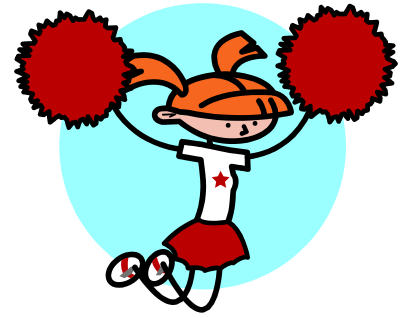


**La Canada High School Spartans
Pep Squad Tryout Packet and Constitution
School Year for 2012-2013**



This Spartan Pep Squad Constitution outlines the expectations, guidelines and rules laid out for each member of the squad. This Constitution augments any and all La Canada High School policies established by LCUSD.

All Pep Squad members are required to participate in all assigned practices/games (attend a certain number of games for a variety of sports in the Fall, Winter and Spring Seasons), wear proper uniforms, and conduct themselves in a manner which positively reflects upon La Canada High School. Members are also expected to make weekly posters that promote Spartan sports, perform community service each semester, help out in several school-wide activities, and encourage positive school spirit. Camp is in the summer and is considered mandatory unless there are VERY special circumstances. Camp is July 30-August 2 in Ontario, CA. Please see Mrs. Kalb BEFORE tryouts take place if Camp could be an issue for you.

Time Commitment:

If you are chosen for any squad, **mandatory** practice begins April 30th after school. Additionally, all squads are required to attend **mandatory** summer practices in order to prepare for camp and the start-up of school.

End of School Year 2012

CHEER: Mondays and Wednesdays: 3:15-5:15 in the MPR on *April 30, May 2, 7, 9, 14, 16, 21, 23, 30, June 4*

CHEER: Fridays: 4:15-5:45 PM in the MPR on *May 4, 11, 18, June 1*

JV SONGS: Fridays *May 4, 11, 18, June 1* --- 3:15-5:45 PM (with all of Cheer from 4:15-5:45 PM)

FLAGS: 3:15-4:45 two days a week as decided by squad each week *April 30-June 1*.

VARSITY SONGS: Fridays *May 4, 11, 18, June 1* --- 6-8 PM

SUMMER: This applies to ALL SQUADS (Cheer, Flags, and Songs). Practice with all members present is essential in order to safely learn and hone skills, build routines, and prepare for Fall. Vacations, work, etc. need to be planned around these dates, there will be no excused dates. We have attempted to facilitate long weekends throughout and there are several blocks of time that is completely off in the summer. If you miss even one summer practice, you will be removed from at least the Camp Performance and the Welcome Back Assembly.

JUNE:

Cheer: *M-Th June 25-28* from 5-8:30 PM

Flags: *M-Th June 25-28* from 5:30-7:30 PM

JV Song: *M, W June 25 and 27* from 5:30-7:30 PM

Varsity Song: *Tu/Th June 26 and 28* from 5:30-8 PM

JULY:

ALL SQUADS: *Tu and Fri July 24 and 27* from 5:30-8:30 PM

Flags; JV Song and all of Cheer: *W July 25* from 5:30—8:30 PM (meeting in separate locations on campus)

Varsity Song: *Th July 26* from 5:30-8:30 PM

CAMP: *M-Th July 30-August 2*

RETURN FOR FALL:

Tuesday, Aug 21: Cheer, JV Song: 3-4:30 PM; ALL SQUADS: 4:30-6 PM ; Varsity Songs/Flaggies: 6-7:30 PM

Wednesday-Thursday (Aug 22-23): Cheer, JV Song 9:30-11:30 AM ; ALL SQUADS: 11:45 AM-12:30 PM; Varsity Songs/Flaggies: 12:30-2:30 PM

Friday August 24: ALL SQUADS: 9:30-11:30 AM

Guidelines and Expectations:

Pep squad meets period 6 and all members of the 2012-13 squad will have Pep as their 6th period for 2012-13. That time is used for practice, making posters, study hall, etc. as assigned. All squads have some weekly practices that occur outside of the school day. To help facilitate homework time, at times, per our Early Release policy members are released by the Advisor for 6th period after checking-in (forms for this are part of the Fall Athletic Clearance process that is handled Registration Week in August).

A calendar of all Pep Squad events will be provided to members at least two weeks before the beginning of each season (Fall, Winter and Spring).

Fall Games Required: ALL football games (home and away) assigned to each squad, 6-8 additional games (ex: girls' volleyball, boys' water polo, girls' tennis, girls' golf, boys' and girls' cross country) as assigned to each squad. All CIF playoff games home and away for Football, home only for other Fall sports.

Winter Games Required: ALL home and away league basketball games assigned for each level for boys and girls, 6-8 additional games (ex: pre-league basketball, girls' water polo, boys' and girls' soccer, boys' wrestling) as assigned to each squad. All CIF playoff games home and away for Basketball, home only for other Winter sports.

Spring Games Required: 8 games (ex: softball, baseball, girls' and boys' track, boys' volleyball, boys' tennis, girls' lacrosse, boys' and girls' swimming) as assigned to each squad. All CIF playoff games at home.

Additionally, there are extra rehearsals outside of the school day (typically at night) before each of the school-wide assemblies. Please arrange work and family schedules around these events. Please note that if a team goes into post season for CIF playoffs, these will be on short notice and yet each Pep Squad member is expected to be at post-season games. If a member will be gone from activities, please provide written notice to the Coach and the Advisor as soon as possible so that the performance can be altered (a minimum of 48 hours). If games are missed, they must be made up during that season. Please be willing to put in an effort to make it to every event because the Coaches and Advisor will as well.

Once you have read and signed the Pep Squad Constitution, it is assumed that you fully understand the contents of the document and you fully intend to abide by it. **A student may not tryout for the Pep Squad unless the Athletic Clearance (minus transportation donation), Teacher Recommendation forms, essay, workshop donation, AND the signed Pep Squad Constitution are returned to Mrs. Kalb no later than 3 PM on the Friday BEFORE the week of the squad workshop (dates below) NO exceptions. If you are trying out for more than one squad, forms are due at the end of the week for the FIRST squad for which you are auditioning. Please note that if you are currently enrolled in pep squad, you do not need to go through the Athletic Clearance process as you cleared for the school year at Registration (exception – physician physicals are valid for one calendar year from the date of the physical. If the physical is expired, an updated one will need to be submitted by the due date).**

Cheer/JV Song – March 2th
Varsity Songs – March 9th
Varsity Pep Flags – March 16th

NOTE: Athletic Clearance minus the transportation donation must be completed through the Athletic Office. A pink slip and emergency card must be submitted to Mrs. Kalb as verification (forms for athletic clearance are submitted to Ms. Torres and/or the Athletic Office). Go to Spartan-athletics.net, click on CLEARANCES for the Athletic Confirmation Page, Physical Form, Emergency Card, and proof of ASB.

Goals of Pep Squad:

- ❖ Be a school spirit leader and a unified member of the Pep Squad.
- ❖ Have the ability to work as a team, both within individual squads and as an entire Pep Squad. Be able to settle differences of opinions or other conflicts within the squad.
- ❖ Maintain open communication with the Advisor, Coach, other squads, and within your own squad.
- ❖ Consciously act as a positive role model on campus and in the community as a representative of the school and your squad.

Attendance, Grading and Behavior Expectations:

- ❖ **Tardies:** Per semester, to class, four tardies equal an N in Citizenship and five tardies equal a U in Citizenship. Additionally, as tardies disrupt the flow of the class, a ½ point will be deducted from the daily participation grade on the day of the tardy. Tardies to performances (including Assembly rehearsals) and games will result in a full point deduction to the performance/game grade. Each are on a five point scale.
- ❖ **Absences:** When a student is absent from class/practice it is his or her responsibility to learn the material and to be caught up for performances. If additional help is needed, then the student needs to arrange for extra help at a mutually beneficial time. A justifiable absence for games is absence from school due to illness, being in another LCHS sport (**prior approval by Mrs. Kalb required**), or other LCHS sponsored activity (**prior approval required**). All excused missed games must be made up, regardless of reason. **Unexcused** absences for games include, but are not limited to, work, teacher conference, make-up test, appointments, trips for outside of school activities, and vacation. Football and Basketball games are mandatory and may not be made up for any reason except verified illness.
- ❖ Each team member is expected to uphold the La Canada High honor code.
- ❖ An overall minimum GPA of 2.0 and Citizenship of at least 2.5 (cumulative). A student may be benched or suspended from an activity for the following: failing to maintain grades, failing to maintain good citizenship and due to other disciplinary activities.
- ❖ At no time is Hazing or intimidation by an individual and/or squad permitted (this includes before, during and after tryouts). Suspension and/or Expulsion from the squad will result if a member/squad is found to be involved in this type of behavior. The member(s) will also be subject to LCHS Discipline Policies.
- ❖ All members are expected to be on time, dressed appropriately, and in class every day for the duration of 6th period prepared to participate. Additionally, members are expected to attend the after school practices as set by the Coach and/or Advisor.
- ❖ LCHS Pep Squad members who drink alcohol/do drugs and/or smoke in uniform will be suspended from the squad for at least one full season (this includes showing up in uniforms to parties and/or being photographed with the alcohol or posing with drug paraphernalia in uniform). The member(s) will also be subject to LCHS Discipline Policies.
- ❖ Facebook (FB) can be a wonderful communicative tool amongst squad members. However, a squad must unanimously agree to use FB as the communication tool if that is what is decided. At no time is there to be pressure placed on an individual and/or a family to join and/or use FB. More importantly, **is it essential that ALL FB postings be appropriate** (this includes photos and/or written communication). If postings are deemed inappropriate and at the same time negatively impact LCHS Pep Squad, the students involved will face LCHS Disciplinary actions, benching, and possible removal from Pep Squad. All postings on FB are public due to the nature of the social network. If in doubt, don't post!
- ❖ PDA (Public Displays of Affection) while in uniform are not permitted. This behavior will result in benching and/or dismissal from the team.
- ❖ Gum chewing is **NOT** allowed at any time. There will be a full point deduction to the weekly participation grade/performance grade (5 point scale each) if the member is found to be chewing gum.
- ❖ It is expected that each team member pays attention while routines/cheers are being taught.
- ❖ Please keep talking to a minimum during practice. This will ensure that we will be able to accomplish what needs to be done within the practice sessions. If talking is disruptive, then warnings will be issued. If continued, benching will ensue.
- ❖ While cheering at games, it is expected of each team member to cheer both with the team and independently. Failing to do either of these things will result in consequences. Socialization with other members of the squad and/or the crowd is to be kept at a minimum and shall not interfere with cheering effectively.
- ❖ All outfits, music, and routines need to be approved by the Advisor prior to performance. Specific deadlines will be given for each performance (typically music is due in its final form a month prior to the performance and outfits/choreography a week prior). Failure to do so will result in the squad being barred from performing at the assembly/game; and any inappropriate changes to the above during the live performance will result in not performing at the next assembly/game, suspension from the squad and possibly from school.

Health and Safety

- ❖ All stunts and cheers will be conducted in a safe and professional manner. Any Pep Member who feels that this is being violated has a responsibility to report that to the Coach or Advisor immediately. If a member or squad violates the established guidelines for safety then the member/squad will be grounded (no stunting) until further notice.
- ❖ Each Pep Member will be required to participate in a conditioning program to improve athleticism and stamina. This will include, but will not be limited to running, calisthenics, aerobics, and weight training. If a cheerleader has asthma, s/he must have her inhaler with her at all times. Any types of injuries are to be brought to the attention of the Coach and Advisor immediately. The Pep Member will be sent first to the athletic trainer/school nurse and will follow-up as necessary with her/his own physician.
- ❖ Please note that a doctor's note is required if a Pep Member cannot participate fully in practice and/or games due to an injury and/or illness that lasts for more than 3 days. A parent's note will note is required if it is for less than 3 days.
- ❖ Due to health reasons, there should be no sharing of lip balm, water bottles and/or eating utensils. Please label your water bottles clearly.
- ❖ Due to health reasons, brushes and combs should not be shared between team members. Therefore, members should have their own brush and hairspray. It is also good policy to always have extra ponytail holders.

Dress Code

- ❖ Pep Squad members are required to wear their matching uniforms (including ribbons) on specified dress-up days, at all Spartan sporting events at which they are cheering, and at selected school-wide events.
- ❖ For practices, every team member is required to wear matching appropriate, comfortable clothing (i.e. camp wear), including proper athletic/dance shoes, including hair ribbons. Cheerleaders must have their hair pulled back and secured for safety reasons. Failure to be dressed according to the above guidelines will lead to no credit for class that day.
- ❖ **Jewelry is not to be worn during practices, games, or performances. Do not arrive at practice with any jewelry on your person. The school personnel, nor the school, are responsible for any lost and/or damaged jewelry. New piercings are not a excuse to keep jewelry in as it is a safety hazard to have them in.**
- ❖ Girls are responsible for keeping themselves properly groomed. This includes clean uniforms, shoes and neat/matching hair (pulled back hair and off the shoulders is required for stunting).
- ❖ Nail Polish: nail polish should be clear only for games and performances. Girls on cheer are required to keep their fingernails short, filed, and natural for safety reasons.
- ❖ If a Pep Squad member forgets any type of clothing (uniform, hair band and/or ribbons, shoes, etc.) and/or stools/carpet squares/flags/poms for games/performances, a point will be deducted from the grade for the event. Additionally, if the carpet square is forgotten for a football game, then the stool may not be used by the Pep Squad member --- no exceptions!

Transportation

- ❖ If the school orders a bus, then all Pep Squad members are to ride the bus TO and FROM the event.
- ❖ All transportation donations need to be paid prior to traveling on the bus.
- ❖ Upon occasion, parents may be asked by the Advisor to assist in providing transportation. If, and when that occurs, as much notice as possible will be given.
- ❖ Under **NO** circumstances may students drive themselves and/or another Pep Squad member to an AWAY game at which they are cheering. ***A violation of this will result in a suspension from the squad for a season.***

Fundraising

- ❖ Fundraising participation is required by each of the members on the squad. The purpose of fundraising is to offset the costs of being a member of the LCHS Pep Squad. Failure to attend/participate in fundraising events will decrease the individual member's share of the fundraising pool, even if they are excused.
- ❖ **Summer Fundraising Little Girl Camps: TBD by squads.** The purpose is to raise the funds for items such as stools, carpet squares, flags, poms, shoes, cheer bags and other necessary items throughout the year. If money is raised over the total needed, a rebate will be given to each squad member to reimburse uniform costs.

Uniforms/Required Items:

1. Uniforms per squad will be limited to three or four uniforms total (depending on squad), a school-colored squad sweatshirt, letterman jacket and camp wear. Only solid gold/yellow, cardinal, or black spankees can be worn with any of the uniforms. Specifics will be announced at the first squad meeting. Saddle shoes are also purchased. Cheer squads also purchase cheer/stunt shoes. The Traditional White Uniform will be the same for all squads (Varsity Song excepted) with the patch on the sweater indicating the squad. All new members will purchase new or used (as available) the same sweater and squad white skirt. A packet will be distributed at the workshops that will show which uniforms are for which squad.
2. The school-colors squad sweatshirt and camp wear will include 2 sets of school-colors camp wear and one 'fun' color set. Sweatshirts (material and design/lettering) shall be in the following colors only: white, black, grey, cardinal, and gold (yellow or metallic). Each squad's camp wear and sweatshirt will be ordered from a variety of approved vendors. Details will be distributed. ALL clothing and designs must be approved by the Advisor PRIOR to ordering.
3. Uniforms are either purchased at the used uniform sale or new at the fitting. The Letterman jacket is ordered through Broadway by each parent separately.
4. Cheerleaders will also be required to purchase specific cheer/stunt shoes with summer fundraising money.
5. Flaggies will need to purchase flags with summer fundraising money.
6. Songs will need to purchase dance sneaker shoes and poms with summer fundraising money.
7. All squads purchase stools and carpet squares with summer fundraising money. Specific details to follow.

PROGRAM DONATIONS:

\$1500 to \$2500 for uniforms, shoes, camp, and camp wear. Cost will vary depending upon how many new uniform pieces will need to be ordered in relationship to used pieces available in the correct size. A first year member also needs to order a letterman jacket that typically runs around \$300. The first year on pep squad is typically the most expensive and then it goes down from there. Broadway accepts deposits in late April, pay in full by July 1.

The Spirit Consultants CAMP at the Ontario Convention Center July 30-August 2: \$450 (deposit of \$75 due May 4; balance of \$375 due June 11).

Coaching donations for Cheer, Flags, and Songs are paid to LCHS as the coaches are Independent Contractors. Money will be turned in to the Pep Squad Advisor on the due dates listed below. The purpose for the coaches is to ensure correct and safe teaching of technique, skills, choreography, etc. and to provide supervision at practices, games, etc.

Cheer and Songs: Donation Money is due May 30th, August 29th, and January 28th in lump sums of \$325 per girl on each due date (\$975 total for the year). This covers coaching donations May 2012-April 2013. Please be sure to indicate name of cheer or song member and the student ID number in the memo line.

For Flags: Donation Money is due May 30th, August 29th, and January 28th in lump sums of \$150 per girl on each due date (\$450 total for the year). This covers coaching donations for game and practice supervision/instruction by our coaching staff May 2012-April 2013. Please be sure to indicate name of pep flag member and the student ID number in the memo line. Please note: If a permanent coach is found, the amount would increase to \$325 per girl, same as for cheer and songs.

Estimated \$190 transportation donation due in August at Registration – indicate Pep Squad when you pay along with student name and ID number in the memo line – checks payable to LCHS. The transportation donations go to pay for our bus transportation to and from games. This is done as part of the Athletic Clearance process in August for the 2012-13 school year.

POST-TRYOUTS IMPORTANT DATES AND INFO:

If you are fortunate to become a member of Pep Squad, then you need to be available for the following Mandatory events and keep track of when money is due. There are a lot of checks to write in the beginning.

April 23: 6 PM –New Pep Squad meeting in the IRC – pep members required and parents invited (strongly encouraged, especially if new to Pep). First fundraiser information will be distributed at this meeting.

April 24: 3 PM to 5:30 PM in room 219 (exact time for each squad is as follows: Varsity Songs 3-3:30; Flags 3:30-4; Cheer and JV Songs 4-5:30) Used Uniform Sale: pay in full at uniform sale. Bring checks, amounts will vary.

April 25: 1-5 PM Broadway Fitting for new uniform orders (to fill in what you could not purchase at the used uniform sale): typically a \$50 deposit per top and \$25 deposit per skirt is due at the fitting, and the balance by July 1). Current members will begin fittings during 6th period. New members will begin fittings at 3 PM (do not ask to be released from your 6th period). You may pay deposit with checks or credit card (be sure to have all information needed in order to process). Come prepared to be patient as the process sometimes takes quite a while!

May 4: Camp Deposit due \$75 made out to LCHS (credit card option below does not apply here). Checks payable to LCHS with Pep Squad Camp in the memo line for the deposit along with pep squad member's name and school ID#.

May 30: Checks payable to LCHS with Coaching Donation in the memo line for the coaching donation along with pep squad member's name and school ID#. Please see below for amount per squad.

June 11: Payment for camp balance due, payable to LCHS with Pep Squad Camp in the memo line along with pep squad member's name and school ID#. You can also choose to pay the remaining balance (\$375) online with a credit card directly to The Spirit Consultants, but there is a service fee to do so. Directions for how to do this will be distributed at the New Pep Squad meeting on April 23.

Contact Info:

Advisor: Mrs. Kristina Kalb

Email: kkalb@lcsd.net School phone: 818-952-4205

Teacher Website: <http://teacherweb.com/CA/LaCanadaHighSchool/kkalb>

Classroom: Athletic Office Period 1, Room 219 High School Periods 2-5/STEP; Room 219 or the MPR Period 6

Coach K: dave@thespiritconsultants.com

Coach Carly: misscarlyanne@yahoo.com

TRYOUTS INFORMATION AND SCHEDULE:

You will be permitted to tryout for **all** squads for which you are eligible, so please consider carefully which squad you will commit your time and efforts to for tryouts for 2012-2013. **It is highly recommended that girls audition for all for which they are eligible to maximize their potential of being on Pep Squad.**

What to wear to ALL workshops for ALL squads and review days for ALL squads:

School colors are not required for workshop days, but are required for the Mocks Tryout day and the actual Tryout day. Each day you should arrive at the workshop in an appropriate t-shirt/tank top with a sports bra underneath (no cleavage or bare-midribs showing), athletic/cheer shorts with spankees underneath, socks and athletic tennis shoes (no street shoes or fashion tennis shoes – ie. Toms or Converse). Hair needs to be up in a pony-tail with a hair ribbon. No jewelry may be on your body (band-aids taping over jewelry is not acceptable) --- the coaches and staff are not responsible for any jewelry. You should also bring a water bottle with your name on it. **Last, wear a smile and a positive attitude!**

CHEER/JV SONG:

There are multiple Cheer squads at LCHS (Freshman, Junior Varsity and Varsity). We are adding a JV Song for 2012-13 to work along with our Cheer Squads. Placement on one of the squads will be based upon skill level. However, Freshman will not be placed on Varsity Cheer. Only Freshman or Sophomores will be placed on JV Song. Prior membership on cheer does not guarantee a spot on cheer nor that someone will be placed on the same or higher squad for the next year. Cheerleaders lead cheers, stunt, tumble and do some dancing. Flexibility and jumps will be some of the scored components.

Specific Note about JV Song: This is a new squad that will incorporate dance and pom technique (they will not stunt). This squad will perform along with the three cheer squads at Assemblies and will cheer at games independent of/or with Frosh Cheer and JV Cheer. Practices will be with cheer choreography practice and its own separate practice time, they will not practice with Varsity Song at all. If auditioning for this squad you will rank choice #1 and choice #2 on your tryout paperwork and stay an extra 45 minutes each of the cheer workshop dates to learn JV Song-specific tryout components.

Workshop Dates:

M-F March 5-9 from 3:15-5:15 PM in the MPR and on the field (if you are auditioning for JV Song, you will attend Cheer Workshops and stay until 6 PM for additional material). Attendance to all 5 days in their entirety is required unless other arrangements are made prior directly with Mrs. Kalb. Additional practice on your own is highly suggested.

Review Days: Wednesday, March 28 from 3:15-5:15 (until 6 for those auditioning for JV Song) in the MPR and Wednesday April 11 from 3:15-4:15 PM (until 5 PM for those auditioning for JV Song) in the MPR.

Mock Tryout (REQUIRED): Wednesday April 18 from 3:15-6 PM in the MPR

VARSITY SONG SQUAD:

This Varsity-level squad is open to those who will be a Junior or Senior in the 2012-2013 school year. Dance utilizing a variety of styles and use of poms are the cornerstones of this squad. Responsibilities also include leading cheers. Although prior dance experience is not required, it is highly suggested. Dance technique, flexibility and jumps will be some of the scored components.

Workshop Dates:

M-F March 12-15 from 6-8 PM; March 16 3:15-5:15 PM. Attendance to all 5 days in their entirety is required unless other arrangements are made prior directly with Mrs. Kalb. Additional practice on your own is highly suggested.

Review Days: Tuesday, March 27 from 6-8 PM and Friday April 13 from 3:15-4:15 PM in the MPR

Mock Tryout (REQUIRED): Wednesday April 18 from 3:15-6 PM in the MPR

VARSITY PEP FLAGS:

This Varsity-level squad is open to those who will be a Junior or Senior for the 2012-2013 school year. Use of Pep Flags and some dance in a variety of styles are the cornerstones of this squad. Responsibilities also include leading cheers. No prior pep flag experience is required, some dance skills are helpful. Flexibility and jumps will be some of the scored components.

Each candidate will be required to make their own set of flags and bring them to the workshops. Flags must meet specifications as indicated on the separate sheet in order to audition on April, bring to all workshops.

From this point forward: no one may receive additional assistance and/or coaching from previous and/or current LCHS Flaggies outside of workshop hours. This is to make sure there is an even playing field for all candidates. If it is discovered that a candidate receives outside help, she will not be permitted to audition at tryouts. No exceptions!

Skills Workshop:

February 13-16 from 3-4:30 PM in front of the North Gym: run by current members of the Flag Squad. Learn how to turn, twirl and toss pep flags. Bring your set of tryout flags. This is not required, but HIGHLY recommended.

Workshop Dates:

M-F March 19-23 from 3-5 PM in the MPR/or in front of the North Gym. Attendance to all 5 days in their entirety is required unless other arrangements are made prior directly with Mrs. Kalb. Additional practice on your own is highly suggested. Bring flags created by you using the approved directions. Each candidate will need to have her flags examined and approved in order to audition.

Review Days: Thursday, March 29 from 3-4 in the MPR and Thursday April 12 from 3-4 in front of the North Gym outside.

Mock Tryout (REQUIRED): Wednesday April 18 from 3:15-6 PM in the MPR

THE BIG DAY (TRYOUTS):

Saturday, April 21st in the South Gym (check-in) and the MPR (audition) beginning with 8:15 AM.

Tryouts will be CLOSED. Only the Judges, Coaches, Advisor, Administration, and those trying out will be permitted inside the MPR at the appropriate times for the audition.

Report to the South Gym (enter from parking lot side door) no later than the call time given at MOCKS. Approved supervision will be in the South Gym with those trying out prior to their admittance to the MPR. Only those participating in the tryout process are permitted in the South Gym. Those auditioning will be given an audition number and have his/her picture taken with his/her number. Stretch and warm-up. Be prepared to perform when called. You may leave after your audition.

Exact call times for each group will be announced the week of March 26th. Call times will begin as early as 8:15 AM and auditions will run as late as necessary to accommodate all auditioning. I would suggest blocking off the day until mid-afternoon to be safe.

All Squads: Clothing and shoes should be comfortable and appropriate for the LCHS Pep Squad. Wearing of Spartan colors is REQUIRED (GOLD, WHITE AND CARDINAL). Your hair should be up and away from your face, no jewelry. Hair ribbons are highly suggested. No names on clothing.

JUDGING:

The judges are local professional judges from prestigious cheer/dance/pep flag programs. Their scoring is confidential and final – scores will not be released under any circumstances. Contact of the judges is restricted to the Advisor and school personnel. Any attempts by the student and/or parent(s)/guardian(s) to influence the scoring of the tryout is grounds alone for being barred from tryouts or being removed from a squad if placed on a squad.

Teacher Recommendations and verified academic and citizenship eligibility, workshop attendance, and your essay are required in order to audition. There is no actual score given for the teacher recommendation or the essay, but if they are not submitted complete, and on-time, the person cannot audition. The overall point scale is 100 percentage points. Workshop attendance and behavior will make up 10 percentage points of the overall score and the tryout performance itself is worth 90 percentage points. See chart below for a detailed breakdown.

Sample Chart Explanation:

Category of Scoring	Workshop Attendance and Behavior	Mocks	Tryout Date	MAX SCORE
Maximum for Category	7.5 points	2.5 points	90 points	100
Breakdown of scoring	1.5 points per day for being on time, having a positive attitude, having correct attire/equipment	Points for attendance, correct tryout attire/equipment	Points given for: Grooming, Correct tryout attire/equipment Technique specific to squad Flexibility (includes splits), Jumps Cheers, Routine Performance	

Results of the Tryouts will be posted on Mrs. Kalb’s teacher website at 8 AM Sunday, April 22nd. There will be no postings at school. The website is linked to the LCHS website and the direct link is below.

Go to the **LCHS 2012-2013 Pep Squad Tab** for squad postings.
<http://teacherweb.com/CA/LaCanadaHighSchool/kkalb>

Best of luck to each applicant!

Sincerely,

Mrs. Kristina Kalb, Advisor

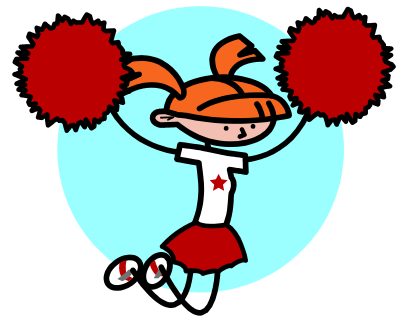
Coach Carly Clove

Coach Dave Kirschner

Dr. Jarrett Gold, Assistant Principal

Dr. Jackie Luzak, Principal

LA CANADA HIGH SCHOOL
PEP SQUAD TEACHER RECOMMENDATION AND APPLICATION FORM 2012-2013



Student Name _____ Age _____
 Student ID #: _____ Grade Level for 2012-13 _____

Faculty Approval

This student is being considered for participation in the **Pep Squad** program for the 2012-13 school year. **In addition to the other factors, it is important that the student qualify on the basis of: #1) his/her ability to be successful in classes with the additional load of practices and games; #2) his/her demonstration of outstanding personal characteristics including maturity, seriousness, positive group interactions, leadership potential, and good citizenship.**

Period	Subject	First Sem. Grade	Citizenship	Up to date on School work?	Capable of keeping up with work?	Teacher Signature
0						
1						
2						
3						
4						
5						
6						

To be eligible to audition, the student must have a minimum 2.0 GPA and 2.5 Citizenship GPA.

Questions? Direct them to Mrs. Kalb at kkalb@lcsd.net or swing by room 219.

The student is to compose a typed one to two page double-spaced essay on why he/she wishes to be on Pep Squad, how he/she will contribute to the specific squad(s) of choice and how he/she will contribute to the overall school spirit of LCHS. Please attach the essay to this form.

DUE DATE FOR ALL APPLICATION MATERIALS:

Cheer Applicants: Due by Friday, March 2nd to Mrs. Kalb in Room 219 by 3 PM.

Songs Applicants: Due by Friday, March 9th to Mrs. Kalb in Room 219 by 3 PM.

Pep Flags Applicants: Due by Friday, March 16th to Mrs. Kalb in Room 219 by 3 PM.

Paperwork Checklist:

- _____ Completed Teacher Recommendation Form
- _____ Pep Squad Tryout Donation (attach copy of receipt from Ms. Connelly if you pay in the student business office)
- _____ Pep Squad Essay
- _____ Signed Pep Constitution Page
- _____ Pink Slip and Emergency form are to be turned into Mrs. Kalb after being cleared through the Athletic Office (allow for 24 hour turn-around for this, so make sure all athletic clearance is ready at least 24 hours before your deadline). (If currently on Pep Squad, make sure your physical is still current. You do not need to submit a new Pink Slip if it is current).

