Our Cheer Philosophy: The Thomas Downey High Cheerleaders will serve to lead, direct, and support the spirit of our athletic teams, student body and MCS Officials at all events and games. Cheerleaders shall promote excellence in education, spirit, sportsmanship, physical fitness, positive image, and leadership whether on or off the field. Cheerleaders shall strive to maintain high standards of morality and social conduct.

DOWNEY HIGH CHEERLEADING:
Participation in the Thomas Downey High School Cheer program is a privilege. Along with this privilege come certain responsibilities. In addition to representing yourself, you are also representing your squad, your coach, your school, and even your community. Therefore, you must conduct yourself appropriately at all times, not just at games or school activities. Success of the cheer squad is dependent not only on the team, but also your effort, and willingness to work as a team. PLEASE READ THE CHEER RGI AND PARENT CODE OF CONDUCT CAREFULLY. If you are not willing to abide by the standards of these two documents, the Downey Cheer Team is not for you and you should not proceed with tryouts. If you are ready to lead others with integrity, we want you!

DOWNEY HIGH CHEERLEADING TRYOUT PROCEDURES:
The Cheer Coordinator and coaching staff will conduct cheer tryouts once during the academic year for both football and basketball seasons; this will be in the spring for the next school year. A cheerleader who quits mid-season in a prior year will forfeit his/her opportunity to participate in tryouts for the next school year. All squad members must tryout every year. Past experiences in cheer or dance is no guarantee that a candidate will be selected for the upcomin g season. Size of the squad is at the discretion of the Coordinator and coaching staff. There will filling teams according to points and assign approximately 20 participants at Varsity, 12 at JV, and 10 at the Freshmen level.

January 23-Feb. 16th
TRYOUT PACKET PICK-UP 2 feeder schools, the TDHS Student Center, or TDHS website . Packets must be completed prior to February 16th AND RETURNED TO MRS. SUTTER, Room 301 or in the Student Center.

February 16th
1) TDHS CHEER CLINIC - Non-mandatory Grades 8-11. COST: $20; TIME: 8-11AM @ DOWNEY
2) Parent INFORMATION MEETING (1st opportunity) @ 11AM AT DOWNEY – This meeting is a brief informational to answer any questions parents may have. A second opportunity is offered on Feb. 19th.
3) PACKET RETURN! If you intend to tryout for the cheer team, you must turn in your packet by the 16th to be added as a candidate.

February 19th
INFORMATION MEETING (second opportunity) The Cheer Coordinator will conduct a second opportunity to hear about the program. This is the same information provided at the meeting on January 16th.
At this meeting, you will…
A. Meet the TDHS Cheer Coordinator and coaching staff.
B. Hear about current staffing needs.
C. Learn about additional topics which may be of interest which include:
   2. Uniforms & Expenses
   3. Camps and preseason commitments
   4. Tryout protocol and selection process
   5. Conflict management and team building. (A life of friendships, family, and fun!)

Feb. 19-21st
CHEER TRY-OUTS (ALL 3 DAYS are Mandatory) – 3:30-5:30pm Big Gym,

Feb. 24th
ANNOUNCEMENT OF TEAM CANDIDACY – Each participant selected as a cheerleader candidate for the 2019-2020 season will receive a phone call or text. Permanent status will be reliant upon meeting RGI requirements which include grade clearance, attendance and attitude at preseason training and meeting deadlines for sponsorship or fundraising.

March 6th
MANDATORY PARENT & CHEERLEADER INDUCTION, 7-8pm IN DOWNEY’S CAFETERIA.
1. TRYOUT REQUIREMENTS:
   A. Cheerleading tryouts will include a variety of cheerleading skills that will be demonstrated during the three days of clinic prior to tryouts. In addition…
   1. candidates must bring the completed Tryout Packet which includes a copy of his/her 2nd quarter grades (note: a 2.0 min. GPA required at the start of the season as well), and the signed consent forms.
   2. candidates must arrive promptly and in proper attire.
   3. candidates must be in good physical condition/health in order to participate in the clinic and tryouts.
   4. candidates will tryout in groups and will be assigned a random number to determine the tryout order.
   5. the school administrators, cheerleading coaches, Athletic Director, judges, and cheerleading candidates are the only people permitted in the try out areas. No other spectators will be admitted. Cheerleaders are required to allow these adults to observe their performance.
   6. all cheerleaders will be expected to demonstrate good sportsmanship at all times; this includes good sportsmanship at our introductory gathering, clinic, and tryouts.
   7. candidates are asked to wear plain black shorts, capris, or leggings and a plain white, grey, or Downey blue T-shirt. Candidates are asked to wear hair up in a pony-tail with all wisps, bangs, and tendrils, pulled back and sprayed securely out of his/her face. In addition, athletic shoes with no-show socks must be worn.
   8. candidates will be given a number and expected to wear that each day. Failure to bring it the following day will result in a loss of points.

2. CLINIC & JUDGING:
   A. Judges, within our program and outside the program, all with cheer experience, will determine a score that reflects the criterion by candidates to make the cheer squad.
   B. Candidates will encounter 2 days of instruction where they will learn the components of a short dance, sideline cheer, jumps and kicks before the day of tryouts.
   C. Candidates will be judged on the following:
      1. Short dance
      2. One sideline cheer
      3. Right and left kick
      4. Toe touch and a jump of their choice
      5. Technique
      6. Attitude
         Past performance in Downey’s cheer program will be considered. If a cheerleader has not met the requirements in the previous year, he/she may not be recommended to the program.

UNIFORMS: Modesto City Schools District will provide a basic cheer uniform consisting of a t-shirt and shorts.
Parents/cheerleaders have an option to fundraise and purchase a different upgraded uniform providing everyone on the team agree to do so. The upgraded uniform is approximately $700 and fundraising is available from March to May. If participants choose not to participate in the purchase of an alternate uniform, participants must be aware that there are items not covered in the district uniform and they include briefs/spanx, shoes, socks and a hair bow. The estimate price for these items are approximately $100. Cheer teams may collectively fundraise toward these items and any other optional expenses such as paint for cheer boxes, spirit wear, camps, etc. No student can be required to fundraise or purchase additional items, so if one chooses not to participate, it should be made known at the Parent/Cheerleader Induction Meeting. Once a decision to purchase the optional uniform and additional items is made and paperwork signed, follow-through must be met in the designated timeline. Failure to meet commitment deadlines may result in a cheerleader’s inability to participate. The choice not to participate in the purchase of optional items will be accepted without judgement but must be done during the election process at the Parent/Cheerleader Induction Meeting or within 24 hours thereafter. After this time, parents/cheerleaders will choose to do their part to fundraise, acquire donations, or fund the amount participants agreed upon.

THE BASICS:
   A. Optional uniforms consist of a shell, skirt, body liner, shoes, socks, briefs, poms, bow, warm-ups and any accessories (i.e.: megaphone, gloves, etc.).
   B. Optional uniforms will be purchased through the TDHS sponsored fundraising by each cheerleader. All funds for uniforms must be collected by May 30th in order to purchase uniforms the first of June. If funds are not accumulated, cheerleaders will be supplied with a pair of shorts and a t-shirt by the district to use throughout the season. All must have an optional uniform or everyone cheers in shorts and a t-shirt – No exceptions!

*Cheerleaders must always conduct themselves in a manner becoming of a Downey High Cheerleader whether or not he/she is wearing a district uniform or an optional and whether or not he/she is at an event or activity or outside of school hours.
FUNDRAISING ACTIVITIES:
A. Individual Costs: Fundraising is available for uniforms, supplies, and camp costs. Parents/Cheerleaders may find ways to raise funds for activities such as personal garage sales, personal car washes, and personal donations.
B. Group Fundraising: We encourage all cheerleaders to participate in all fundraising projects throughout the year. The money raised with group fundraising will be used for additional agreed upon expenses during the year that help to make the total experience abundantly rewarding. Examples of such group fundraising includes K-8 Cheer Camp, Applebee’s, a garage sale, etc.
C. Donations to, and fundraising for, Downey High Cheerleading may be conducted as agreed by the squad and coach. The majority vote will be conducted. All cheerleaders will participate if the majority vote to do so.

PARENT EXPECTATIONS:
A. Parents must agree and sign the Cheer Parent Code of Conduct and RGI as a requirement for acceptance into the program.
B. Parents are to be positive role models and to support the collective efforts of the Coordinator, coaches, and TDHS staff.
C. Parents are not to use cheerleading as a punishment. When a cheerleader misses practice or a game, it affects the entire squad since we are a performance team. Parents recognize that “We” all perform together; “we” do not operate independently. Our motto: “One Team, One Dream!”

PRACTICES:
A. Mandatory practice begins the first Monday after the 4th of July. This year it begins July 8th from 8-11am at Downey.
B. Do not schedule dental work, doctor’s appointments, vacations, etc. during this time of preconditioning.
C. Once school begins, practice will be held from 2:30-4:30pm at Downey High Football Field or designated location.

DOWNEY HIGH CHEERLEADING RULES:
A. The Cheer Rules Guidelines and Informational (RGI) must be agreed upon and signed acceptance submitted before tryouts. Each candidate will be provided one copy to review however, these documents can be found on the TDHS website.
B. Grades for the program are based upon the cheerleader’s leadership initiative, attendance, adherence to the dress code, behavior, & performance at all practices, games and events.
C. Probation steps are used to help assist with discipline issues that are reoccurring in order to help a cheerleader correct his/her behavior. However, reinforcing the RGI is at the discretion of the Head Coach and the Coordinator.
D. A cheerleader recognizes that if she becomes ineligible at any time during the term, he/she will be dismissed.

FORMS:
A. Forms are created to help ensure all cheerleaders have a safe and positive cheerleading experience. All forms are required to be turned in prior to participation in Downey High Cheerleading Program. No one will be allowed to stay at the tryout clinic unless all forms are turned in to the Cheer Coordinator. (Physicals will be turned later at a later date.)
B. See the following pages for all forms pertaining to Downey High Cheerleading:
   1. Registration form
   2. Tryout score sheet
   3. Physical Form
   4. Tryout permission slip
   5. Estimated Cost of Participation
   6. Cheer RGI
   7. Cheer Parent Code of Conduct

* Please keep this packet at home for reference.

Val Sutter, Cheer Coordinator @ 209-985-4219
DOWNY HIGH CHEERLEADING REGISTRATION FORM

PARTICIPANT ___________________________________________   SQUAD ___________________________________________

Email ___________________________________  Age ______  Birth Date ______________________________

Cell # _______________ Current School ___________________________  Current Grade Level __________________

Lives with:  Mother  Father  Legal Guardian – Relationship _______________________________

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MOTHER ___________________________________________ Email ______________________________

Home Phone _______________  Cell _______________  Work ______________________________

Address ___________________________  City _______________  Zip ___________________________

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FATHER ___________________________________________ Email ______________________________

Home Phone _______________  Cell _______________  Work ______________________________

Address ___________________________  City _______________  Zip ___________________________

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Emergency Contact ___________________________ Phone number(s) ___________________________

Participant’s Doctor ___________________________ Phone ___________________________

Insurance Company ___________________________ Policy # ___________________________

Current medication or supplements _______________________________________________________

Allergies to medicines ________________________________________________________________

Further medical information or psychological disabilities ____________________________________
CHEERLEADER PERSONAL EVALUATION

1. If we spoke to your teachers, what would they say is your greatest weakness and greatest strength?

2. How do you intend to show and encourage school spirit?

3. What should be the heart of a cheerleader?

4. What kind of attitude does it take to be a dynamic cheerleader?
Candidate will be given a number rather than be known by a name. He/she will receive a final score which is derived from each of three judges. Top scorers will be given a place on respective teams.
I, being fully aware of the risk and possibility of injury involved in cheerleading, voluntarily consent to have my child participate in programs offered by Downey High Cheerleading. I agree to waive and release all rights and claims for damage that my child or I have against Downey High Cheerleading and its employees, whether paid or volunteer, now and in the future. I certify that my child is mentally and physically capable of participating in any class, performance, trip and/or event participated with Downey High Cheerleading. I grant permission for Downey High Cheerleading and its employees to seek medical treatment, and give permission for medical treatment in the event of an emergency/ injury to my child. I am the legal parent/guardian of the above named child.

I acknowledge that there are no health problems that will interfere with the try-out process of my son or daughter.

I give permission for my child, _________________________________, to participate in cheerleading tryouts for Downey High Cheerleading Team. I understand that my child will be attending a clinic which involves physical fitness and agility that ultimately will lead to try-outs for a position on a squad. Furthermore, I recognize that my child may or may not be given a position on the squad and that the decision is at the discretion of the judges and Cheer Coordinator and based upon the requirements outlined by the program and Modesto City Schools Athletics. I have no grounds to contest any decision made and therefore, accept the process as final.

My child will be allowed to:

- Condition
- Cheer
- Dance
- Jump, kick, and split if possible
- Communicate intent and experiences, knowledge, and strengths

I understand that a physical is not necessary for tryouts but will be required if selected for the team. I will have my son/daughter at tryouts each day of clinic by 3:20m at the Downey High Big Gym in the required attire the days of clinic and Try-outs. He/she will be ready to start clinic promptly at 6pm. Failure to comply may disqualify my child from participating in tryouts and in the cheer program. I acknowledge that I can contact the Cheer Coordinator ahead of time if I have questions about any part of this document. The TDHS Coordinator, Valerie Sutter, at 209-985-9705 or sutter.v@monet.k12.ca.us may not be able to answer the phone at which time, I will send a text.

I acknowledge that if my child makes the squad, I will attend the Mandatory Parent/Cheerleader Induction prior to tryouts. This year the Parent-Cheerleader meeting is March 6, 2019 from 7-8pm in the Downey cafeteria.

Parent's Signature: ____________________________________________ Date________________________
(or Legal Guardian)

Parent's Name: ____________________________________________ Contact Number: __________________________
(Mother)

Parent's Name: ____________________________________________ Contact Number: __________________________
(Father)
Dear Parent/Guardian,

Please read the Rules Guidelines and Informational (RGI). Keep them for your records to refer to when needed. Sign the below portion and return it to the Downey High Cheerleading staff prior to participation.

I, (Cheer Candidate’s Name)________________________________________ will adhere to all informational documents I might have been given by the Cheer Coordinator and/or my coaches which also includes the MCS Student Handbook, MCS Code of Conduct, Cheer Parent Code of Conduct, and the Cheer Rules, Guidelines, and Information. I will accept the position I have earned at tryouts and will accept the responsibilities of being a representative of my school.

Candidate’s SIGNATURE: __________________________________ Date: __________________

I acknowledge that Cheer is considered an activity not a sport according to the district yet, there are expenses for the program that must be generated. As a collective body, we will find ways to meet the needs of our members. The cheer uniform consists of a pair of shorts and a t-shirt unless my whole team (each cheerleader & parent) agrees to raise funds to purchase an optional uniform. When funds, if any, for my uniform are collected, I will be able to order a uniform but not before then.

________________________________________
PARENT’S SIGNATURE

________________________________________
CANDIDATE’S SIGNATURE

Permission:

I grant permission for my child to participate as a 2018-2019 Downey High Cheerleader. I have read and understand the rules, which will govern my child and agree to adhere to the MCS Student Handbook, MCS Code of Conduct, Cheer Parent Code of Conduct, and the Cheer Rules, Guidelines, and Information.

Parent’s SIGNATURE: ______________________________ Date: __________________