

Rancho Mirage High School Cheer



2019-2020 Tryout Application

Important Dates

Chipotle Fundraiser

Monday, March 18th from 4-8pm
72-333 Hwy. 111 Suite A in Palm Desert

Cheer Tryouts

Monday, March 18, Wednesday, March 20, and Friday, March 22 from 3:30-5pm

Large Dance Room

All days are mandatory!

Returner Meeting

Monday, March 25th from 3:15-4pm

Large Dance Room

Uniform Fitting

Wednesday, March 27th

Beginning at 3:30pm in the Girls Locker Room

Spirit Pack Payment due (\$215). Credit card or money order payable to Varsity Spirit Fashions. If you pay by credit card and it is declined, it will hold the entire order up. Money orders preferred.

MCDA Cheer Competition

Sunday, March 31st – All Day

Rancho Mirage High School Gym

We are co-hosting this event, not competing in it. We will receive a portion of the proceeds as well as run concessions. A shift sign-up sheet will go out after tryouts.

Clothes for the Cause

Tuesday, June 4th from 3:15-4pm

Rancho Mirage High School Gym

Collections will be taken prior to this event. We will need all girls present to move donations outside for pickup.

Completed Physicals

Completed Physical must be on record in the athletic office before the first practice for your team. Physicals will be offered at RMHS – day and time are TBA. Information will be provided as received.

Expectations

Purpose

The purpose of the RMHS Cheer to:

- Create school spirit, pride, good sportsmanship, and loyalty within school and the community.
- Serve as a positive representative of RMHS both on campus and off, as well as be a good role model in regards to behavior and academics.
- Promote interest in school activities and perform at school assemblies, games, and functions.
- Develop responsibility, teach self-respect, encourage honest effort and a drive for personal excellence, and develop character.
- Teach teamwork and pride in a quality performance through maintaining high standards.

Code of Conduct

Rancho Mirage Cheerleaders are ambassadors of not only the program, but also the school. They are expected to display positive sportsmanship and take pride in their position as a Rancho Mirage cheerleader. Members of Rancho Mirage Cheer will behave in a way that exemplifies respect, ethical behavior, and attitude, and remain in good standing at Rancho Mirage High School when in uniform. The organization's goal is to work in harmony with the administration, faculty, ASB, athletic teams, and all other organizations. Our primary goal is to support interscholastic athletics and promote school pride, spirit, and unity. Cheerleaders are expected to follow school rules. Suspensions from school will result in immediate removal from the team.

Academic Standing

This program is an extracurricular activity. Your purpose at Rancho Mirage High School is to learn first, cheer second. All Rancho Mirage cheerleaders must maintain a 2.0 GPA. If a member's GPA is less than a 2.0 (quarters or semesters), they will be placed on Academic Probation through the Athletics Office. Failure to meet Athletic's deadlines or maintain the required GPA will result in ineligibility and the cheerleader will be benched for the remainder of the grade reporting period. If a student is placed on academic probation for two consecutive reporting periods, the participant will be removed from the squad. Students on academic probation may not wear any part of their uniform (including warm-ups, jackets, and t-shirts).

Public Image

Cheerleaders are campus leaders and are constantly in the spotlight. They need to be aware that their actions and behaviors are under scrutiny from administration, teachers, students, parents, and the community. With this in mind, members of Rancho Mirage Cheer are held accountable for their actions in class, on campus, in the community, and online. Their actions and image need to uphold the tenants of the PSUSD and RMHS Code of Conduct at all times, but particularly when in uniform.

Team members must wear their required school lanyard, cannot chew gum – per school-wide expectations, and must follow PSUSD and RMHS Dress Code at all times.

When in class, you are expected to treat your teachers and other classmates with respect. If there is an athlete in your class, whether it be a baseball player or a golfer, wish them good luck on their game days.

Please be aware that what goes online becomes public property. Twitter, Instagram, Snap Chat, etc. are checked by the school and by other students. Please make sure what you post represents the program – and more importantly, you – respectfully.

Commitment

Being chosen as a member of Rancho Mirage cheer involves a comprehensive, year-round commitment. Members must attend all scheduled games, practices, CIF events, fundraisers, and any other event deemed necessary by the coaching staff. Due to the time commitment, Rancho Mirage Spirit Teams members may not participate in fall or winter sports. Participants who are unable to meet the demands and voluntarily quit the program will not be eligible to try out the following year.

*Practices: 2-3 days/week
Games: 1-2 days/week
Rallies: 4-5 per year
Fundraising: Year round*

Required Events

- All members must be at all practices, games, and other events as noted on the calendar.
- All Rancho Mirage Cheerleaders will be required to attend any CIF playoff games for *any sport* at Rancho Mirage High School.
- Community service events will occur throughout the year. This may include the Patriot Ride For Our Heroes (Oct) and Tour de Palm Springs (Feb).

Games

Varsity Cheerleaders will attend all Varsity Football games – home and away – and all home basketball games – both boys and girls. Junior Varsity Cheerleaders will attend all home JV and freshmen football games and all home JV basketball games – both boys and girls. Cheerleaders will also be cheering at volleyball games and wrestling meets in their level, as well as all home CIF playoff games. Varsity cheer will be attending away CIF football and basketball games. ATTENDANCE IS REQUIRED AT GAMES. Cheerleaders will be allowed two absences from games for the year. On the third absence, they may be removed from the team.

Attendance

From the RMHS Student Handbook – Pg. 7: We encourage all students to tryout regardless of their ability or talent. Students are encouraged to talk to the coaches of the sport, PE teachers, or the Athletic Director at any time during the year, if interested in participating in athletics. Students participating in the sports programs must ride the bus to and from all athletic activities. *A student must be present on the day of an event if they wish to participate.*

It is absolutely vital that every person is at every practice! We can practice more effectively if everyone is always present. Please make sure your son/daughter is getting rest to stay healthy so they can be at all practices.

Tryout Expectations & Procedures

The Tryout Process

Clinics and Tryout will be conducted by the Rancho Mirage High School coaching staff. Private coaching by these individuals is not allowed and will get you disqualified from tryouts. *Each day of clinics is mandatory.* Please plan for appointments accordingly. Each participant is assigned a number the day before tryouts and will perform for the judges in groups of 3-4. The judges will be evaluating the number, not the name. The judging panel will include two or three cheerleading professionals.

Tryout Attire

For the clinics, please follow dress code guidelines. For the tryouts themselves, all cheer participants must wear RMHS colors. Other guidelines:

- Ladies must wear a sports bra!
- RMHS PE shorts will work fine for males; however, they hide movement from the female participants.
- Athletic shoes, preferably white
- No clothing can be worn that recognizes you as part of any cheer program (including RMHS, USA, UDA, UCA, all-star clothing).
- Midriffs must be covered.
- Hair should be pulled back in a ponytail.

Scoring

Applicants will be scored based on a points system. Candidates will be scored based on a score sheet of 80 points per judge (average judges score). The score sheet is broken down into the following:

- Sideline cheers (sharpness, rhythm/timing, voice, showmanship)
- Sideline dance (sharpness, rhythm/timing, memory, showmanship)
- Jumps & tumbling (technique, form)
- Overall impression (energy, confidence, and enthusiasm), Appearance (posture, neatness).

Teacher evaluations will be given to four current teachers. Each evaluation is worth 5 points, for a total of 20 points. The evaluations need to come from the following teachers:

- One from Math OR Science
- One from English OR History
- One from PE teacher *OR* current coach (returners). *If student is not taking PE, they need to get an elective teacher (ASB, yearbook, AVID, choir, etc.) or a coach for another sport.*
- One from teacher of choice

Team Composition

Teams will be determined based on a natural break in the scores within the grade levels listed below:

- Varsity Cheer – 11th and 12th graders
- JV Cheer – 9th, 10th and 11th grader

Clinics and Tryouts Schedule

Monday, March 18th

- Warm up, learn tryout chant and dance

Wednesday, March 20th

- Review, Mock Tryouts

Friday, April 22nd

- Tryouts. Tryouts will be closed to everyone. Students need to arrive at their designated groups time and be picked up when finished.
- Results of tryouts and the team list will be posted at 8pm on the school website (www.ranchoiragehighschool.org) under "Athletics," "Sport by Sport," and "Cheer".

SCHOOL SPIRIT TASTES GREAT



Make dinner a selfless act by joining us for a fundraiser to support Rancho Mirage High School Cheerleading. Come in to the Chipotle at **72-333 Hwy. 111 Suite A** in Palm Desert on **Monday, March 18th** between **4:00pm** and **8:00pm**. Bring in this flyer, show it on your smartphone or tell the cashier you're supporting the cause to make sure that 33% of the proceeds will be donated to Rancho Mirage High School Cheerleading.



CHIPOTLE

MEXICAN GRILL

Online orders will not be included in the fundraiser total. To ensure your purchase is counted in the fundraiser, be sure to order and pay in-restaurant. Gift card purchases during fundraisers do not count towards total donated sales, but purchases made with an existing gift card will count.

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EL CAMBIO QUE UNO GRETA



Haz que la cena sea un acto generoso uniéndote a nosotros en un evento de recaudación de fondos para apoyar a Rancho Mirage High School Cheerleading. Acude al Chipotle en **72-333 Hwy. 111 Suite A el Monday, March 18th**, entre las **4:00pm** y las **8:00pm**. Trae este volante, preséntalo en tu teléfono o dile al cajero que estás apoyando la causa con el fin de asegurar que el 33% de los ingresos se done a Rancho Mirage High School Cheerleading.



MEXICAN GRILL

Si realizas una orden en línea durante el evento de recaudación de fondos, ten en cuenta que debes elegir la opción de pagar en el restaurante e informar al cajero de tu participación a más de pagar. Las compras de tarjetas de regalo durante los eventos de recaudación de fondos no cuentan para el total de ventas donadas sin embargo, las compras realizadas con una tarjeta de regalo existente sí cuentan.

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Rancho Mirage High School Cheer
Tryout Application and Acknowledgement Form, Page 1

Name: _____ Grade in the Fall: _____

Current School: _____ Student ID: _____

Address: _____ City: _____

Email: _____ Phone: _____

Name of Parent(s) or Guardians (s): _____

Parent(s) or Guardians Contact Phone Number: _____

Parent(s) or Guardians email: _____

My child, _____, has my permission to be a cheerleader at Rancho Mirage High School. I understand that he/she must abide by the rules and regulations set forth by the advisor and the principal of Rancho Mirage High School and be present for all practices, games, and events. I understand that all forms attached must be completed by March 15 or my child may not be allowed to tryout. I understand that my child must attend all practices (unless excused by the advisor two weeks in advance) and tryout sessions, or my child will not be considered for a cheerleading position.

I understand that my daughter/son will be evaluated by qualified judges, and we agree to abide by the decision of the judges.

I understand all costs involved as stated in the rules. I understand that if chosen, my son/daughter will be required to fundraise and/or secure funding for all related and required uniforms, attire, supplies, and camps. These costs could add to approximately \$1,000 for the entire year. I understand that if my child is removed or quits the team, the financial responsibility still must be met.

I understand by the very nature of the activity, cheerleading and gymnastics carry a risk of physical injury. No matter how careful the participant and coach, how many spotters are used, or what landing surface is used, the risk cannot be eliminated. The risk of injury includes minor injuries such as muscle pulls, dislocation, and broken bones. The risk also includes catastrophic injuries such as permanent paralysis or even death from landing or falls on the back, neck, or head. I understand these risks and will not hold Rancho Mirage High School or any of its personnel responsible in the case of accident or injury at any time.

I grant Rancho Mirage High School Cheer Team the right to take photographs of my child and their property. Such photographs of my child with or without their name may be used for any lawful purpose, including such purposes as publicity, illustration, advertising, and Web content.

Parent or Guardian Signature

Date

Student Signature

Date



Rancho Mirage High School Cheer Team Waiver/Release Form

As the parent or legal guardian of _____,
(print students name)

I agree to the following terms for participation with the Rancho Mirage High School Cheer Team Program:

1. I grant permission for my son/daughter to participate in Rancho Mirage High School Cheer Team clinics, practice sessions, games, and camps. I realize that cheerleading is an activity where physical illness or physical injury (minimal, serious, or catastrophic) can occur; therefore, any medical/accidental expenses or liability that possibly results from an illness or injury to my son/daughter during the RMHS Cheer Team clinics, practice sessions, games, and camps will be my responsibility. I further acknowledge and understand that my son/daughter is assuming the risk of such physical illness or injury by his/her participation, and I further release Palm Springs Unified School District, Rancho Mirage High School, and its representatives from any claims for personal illness or injury that my son/daughter may sustain during participation in this activity. My son/daughter is properly covered for any accident by the following insurance:

Insurance Provider / Policy Number

2. Rancho Mirage High School, its officers, regents, employees, and agents assume no responsibility for supervision of students outside of clinics, practice sessions, games, and camps.
3. I hereby authorize the cheerleading coach(es), athletic trainer, or any other supervising adult to obtain medical treatment for my son/daughter for such an illness or injury during the activity.

My son/daughter and I have read and understood the above Rancho Mirage High School Cheer Team Waiver and Release Form.

Parent or Guardian Signature

Date

Student Signature

Date

Rancho Mirage High School Cheer
Teacher Evaluation – Math OR Science

_____ is trying out for Rancho Mirage High School Cheer. Please complete the following form and return it to my box at RMHS by **Friday, March 15**. *This form can be completed electronically at <https://tinyurl.com/ya3pmlnf> or a scanned copy can be emailed to me at mmyers@psusd.us.*

It is very important that you rate the student according to how YOU feel the student does in YOUR class. Please be realistic as well as fair. These evaluations will not be shared with the student. Teacher evaluations will be averaged together to count for a portion of each candidate's score. Therefore, it is very important to give the student an honest rating based on your knowledge of that individual student.

Thank you for your time and cooperation. If you have any questions, please feel free to contact me at 760-202-6455 ext 2527 or mmyers@psusd.us.

Sincerely,

Meggi Myers
RMHS Cheer Coach

On a scale of 1-5, 1 being never and 5 being always, rate this student in the following categories:

Character	1	2	3	4	5
<i>Does this person make good choices? Does this person try their best?</i>					
Leadership	1	2	3	4	5
<i>Does this person set a positive example and influence others positively?</i>					
Attitude	1	2	3	4	5
<i>Is this person easy to work with? Are they able to work with anyone at anytime?</i>					
Scholarship	1	2	3	4	5
<i>Does this person complete assignments to the best of their ability? Does this person show up to class on time?</i>					
Service	1	2	3	4	5
<i>Does this person help those around them?</i>					

Being a part of this program puts the individual in a leadership role. Do you feel this person can take on the responsibilities or balancing school, practices, games, and setting a standard of excellence among the Rancho Mirage student body? Yes/No

Would you recommend this person for the Rancho Mirage High School Cheer? Yes/No

Comments: _____

Teacher Name: _____ Subject Taught: _____

Signature: _____ Date: _____

Rancho Mirage High School Cheer
Teacher Evaluation – English OR Social Studies

_____ is trying out for Rancho Mirage High School Cheer. Please complete the following form and return it to my box at RMHS by **Friday, March 15**. *This form can be completed electronically at <https://tinyurl.com/ya3pmlnf> or a scanned copy can be emailed to me at mmyers@psusd.us.*

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Service	1	2	3	4	5
<i>Does this person help those around them?</i>					

Being a part of this program puts the individual in a leadership role. Do you feel this person can take on the responsibilities or balancing school, practices, games, and setting a standard of excellence among the Rancho Mirage student body? Yes/No

Would you recommend this person for the Rancho Mirage High School Cheer? Yes/No

Comments: _____

Teacher Name: _____ Subject Taught: _____

Signature: _____ Date: _____

Rancho Mirage High School Cheer
Teacher Evaluation – PE Teacher OR Coach

_____ is trying out for Rancho Mirage High School Cheer. Please complete the following form and return it to my box at RMHS by **Friday, March 15**. *This form can be completed electronically at <https://tinyurl.com/ya3pmlnf> or a scanned copy can be emailed to me at mmyers@psusd.us.*

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<i>Is this person easy to work with?</i>					
Scholarship	1	2	3	4	5
<i>Does this person complete assignments to the best of their ability? Does this person show up to class on time? Does this student dress out consistently?</i>					
Service	1	2	3	4	5
<i>Does this person help those around them?</i>					

Does this student demonstrate good sportsmanship? Yes/No

Is this student willing to work with anyone at anytime? Yes/No

Would you recommend this person for the Rancho Mirage High School Cheer? Yes/No

Comments: _____

Teacher Name: _____ Subject Taught: _____

Signature: _____ Date: _____

Rancho Mirage High School Cheer
Teacher Evaluation – Teacher of Choice

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