

LAKE ZURICH HIGH SCHOOL
CHEERLEADING TRYOUTS
For JV and Varsity Cheerleading

FOR: Incoming Freshman, Sophomore,
Junior & Senior LZHS Students

When: Monday, April 13, 2009, 8 00 – 11:00
12:30 – 4:00

Where: Lake Zurich High School

The LZHS 2009-2010 Cheerleaders will be chosen by the coaching staff with the assistance of independent specialty consultants. The number of individuals on the team will be determined by the coaches. There is no minimum skill requirement to try-out for cheerleading, however varsity cheerleaders are expected to have a minimum of a standing back handspring, with a preference for a standing back tuck.

The JV cheerleading team will be funded through a donation by the LZHS Spirit Boosters.

- 1. Application**
- 2. Teacher/Coach Evaluation (total of 3)**



LZHS Cheerleading Try-outs

April 13, 2009

Thank you for your interest in LZHS Cheerleading! We have a strong cheerleading tradition here at Lake Zurich High School and are excited to see so many new people interested. Cheerleading is considered an IHSA sport; thus we follow the LZHS Athletic Code, and the IHSA and NFHS cheerleading rules. We currently have a Varsity and Jr. Varsity cheer team. Varsity cheerleaders cheer at all Varsity boys home football and basketball games and some away games. The JV cheerleaders cheer at all home sophomore boys' football and basketball and some away games. In addition, cheerleaders will cheer at any other game deemed necessary by the coaching staff. All cheerleaders practice 4 days/week plus have approximately 1 game/week. If you are on an extra curricular team of some sort, this is not allowed to interfere with LZHS Cheerleading. For example: if you are on an extra curricular volleyball team, your practices or games for this team are not excused for cheer practices or games, therefore you may want to consider being on one team or the other, not both. **You cannot be on an all-star cheerleading team and be a member of the LZHS competition cheer team. This is an IHSA rule and there is NO flexibility on this.**

Cheerleaders are responsible for shoes (\$70/season), body suits (\$40), briefs (\$20). The LZHS Cheerleaders attend cheer camp in the summer. Camp will be August 2-4. The cost is approx. \$330 for camp and an additional \$60 for camp/practice clothing. Cheerleading is a sport in which students' earn a letter. Therefore all cheerleaders pay an athletic fee of \$225 at the start of the school year. Cheerleaders are also required to pay a summer practice fee of \$100. As part of our practices, the LZHS Cheerleaders tumble at an offsite tumbling facility one or two days/week. Price is approx \$65/month.

Jumps, stunting, tumbling, running, conditioning and cheering at games are a mandatory part of cheerleading at LZHS. Cheerleaders at LZHS are not one dimensional. All Cheerleaders are expected to be versatile. You may be asked to learn a new position. If you are not interested in learning and perfecting all these skills, you should not try out for cheerleading.

This will be an all-inclusive try-out. Prospective cheerleaders will be taught a side line cheer, a short dance, jumps & stunts. Try-out will include the side line cheer, dance, tumbling, stunts and jumps. Individuals will try-out by themselves. Teacher/coach evaluations will be considered at try-outs. Cheerleaders **must wear black shorts, white t-shirt and blue hair-bow for the try-out.** Hair that reaches the shoulder must be pulled back. **No Jewelry is allowed.** This includes belly rings. Medical tags are allowed but must be taped to the body. All potential cheerleaders will have an individual photo taken upon registration. This will be attached to their try-out application and teacher/coach evaluations and is used to assist the coaching staff with visual recognition during the selection process.

The LZHS Cheerleaders host several fundraisers LZ during the year. All cheerleaders are expected to participate in these events.

The LZHS Cheerleaders will attend summer camp August 2 – 4. Pre camp practices will be July 20-24 and July 27 – 31; daily from 9:0 a.m.-2:00 p.m..

Cheerleading is a team sport, however we do not have a "bench" like other sports. It is important that all cheerleaders attend **all** practices and games. There is not someone else that can do your job. What we do requires that everyone is there at all times. If you cannot commit to this, please do not take a spot away from someone who is willing to commit.

Cheers!

Pam Bonnevier
Head Cheer Coach
Lake Zurich High School
Coachpam65@sbcglobal.net

Tiffany Minne
Asst.Cheer Coach
Lake Zurich High School
LZcheerJV@_gmail.com

Lake Zurich High School Cheerleading Try-outs
Teacher/Coach Evaluation Form

(You must have a total of 3 evaluations in order to try out. Only 1 may be a coach evaluation. You must have a minimum of 2 evaluations from teachers. Exceptions will not be made.)

Student: _____

Teacher/Coach: _____

Class/Activity:

The above student is trying out for a position on the Lake Zurich High School Cheerleading Squad for next year. Please take a moment to evaluate him/her on these items. Please return these forms to the student or Fax them to the athletic office at Lake Zurich High School (847-540-4737). Thank you for your help. We couldn't have great squads without your input!

Sincerely,
Pam Bonnevier, Head Cheerleading Coach
Tiffany Minne', Asst. Cheerleading Coach

Please score each item.

1. Poor 2. Below Average 3. Average 4. Above Average 5. Excellent

_____ Attendance & punctuality

_____ Cooperative attitude

_____ Honesty and dependability

_____ Ability to get along with others

_____ General conduct

_____ Personality and enthusiasm

_____ Academics

_____ How well do you feel this person could represent Lake Zurich High School as a member of the cheerleading squad?

COMMENTS:

_____ Approximate current grade (if applicable)

Teacher/Coach signature: _____

LZHS CHEERLEADING

Tryout Application

Name _____

Address _____

City _____ St. _____ Zip _____

Phone _____

e-mail address _____

School _____ Age _____ Current Grade in school _____

Cheerleading experience (please list teams, years and positions filled) _____

Dance experience _____

Other sports experience _____

I/We have read and understand the information in regard to LZHS Cheerleading clinic, tryouts, expenses and expectations.

I/we give our child _____

permission to attend the LZHS Cheerleading clinic/tryout on April 13, 2009 for the 2009-2010 Cheerleading Squad.

Parent/guardian signature

Phone number