



2020 Spring CDO Varsity Spiritline Tryout Packet

We are very excited that you are interested in trying out for the CDO Spiritline.

Tryouts are March 23th, 24th, 25th and 27th

ALL TRYOUT DAYS ARE MANDATORY

This packet covers extremely important information including important dates and mandatory expectations. Please take the time to read through it completely and thoroughly.

If you have any questions, please email doradospiritline@gmail.com.

What's inside this packet...

Program Overview

- Spiritline Coaching Staff
- Spiritline Team Overview
 - Mission
 - Objectives
 - Description of Team
- Overall Requirements and Expectations
- Summer, School Year and Mandatory Dates
- Team Fees, Financial Obligations and Fundraising
- Competition

Tryouts Overview

- Tryout Checklist
- Description of Needed Materials
- Tryout Application Questionnaire
- Tryout Specific Information
- Tryout Timeline
- Tryout Evaluation Details
- Tryout Acknowledgement & Acceptance

PROGRAM OVERVIEW

Spiritline Coaching Staff

Karen Wadhams - Head Spiritline Coach

Nikki Sevinsky - Spiritline Coach

Spiritline Team Overview

Mission

The mission of the CDO Spiritline is to better the CDO community through school spirit, athletic comradery and strengthening our surrounding community.

Objectives

- Support CDO Athletics by cheering at multiple different games and events.
- Support CDO High School by fostering a positive and spirited atmosphere.
- Create a strong bond with the surrounding communities.
- Compete as a Varsity level team at multiple competitions.

Description of Team

The CDO Spiritline has both a Varsity and Junior Varsity level team. Varsity will have cheer and pom elements while JV will focus mainly on perfecting their cheer techniques. If a Varsity athlete has more of an interest in pom, they will be given the opportunity to focus on pom aspects during practices and events. The entire team will be together for events and competitions.

Overall Requirements and Expectations

- The CDO Spiritline is considered a year-round program. To be considered for this team, you need to be able to fully commit from the making of the team until Spring Tryouts for the next year.
- This is a competitive team, so all participants will be expected to attend and perform at all competitions.
- All athletes must maintain at least a 2.0 GPA at all times to participate
- Athletes must follow any and all AIA (Arizona Interscholastic Association) rules and regulations during practices, games and events.
- All athletes are expected to exhibit appropriate personal conduct. This includes your behavior towards yourself and others.

Summer Dates

- As a competitive team, we never truly have an “off season”. We expect our athletes to always be striving to better themselves and work on their skills.

- Over the summer, we will be having practices.
 - These practices will be technique practices and learning band dances and cheers for the football and basketball games.
- Summer camp will tentatively be in July
 - This is not mandatory and will not be funded by the club. Participants must pay out of pocket or fundraise if they want to go to summer camp.
- We will be cheering at all CDO registration days before school starts.
- Mandatory Dates: Subject to change
 - July 13-14 - Returner's Practices
 - July 15 - Full Team Practice
 - July 15 - Parent Meeting
 - July 27 (?) - CDO Registration Days

Season Requirements and Time Commitments

- All athletes will be required to attend all practices, games and events beginning in August through March of 2020. **Athletes should plan for an estimated 10 hours a week.**
 - Practices:
 - Practice is important to creating an outstanding team, therefore attendance at practice is crucial. It is required that work, vacations and other events will not conflict with these set times. If you need to miss a practice, you will be required to submit an Absence Request Form at least two weeks prior to the possible absence.
 - Exact days for practices will be announced at the conclusion of tryouts, but we will have 3 practices a week, on occasion 4 depending on performances scheduled.
 - During practices, we will be focusing on Game Day aspects (band dances, cheers, chants, etc.), stunting, technique, competition and conditioning.
 - Missed practices are **NOT** permitted unless there is an emergency situation. Family vacations, work conflicts etc. are not reasons for missing practices
 - Games:
 - The varsity Spiritline cheers at all home and away varsity football games and jv will cheer for all jv football games. Varsity and JV will cheer for home basketball games.

- Both teams will attend other sports, i.e volleyball, soccer, baseball and this will be done as a team on a set days. This attendance is expected and an important part of supporting all programs that we are called to support.
 - You must be available for all scheduled games, this includes any games over Fall Break and Spring Break. Please realize that we, as a team, are required to attend these events.
 - Other School and Community Events:
 - The Spiritline will perform at all school assemblies and any other events that we are asked to attend.
 - Our team strives to have strong relationships with our surrounding community. The team will be doing one (or more) community outreach event(s) each month and these will be mandatory. Attendance at these events is expected and an important part of our ambassadorship to our community.
 - Team Bonding Events:
 - We as teams will have scheduled team bonding events that will be mandatory for all athletes. The dates for these events will be released at least three weeks in advance. Attendance is expected and necessary to create the best team chemistry.

Team Fees, Financial Obligations and Fundraising

- Fees:
 - \$78 CDO Athletic Fee will be due upon acceptance onto the team.
- Financial Obligations:
 - Approximately \$200 worth of team clothing (team warm-ups, camp clothes, etc.) will be required for each athlete to purchase no later than the beginning of August. If attending camp, camp clothing will be required to be purchased soon after tryouts.
 - Periodic additional fees may be needed for team gatherings, small accessories, holiday gifts, bows, etc.
- Fundraising:
 - We will have multiple fundraisers throughout the year put together by either the CDO Spiritline, The Spiritline Booster Club or both. Attendance and participation in these activities is expected and crucial to achieve our financial goals.
 - The team will fundraise for a charity each sports season which will be mandatory.

Competition

- This team is a competition team. We will focus on our Game Day aspects for the first month of the school year during practices. Once we have those down, we will be focusing on technique and learning and perfecting our competition routine(s).
- Competitions:
 - The team might choose to attend more or less competitions.
 - Amphi Cup - Usually in October
 - State Qualifiers - Usually in early November
 - State - Usually in December
 - National Qualifiers - Usually in November
 - Nationals - Usually in February/March
- Traveling:
 - Most of our competitions are in Phoenix, Arizona. For these competitions, we will be traveling by bus.
 - Nationals are in California.
- Extra Practices:
 - As the competition dates grow closer, we will have sporadic extra practices as needed. These will happen mornings, Saturdays and Early Out Tuesdays and will be expected for all athletes.

Consequences and Reasons for Dismissal

- The Demerit System - Each athlete must uphold the procedures and expectations stated in the above handbook. These expectations were carefully thought out and created to support the positive image that we on the CDO Spiritline want to uphold. At the coaches' discretion, demerits may be given against an athlete for failure to meet any of our team's expectations. The season will be broken into three separate sessions; summer, first semester of the school year and the second semester of the school year. During each session, each athlete will start out with 20 points. If any infractions occur during the session, the athlete will lose points based on the severity of the infraction. Points do not reset until the start of the next session. If an athlete loses all points during a session, they will be removed from the team.
 - Examples of Infractions and the Corresponding Demerit Amount
 - Being late to a practice or a call time (without previous excuse) = 2 pts
 - Unexcused absences = 5 pts
 - Coming unprepared to a practice, game or event = 2 pts
 - Ignoring a captain's instruction = 3 pts
 - Bullying = 3 pts

- Some Infractions have other penalties (see below) that will occur as well as the loss of points.

Coaches reserve the right to add, remove and edit Infractions and the corresponding Demerit based on the situation at hand.

- Bullying and Respect Consequences - The CDO Spiritline does not support members of our team that bully, have bad attitudes or show the inability to adhere to our team's expectations. You were made aware of the expectations before you tried out. You signed up to be an ambassador of spirit for the school and we hold our athletes up to high standards.
 - Bullying:
 - If it is brought to our attention that you have been treating others unkindly, we will take it very seriously and follow the school's policies on dealing with bullying.
 - Respect
 - This has many forms. Each team member is expected to respect their coaches and their captains.
- Punctuality and Preparedness Consequences
 - If you are late to a call time or a practice (unless previously excused), the team will run one lap per minute of tardiness.
 - If you are missing required items for a practice or event, the team will complete one minute of plank for each forgotten item (i.e. one pom = one minute)
 - If items are left behind after a practice or an event, the team will complete one minute of plank for each forgotten item.
- Grade Consequences
 - If your grades fall below a 2.0, you will be benched from all activities for the 4 consecutive weeks after. If your grades are not brought up at the end of those 4 weeks, you will be benched from all activities for 8 more weeks.

2020 Spiritline Tryout Checklist

Participant Name: _____

_____ 1. Completed CDO Athletic Packet and Physical turned into Elsa Alvarado by **March 13th**.

_____ 2. Submit the Tryout Packet by **March 13th**

- Printed on white, one-sided printer paper
- DO NOT Staple, please use a paper clip or binder clip
- Order of Packet
 - Tryout Checklist (Pg. 6)
 - Tryout Acknowledgement and Acceptance (Pg. 12)
 - 5 x 7 Headshot (Description on Pg. 7)
 - Cheer/Dance/Performance experience (Description on Pg. 7)
 - Application Questionnaire (Pg. 8 and 9)
 - Previous Semester and Quarter Grade Print Out
 - Availability / Parent and Athlete Information Form (Pg. 11)
 - Letters of Recommendation (Description on Pg. 7)

T-Shirt Size _____ Soffie Short size: _____ Shoe size: _____

Options for Turning in Paperwork:

1. Mail to:
Canyon Del Oro High School
ATTN: CDO Spiritline
25 W Calle Concordia, Oro Valley, AZ 85704
2. Bring in person to CDO Front Office by **March 13th** and drop off with Elsa Alvarado.

Important Notes:

- Incomplete, late and/or emailed submissions **WILL NOT** be accepted, **NO EXCEPTIONS**.
- CDO Spiritline and CDO High School will not be held responsible for loss of paperwork in the mail. Make sure you have a tracking number.
- Do not mail recommendation letters or fees separately. Send everything in one package in the order specified above. Emailed recommendation letters will not be accepted.

Description of Required Materials

Athletic Packet and Physical:

- The Athletic Packet can be obtained in the front office from Elsa Alvarado or on the CDO website.
- The Physical must be recent and submitted before March and is good for one year.

Tryout Packet:

- Completed and received no later than **Friday, March 13th**.
- Tryout packets will be accepted beginning **Friday, February 7th**.

Tryout Packet Includes:

1. Tryout Checklist

2. Tryout Acknowledgement & Acceptance

Applicants and their parent/guardian must print, sign and date the Tryout Acknowledgment Form.

3. 5 x 7 Headshot

The athlete should have a standard color headshot photo. Your photo should be recent and show a natural hair color, your current length and style. These photos will not be returned. Any major hair color changes will need to be approved and only natural colors.

4. Cheer / Dance / Performance experience

Athletes will be expected to submit a one-page up-to-date list of their previous cheer, dance and/or other performance experiences and skills they have mastered. Do not let this intimidate you, if you don't have any experience just put none.

5. Application Questionnaire

6. Previous Semester and Quarter Grade Print Out

Applicants should print out their most recent quarter grades. Your previous grades will be taken into account.

7. Availability

8. Letters of Recommendation

Applicants are required to submit two letters of recommendation from teachers, and one from an administrator, counselor or boss.

Tryout Application Questionnaire

1. What qualities and actions do you think define a responsible student athlete? How could those things benefit our team?
2. Why do you think you would be an asset to the CDO Spiritline?
3. Do you have any other obligations currently, or are you planning on gaining more? How will those affect your ability to commit to our team?
4. What does being a Cheerleader mean to you?
5. What do you do to handle stress?
6. What do you think constitutes “professional behavior”?
7. What does it mean to be a leader? What type of leader do you consider yourself to be if any? Why?
8. Being apart of the CDO Spiritline requires both physical and mental toughness as well as dedication, passion and a constant motivation to be better. What do these traits mean to you? How will you continue to display them throughout the season? How will you assure your teammates continue to display these characteristics?

9. Within this program, we greatly stress the importance of using the chain of command when concerns or issues arise. What do you consider to be the correct chain of command that should be used when communicating a problem? Why is it important to follow this?

10. How would you handle a coach's decision that you do not agree with? For example, becoming an alternate for a competition, being removed from a stunting position, or being benched from a game as a behavior consequence?

11. How would you handle a negative or disrespectful teammate(s) that seem to be affecting the team dynamics, practices, games and/or events?

12. Some team members are good tumblers, some are good at fundraising. What would you say your gifts are and how might they benefit our team?

13. Time management is a very important skill to have. If you were to be invited to be apart of this team, how would you balance your academics with the time expectations for our team?

14. What skills do you hope to learn or improve this year?

15. What goals do you see this team setting and/or achieving?

Tryout Specific Information

Dates and Times of Tryouts

- Monday, March 23th 4:00pm-6:30pm - Learn Tryout Materials & Techniques
- Tuesday, March 24th, 4:00pm-6:30pm - Learn Tryout Materials & Techniques
- Wednesday, March 25th, 4:00-6:30pm- Review Tryout Materials & Techniques
- Friday, March 27th, 4:00pm-7:00pm - Tryout: Strength Testing then Skills and Routines
- Saturday, March 28th, 1:00pm-3:00pm - Team Announced

Tryout Skill Requirements

- Required Skills
 - Right and Left Side Kicks
 - Right and Left Front Kicks
 - Right and Left Hurderlers
 - Toe Touch
 - *Skills may be incorporated into choreography**
 - Strength & Conditioning
 - Timed Plank
 - One Minute Squats
 - Consecutive Push-Ups (As many as possible without stopping)
 - Quarter Mile Sprint
- Other Skills...
 - Any and all tumbling
 - Handstand, Cartwheel, Aerial, Front/Back Walkover, etc.
 - Any dance skills
 - Turns
 - Single/Double/Triple/Quad (Not turned out)
 - Second Turns (3-5 finishing with a double)
 - Leg Hold Turns
 - Flexibility
 - Splits
 - Leg Holds (Heel Stretch)
 - Bow and Arrow
 - Pretzel
 - Jumps
 - Side, Center and Switch Leaps
 - Turning Disc
 - Single/Double Stags

**Please be sure to mention any and all mastered skills in your experience, you may be asked to demonstrate any skills mentioned*

Summer / Fall / Winter Break Availability

If you have any pre-planned family vacations during any of these breaks as of March 23rd 2020, please list them below. If you don't have anything planned please write N/A.

Athlete and Parent Information

Athlete Name:

Number: _____ Email: _____

Parent Name:

Number: _____ Email: _____

Tryout Acknowledgement and Acceptance

I have carefully read and understand all content of the 2020 Spring Varsity CDO Spiritline Tryout Packet.

I understand and accept that the coaches' and judges' backgrounds, collectively, cover a broad spectrum and many years of cheerleading and performance experience. The panel's decision for the 2020-2021 CDO Varsity Spiritline team is final. I understand in no way have I been promised a placement on the CDO Varsity Spiritline team and I understand that my tryout is voluntary.

I also agree that should I be selected for the 2020-2021 CDO Varsity Spiritline team I will commit and dedicate myself 110% to this team and all Policy and Procedures discussed during tryouts. I will not accept a spot on this team if I do not fully intend to be apart of this team for the entirety of the 2020-2021 school year. I agree that if I do not continue with this team for the entirety of the year that I forfeit my right to tryout for the team in the future.

I, _____, agree to the conditions stated above.

Printed Name of Applicant

Signature of Applicant

Signature of Parent

Printed Name of Parent