

# **KAMEHAMEHA CHEER TEAM TRYOUTS 2016**

## **INFORMATION SHEET**

### **Program Philosophy**

The primary objective of The KS Cheer Team program is to teach our student-athletes how to be “winners” in life, as well as in athletics. As part of Kamehameha’s Athletic program, the KS Cheer Team is one avenue of many within The Schools that strives to promote the development of a student’s highest potential. This is accomplished by providing students the opportunity to build individual team skills, to experience the thrill of participating, as well as supporting, competitive sports, to learn to cope with victory and defeat, to practice school spirit and good sportsmanship, and to understand and appreciate the benefits of discipline, training, teamwork, commitment, and respect for authority and rules.

### **Cheerleading as a Sport**

Recognized as an official sport by the ILH in 2000, the structure of cheerleading as a sport is ever-evolving. For the most part, the KS Cheerleading squad has two primary functions which are: 1) to provide game support for sports teams designated by KS Athletics, and 2) field competitive cheerleading squads with the skills necessary to participate in ILH competitive cheerleading and, as applicable, for State and National competitive cheerleading titles.

### **TRYOUT MEETING**

The first KS Cheer Tryout meeting and clinic will be on WEDNESDAY, APRIL 27, 3:45 to 6:00 pm, in Kekuhaupi’o Gym #2 (Upstairs). Please come to the meeting and clinic day dressed in appropriate athletic attire, athletic shoes, and hair up and braided.

### **Squads/Organization/Responsibilities**

At this time, we are planning to field the following squads in 2016-17 (changes to this structure may occur based on tryout numbers, etc):

- Varsity (games, competitive cheerleading and community service events)
- JV (games, competitive cheerleading and community service events)
- Intermediate (games, competitive cheerleading and community service events)

### **Responsibilities**

All squad members will be expected to carry game support responsibilities through the year as assigned. Primary sports that the Cheer Team have been directed to give support include FOOTBALL, and MEN’S & WOMEN’S BASKETBALL. Other sports that may receive Cheer Team support includes Volleyball, Soccer and Water Polo.

### **Program Format**

For the 2016-17 season, the KS Cheer Team will permit participation on a “Year Round” basis only. The only exception to this may be possible recruitment at the Intermediate (7<sup>th</sup> grade level) in early Fall, this is dependent on team size after tryouts. “Year Round” is defined as: members cheer through the FALL and WINTER sports seasons (approximately September through the end of February.)

### **Program Levels**

These are the levels of participation and the current age/grade levels that may try out for each squad for 16-17:

Varsity	(Candidates currently in Grades 8 through 11 who meet requirements)
Jr. Varsity	(Candidates currently in Grades 8 through 10 who meet requirements)
Intermediate	(Candidates currently in Grade 6 & 7 who meet requirements)

### **Movement between Squads**

Squad members may be considered for transfer to a higher level squad after the season starts, IF the member has indicated a desire for this consideration at tryouts, and IF the member develops the necessary skills by the deadline outlined by the squad coach. Usually, skill deadlines are set for the end of August or September.

**(more)**

**Time Commitments**

Cheerleading can be a time intensive activity with responsibilities and expectations that build as members move up through the levels of the program. Typical weekly schedules during the school year are as follows for each squad:

Intermediate: An average of 3-4 activities per week (5-6 – during busy game/competition weeks)  
JV : An average of 3-4 activities per week (5-6 – during busy game/competition weeks)  
Varsity: An average of 4-5 activities per week (6 – in the weeks directly leading up to competition or during especially busy weeks)

\* Activity = practice, game, community service or cheer event

**Spring/Summer Training**

All squads will begin with Program Practices in May. Training sessions during the summer typically run from 3:45 pm to 6 pm approximately three-four days per week. Members with conflicts during this training period should discuss their personal situation with squad coaches.

All squad members MUST be available (on the island of Oahu) for Summer practices. Personal schedule conflicts should be discussed with the Head Coach BEFORE the new team is selected. Some flexibility will be allowed for boarding students, but only AFTER the Head Coach has reviewed the individual situation.

**Tryout Dates & Times**

Applications Available: Tuesday, April 12, 2016 (at <http://imuacheer.weebly.com> )  
Applications Due: By mail, email, or hand delivery: By FRI., APRIL 22, 2016  
Tryout Meeting & 1<sup>st</sup> Clinic Day: Wednesday, April 27, 3:45-6p, Kekuhaupi'o Gym #2  
Add'l Clinic Dates/Times: Thurs. April 28, 3:45-6p, Kekuhaupi'o Gym #2  
Mon. May 2, 3:45-6p, Kekuhaupi'o Gym #2  
Tues. May 3, 3:45-6p, FINAL TRYOUT; Kekuhaupi'o Gym #2  
Thurs. May 5, 4-5:30p, Ind. Selection Mtgs.; Keku Dance Studio  
New Team Meeting: Monday May 9, 2016- 4:00 pm, Keku GYM #2  
Parent Meeting: Saturday May 14, 2016- 10:00am, Keku GYM #2  
Program Practices: Tues. May 10, Thurs. May 12, Tues. May 17, Thurs. May 19 – 3:45-6p, Kekuhaupi'o Gym #2

**Candidates' with Injuries or Members in a Sport/Spring Activity**

Candidates who have recently sustained injuries, OR any student who is currently involved in a time-intensive spring sport/activity and who is unable to participate in the April tryout process, may petition for special exemption. Each exemption will be evaluated and granted on an individual basis. Candidate's desiring special exemption MUST complete a tryout application and attach a certified Physician's note (for injuries), OR other note of activity explanation.

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# **KS CHEER TEAM TRYOUTS 2016**

## **TRYOUT REQUIREMENTS**

### **GENERAL**

All candidates should be in good health with no recent injuries or physical restrictions that would limit the candidate's ability to execute the physical activities involved in cheerleading (running, lifting, jumping, etc.)

*The Cheer Tryout Application Form (blue) and Liability Waiver Form (pink) need to be turned in by their respective deadlines.*

### **PRIMARY ATTRIBUTES (This is what we're looking for!)**

The primary qualities we are looking for in potential members of the KS Cheer team are:

- Athletes who are willing to accept, and who are motivated by, the physical challenge of cheerleading;
- Individuals who are willing to **commit** to "pushing the limits" of their individual abilities and mind-sets, and who can do so with a **positive attitude**.
- Individuals who are willing to put the **team first** and self second.

### **REQUIREMENTS FOR ALL CANDIDATES**

#### **Team Commitment**

Candidates should use the tryout/clinic process to evaluate their ability to commit to the team for **10 months**. If candidates are involved in other activities/teams they should assess the level of commitment they will be able to give to each activity and how that will affect all involved.

#### **Gymnastics**

Any previous experience would be a definite plus.

**ALL candidates MUST be WILLING to participate in special Gymnastics training classes.**

#### **All Other Skills (Jumps, Stunts, Cheer, Dance)**

Techniques will be taught at our tryout clinic. Candidates will be evaluated on desire to learn and physical ability to master what is taught.

***ALL Candidates will also be asked to provide written responses to the "Questionnaire form" by the first day of Tryouts, Wednesday April 27, 2016.***

### **SPECIAL REQUIREMENTS FOR VARSITY CANDIDATES WHO WOULD LIKE TO BE CONSIDERED FOR COMPETITION.**

*\*Note: for all Gymnastics requirements candidates may use a spotter, but points earned will reflect how heavy a spot is needed*

#### **Gymnastics**

Back Tuck skill (running and standing)

Bonus points for any demonstrated advanced skills (layouts/fulls)

#### **Jumps**

Double Toe-Touch, Pike or Double-9 Jump, Any four jump combination of choice

#### **Stunts**

Ability to Contribute as Flyer, Base or Back Spot to perform a Single Base Stretch 360 and Full-Up to Liberty Consistently as well as other elite level stunts (Inversions, braced flips, etc.)

### **QUESTIONS OR CONCERNS?**

Please contact Head Coach Melissa Wennihan at 389-0993 or [imuacheer@yahoo.com](mailto:imuacheer@yahoo.com) .