
Glacier Peak High School

Cheerleading Information Packet

2023-2024



2023 Important Cheer Dates

The time/dates are reserved for Cheer at Glacier Peak High School:

Wednesday, May 17:	Tryout Clinic GPHS Mat Room – 4:00pm to 6:00pm
Thursday, May 18:	Tryout Clinic GPHS Mat Room – 4:00pm to 6:00pm
Friday, May 19:	Cheer Tryouts GPHS Mat Room – 4:00-6:00pm
Monday, May 22:	Cheer Parent Meeting (Mandatory) GP Library – 6:30pm
Thursday, June 1:	In-Person Uniform Fitting with Varsity GPHS Mat Room – 3:30pm to 5:30pm
August 4-7:	Cheer Camp @ Great Wolf Lodge Mandatory – More Details to Come

Dear Prospective Cheerleaders and Parents,

Thank you for your interest in becoming a member of the Glacier Peak High School Varsity Cheer Squad for the 2023-2024 school year. Please read over this packet carefully, as it contains important information regarding tryouts as well as information if you make the team.

As Glacier Peak's Cheer Advisor, I intend to teach teamwork, dedication, discipline, and compassion. The opportunities and memories that this program will provide your child, will stay with them forever.

It is an honor and a privilege to be a Glacier Peak Cheerleader. Good leadership, sportsmanship, academics, and cheer skills all go hand-in-hand. Please read all Tryout forms carefully with your daughter/son before signing the Cheerleading Contract Agreement.

In addition to the Cheerleading Contract, completed Tryout Application, and Cheer Essay, you must have a current physical on file with the district (less than 24 months old) in order to participate in the cheer tryout clinics and tryout. Health history forms, and athletic clearance paperwork must also be filled out prior to participating in the tryout process. You can find these forms online at the Snohomish School District website under commonly requested forms.

Glacier Peak High School has already established a tradition of excellence and the Cheerleading Squad is a significant part of that. I look forward to continuing this journey with the 2023-2024 GPHS Cheerleaders.

Good luck to all candidates during tryouts!

We ARE GP!

Jenny Jordan
Glacier Peak HS Cheer Advisor
Jennifer.jordan@sno.wednet.edu

GLACIER PEAK HIGH SCHOOL CHEERLEADING CHECKLIST

Please return these forms to Char Gobel (Glacier Peak Front Office) no later than,
Friday, May 12, 2023 – by 2:00pm

*All required paperwork must be completed in order to participate during the tryout clinic

- The “Cheerleading Contract” signed and dated by both parties
- Completed Tryout Application
- Completed Cheer Essay
- Health History & Physical Exam Forms (if you don’t have a current Physical on file)
- Summer Emergency & Clearance Form

Date received/Initials:

2023 GLACIER PEAK HIGH SCHOOL CHEERLEADING TRYOUT INFORMATION

Thank you for your interest in trying out for the Glacier Peak High School Cheer Squad. This tryout is for the 2023-2024 Cheer Season. In this packet, you will find the following: tryout information and important dates, tryout application, tryout essay and the 2023-2024 Cheerleading Contract.

Cheerleading Tryout Dates:

- Tryout Clinics will be held on Wednesday, May 17th & Thursday, May 18th
 - Tryout material will be taught at this time - candidates will learn jumps, a dance, the Glacier Peak Fight Song, and a couple sideline cheers.
 - Time: 4:00pm-6:00pm
 - Location: GP Mat Room

- Official Tryout will take place on Friday, May 19th
 - A panel of judges will evaluate candidates on: jumps, dance ability, cheer technique and enthusiasm. Tumbling is NOT required but encouraged (spots will not be available during this time.)
 - Time: 4:00-6:00 pm (please arrive 15 minutes early to check in)
 - Location: GP Mat Room

Eligibility:

To be eligible for the 2023-2024 Cheerleading Squad, a student must:

- Be enrolled as a Glacier Peak Student (Current grades 8-11).
- If you are granted a Variance, you MUST be currently enrolled in the Snohomish School District. Students coming from another District on a variance cannot tryout.
- Submit required documents
- Attend ALL Tryout Clinics & Final Tryout in-person - MANDATORY
- Have achieved at least a 2.5 GPA for the 2022-2023 school year
- Candidates must remain in good standing with teachers and administration and not be truant

Selection of the Cheerleaders will be based on the following:

- Execution of all material taught during the tryout clinics
- Positive attitude, initiative, teamwork, leadership, work ethic, and enthusiasm
- Conduct
- Athleticism and physical fitness
- Scholastic achievement and eligibility

What do you wear to the Tryout Clinics?

- Comfortable athletic shoes, appropriate length shorts or leggings and a t-shirt (no tank tops)
- NO jewelry
- Clean ponytail
- **Please do not wear any previous cheerleading or dance attire**

What do you wear to the Official Tryout?

- Black athletic shorts (no leggings)
- Black t-shirt (no tank tops)
- Cheer shoes or athletic shoes
- Clean ponytail
- Clean makeup
- White cheer bow is **OPTIONAL**
- NO jewelry
- **Please do not wear any previous cheerleading or dance attire**

**2023-2024 GLACIER PEAK HIGH SCHOOL CHEERLEADING TRYOUT
APPLICATION**

All Tryout Forms are DUE no later than Friday, May 12th by 2:00pm

Please attach a recent photo of yourself. Photos will NOT be returned.

Name:

Entering Grade:

Age:

Current GPA*

Home Address:

Cell Phone:

Email address:

Parent/Guardian Contact Information

Parent/Guardian Name(s):

Mailing address:

Cell Phone:

Home Phone:

Email address:

Experience: Fill in years of experience you've had in the following sports/arts -

Cheerleading _____ Dance _____ Gymnastics _____

- If you cheered for an All-Star program list the team, the level and number of years.

- If you have stunt training, in which position do you feel most comfortable? List all other stunt positions you have experience in? (Positions: main base, back-spot, flyer, front spot)
- If you can tumble, list any standing/running tumbling you have without a spot.
- Are you a member of a club or clubs? (If so, please list)
- Do you have a Job? (If so, please explain)

GLACIER PEAK HIGH SCHOOL CHEER ESSAY

Directions: On a separate piece of paper, please write or type a brief Essay describing why you want to be a Glacier Peak High School Cheerleader. Your Essay should be no longer than one page, double spaced.

Please address the following questions:

1. The 2023-2024 Cheerleading Squad at Glacier Peak requires extreme dedication and commitment. What does dedication and commitment mean to you?
2. What does cheerleading at Glacier Peak mean to you? Why are you interested in being a part of the program?
3. Have you ever held a leadership position in any organization or team? If so, please explain.
4. Please list all other sports, plays, musicals, after school activities, or leadership activities you plan to participate in during the 2023-2024 school year.

Glacier Peak High School
Cheerleading Program Contract
2023-2024

Glacier Peak Cheer is a demanding program with high expectations, which provides unique and positive opportunities for its members. The program is committed to excellence in the pursuit of school spirit and pride. Glacier Peak High School Cheerleaders are role models and are expected to set high standards for their school and to set a good example for other students.

MISSION:

- Promote and uphold school spirit, unity and pride
- Be a model student-athlete for our campus
- Set an example of good behavior and sportsmanship at all times
- Promote friendship with each other, students on campus, and students from other schools
- Promote the development of lifelong values and leadership skills
- Represent the school to the highest degree
- Maintain a physically and emotionally safe practice and performance environment
- Encourage teamwork

ACADEMIC REQUIREMENTS:

Each cheerleader MUST maintain a minimum of a 2.5 GPA

- Grade checks occur at the end of each quarter to determine eligibility.
- Failure to maintain eligibility will result in Academic Probation. Under Academic Probation the team member is required to attend all practices, games, and engagements, in required attire but will not be allowed to perform. A team member on Academic Probation has one grading quarter to regain eligibility.
- A team member on Academic Probation who is unable to regain eligibility by the following grading quarter will result in Academic Suspension. Under Academic Suspension members will not attend practices, games, or engagements. A team member on Academic Suspension has one grading quarter to regain eligibility. Failure to regain eligibility at quarter grading will result in removal from the program.

APPEARANCE:

During a game, hair is to be pulled back away from the face at all times. There is to be absolutely NO jewelry worn during practice and/or games/competition. This includes any body piercing, earrings, necklaces, etc. that could cause injury to you or other members of the team. Your uniform must be clean and pressed.

ATTENDANCE:

- Tardiness holds the entire team up! Each cheerleader is responsible for being on time to practice. Roll will be taken at the start time of practice. This means you must be ready to begin practice promptly. If you have an excused tardy (doctor, family, emergency, school - TBD by coach), the cheerleader must communicate to the Coach and Captains BEFORE practice.
- Absences: If a cheerleader misses a practice during game week, and the absence does not qualify as an “Excused Absence” under the guidelines below, the Cheerleader will sit out for 1 quarter of the game and support her Squad from the sidelines.
- Excused Absences: There will be no consequences for excused absences – these consist of:
 - Doctor’s appointments (followed by a doctor’s note)
 - Emergencies (family, personal, etc.)
 - Illness

CODE OF CONDUCT:

Every Glacier Peak Cheerleader must emphasize the ideals of sportsmanship, ethical conduct, integrity, accountability, and fair play. As a representative of Glacier Peak High School, the cheerleaders are expected to abide by all school, district, and league rules, as well as local, state, and federal laws. Cheerleaders must also show courtesy to all visiting teams, competitors, hosts, and officials. They must also respect the integrity and judgment of all sports and competition officials.

Use of alcohol or drugs will not be tolerated and will mirror the GPHS Athletic/Activities Code of Conduct Procedures.

TIME COMMITMENT AND PRACTICES:

Being a Glacier Peak cheerleader is a huge commitment. All cheerleaders must learn to manage their time well. Please take into consideration cheerleading practices and games when scheduling new classes, competitive cheer, and work. Practice will consist of 2 days a week depending on upcoming games and material being learned. All practices will be scheduled for 1.5-2 hours for all cheerleaders. Although the times that practices are held may not be convenient for each cheerleader, everyone is required to accept the schedule, and attend all practices. Additional practices will be scheduled as deemed necessary throughout the year. We will also have occasional team meetings, called by the coach, which will be mandatory.

- Other commitments may include: Rallies, Team Dinners & Events, Spirit Weeks, Community Service, Fundraising and Booster Club related events etc.

COMMUNICATION:

Cheerleaders and Parents/Guardians are expected to stay up to date with all program and Booster Club matters, which will be communicated mainly through email, and the BAND App. It is the cheerleader's and parents/guardians' responsibility to ensure they are receiving the information, not the Advisor/Coach or Booster Club board members. Be sure to maintain a functional email address and to alert the Coach and Booster Club board of any changes to your contact information.

UNIFORMS DURING GAMES:

All cheerleaders will be in the same uniform. This means with matching poms, same bow/hair, and clean/pressed uniforms etc. If a cheerleader is missing any of these items or has a dirty uniform, then they will not be allowed to cheer.

INJURY:

If a cheerleader gets injured while at practice and the coaches feel they are in need of medical attention when it's not an emergency, we will call the parents/guardians of the cheerleader and ask if they would like us to call the ambulance or if they would like to come pick up the injured cheerleader at the school to take her to the Doctor themselves. If it was an emergency, we would call the ambulance then call to inform the parents/guardians of the situation. After an injury the coaches will call and check up on the injured cheerleader and see if there is any additional help we may provide.

- Before the injured cheerleader can return to practice, or cheer at a game (after having seen a doctor) they are responsible for giving the Athletic Trainer at the school, a doctor's note releasing the injured cheerleader to participate.

RESPONSIBILITIES:

All cheerleaders are responsible for keeping up to date with the latest game and practice information and schedules. They should be monitoring the Cheer App, BAND. This App is the Cheer Squad's primary form of communication used by Coach and Captains to get information out to the Squad and Parents quickly. Cheerleaders should also be checking their school email frequently for updates and important information from Coach Jenny.

UNIFORMS/EQUIPMENT/CAMP:

Glacier Peak cheerleaders will have an in-person uniform fitting with Varsity on **Thursday, June 1st at 3:30pm at Glacier Peak High School**. Each cheerleader will be responsible for purchasing his or her uniforms (2), poms (2), athletic shoes, cheer duffel, warm-ups, rain jacket, bows, Cheer Camp fees, and clothes for Cheer Camp. The Squad will coordinate with the Cheer Booster Club to fundraise for some of these expenses throughout the season.

Please be advised that a year of Cheerleading costs approximately \$1,200 or more. This is dependent on the uniforms and equipment ordered, and the cost of our overnight camp.

In the end, we have had some girls owe nothing, because they raised enough money by participating in the Booster Club Fundraisers.

2023-2024 Glacier Peak High School Cheerleading Contract Agreement

Cheerleader -

I fully and completely understand the obligations, rules, and regulations as states in the above contract required to be a Glacier Peak High School Cheerleader. I have fully acknowledged the risks involved in the activity and I am physically fit and sufficiently informed to participate. I freely state that I am personally responsible in any way arising out of my participation in this activity.

Cheerleader's signature: _____

Date: _____

Cheerleader's Name (print): _____

Parent or Guardian of participating cheerleader -

I fully and completely understand the obligations, rules, costs, and regulations as stated in the above contract required. I agree to support these rules as a parent/guardian.

Parent Signature: _____

Date: _____

Parent Name (print): _____

I **will be** attending the parent informational meeting on Monday, May 22nd at 6:30pm

RSVP:

- Yes
- No

Glacier Peak High School Cheerleading Guide for Parents 2023-2024

Welcome to our program! We are excited to have your family as a part of a growing cheer program at Glacier Peak High School. The purpose of this guide is to facilitate your child's participation in our program.

Expectations of a Glacier Peak Cheerleading Parent

1. Be supportive and reinforce the lessons taught by the coaching staff.
2. Read, understand, discuss and most of all monitor the Cheerleading Contract
3. Attend parent information meetings, games and competitions (Cheer practices are for cheerleaders only)
4. Be positive! Cheerleaders need encouragement too! In good times and in bad.

Parent-Coach Communication

Communication between parents and coaches is a necessary part of a strong program. We make a pledge to communicate all information to your family as soon as possible. This communication may reach you in the following manner:

1. Via email to parents and cheerleaders
2. Via phone calls/ phone trees
3. Via verbal communication with cheerleaders at cheer practice
4. Via informational meetings
5. Via BAND App set up for Cheerleaders and separate BAND for Parents

The cheer team members will be asked to communicate information from practice to you. Please check in with your cheerleader after each practice to ensure all-important information is communicated.

As Advisor/Coach, my responsibility is communicating the following with you:

1. Cheer Philosophy. We will strive in 2023-2024 to build a program of student athletes who have a strong sense of teamwork, responsibility, and community.
2. Expectations that we have for your child (2023-2024 Cheerleading contract)
3. Location and times of all practices
4. Team requirements: fees, special equipment, off-season conditioning, etc.
5. Procedures taken if your child is injured during practice or during a game (2023-2024 Cheerleading contract)
6. Discipline that may result including the denial of your child's participation

As parents, your responsibility is communicating the following to the cheer Advisor/Coach:

1. Concerns expressed directly to the Coach
2. Notification of any schedule conflicts well in advance.
3. Specific concern regarding Coach's philosophy and/or expectations
4. Any violations made by your child of the 2022-2023 Cheerleading Contract

The following are appropriate concerns to discuss with Cheer Advisor/Coach:

1. The treatment of your child mentally and physically
2. Ways to help your child improve
3. Concerns about your child's behavior

The following are issues that are not appropriate to discuss with Cheer Advisor/Coach:

1. Participation time
2. Team strategy
3. Cheer calling
4. Discussion of other students (gossip)

If you have a concern, please follow these steps:

1. Contact your child's Advisor/Coach via written correspondence
2. A phone conference or meeting can be arranged
3. Once the Advisor/Coach has been contacted, we will do our best to facilitate a prompt, effective resolution. The coaching staff should be the first contact to make when a concern arises.

If the meeting with the GPHS Cheer Advisor/Coach did not provide satisfactory resolution, please contact the Assistant Principal's office to set up a meeting. This meeting will include cheerleading staff, the GPHS Assistant Principal and your family.

Parent/Guardian Representation of Glacier Peak High School

Parents are expected to maintain proper behavior during all games, performances, and cheerleading events. Parents are representatives of our teams as much as the student athletes themselves. Parents will not be invited to accompany GPHS cheer teams to games or events if they display negative attitudes towards opposing players, opposing parents, referees, opposing coaches or GPHS students or coaches.