter Cheer Team Fee	\$75.00

TOTAL YEARLY EXPENSE

- Below is the total estimated expense for the year for each team (this amount is based on the new team member apparel and accessory expense).
Varsity & JV: \$1,750.00

**SCHOLARSHIPS ARE ONLY AVAILABLE ON A LIMITED BASES
AND ARE NOT GUARANTEED - ALL FEES MUST BE PAID IN FULL
(payment plans and fundraisers are available)**