



2021 Spring CDO Varsity Spiritline Tryout Packet

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

Tryouts are April 13, 14, 15, 16

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 13-16 & 19- Camp Practices
 - July 26-30 (?) - CDO Registration Days
 - August 2-4- Full Team Practice

Season Requirements and Time Commitments

- All athletes will be required to attend all practices, games and events beginning in August through March . **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 4 practices a week, on occasion 3 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 day. 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 two weeks in advance. Attendance is expected and necessary to create the best team chemistry.

Team Fees, Financial Obligations and Fundraising

- Fees:
 - \$76 CDO Athletic Fee will be due upon acceptance onto the team.
- Financial Obligations:
 - Approximately \$300 worth of team clothing (shoes, briefs, practice 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.
 - Additional Costs will include warm-ups for the school year, bows, bags/backpacks. Normal cost between \$150-\$250
 - Periodic additional fees may be needed for team gatherings, small accessories, holiday gifts, extra 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.
- Extra cost:
 - Competition Jacket
 - Hotel Rooms
 - Entrance fee
 - Bag
 - Bow
 - Total depends on a variety of options.

2021 Spiritline Tryout Checklist

Participant Name: _____

_____ 1. Completed CDO Athletic Packet and Physical turned into Elsa Alvarado by **April 12th**.

_____ 2. Submit the Tryout Packet by **April 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. 5)
 - Tryout Acknowledgement and Acceptance (Pg. 12)
 - 4x6 Headshot (Description on Pg. 6)
 - Cheer/Dance/Performance experience (Description on Pg. 6)
 - Application Questionnaire (Pg. 7 and 8)
 - Previous Semester and Quarter Grade Print Out
 - Availability / Parent and Athlete Information Form (Pg. 10)

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 **April 12th** 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.
- 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 **Monday, April 12th**
- Tryout packets will be accepted beginning **Monday, March 22nd**.

Tryout Packet Includes:

1. **Tryout Checklist**

2. **Tryout Acknowledgement & Acceptance**

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

3. **4x6 Headshot**

The athlete should have a standard color headshot photo. Your photo should be recent and show a natural hair color. 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**

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 a part 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 a part 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

- Tuesday, April 13th, 4:00pm-6:30pm - Learn Tryout Materials & Techniques
- Wednesday, April 14th, 4:00-6:30pm- Review Tryout Materials & Techniques
- Thursday, April 15th, 4:00-6:30pm- Review Tryout Materials & Techniques
- Friday, March 27th, 4:00pm-7:00pm - Tryout: Strength Testing then Skills and Routines

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 2021 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 2021-2022 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 2021-2022 CDO Varsity Spiritline team I will commit and dedicate myself 100% 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 a part of this team for the entirety of the 2021-2022 school year. I agree that if I do not continue with this team for the entirety of the year that I will not be considered for the team for the following season.

I, _____, agree to the conditions stated above.

Printed Name of Applicant

Signature of Applicant

Signature of Parent

Printed Name of Parent