

2022 FOOTBALL CHEERLEADING INFORMATION PACKET

Tryout Clinics: 5-6:30pm

May 24th, May 26th, May 31st,
June 2nd, June 6th

Tryouts: 7pm

June 7th

Letter to parents/guardians and athletes from Coach Dietz:

Welcome to the RTHS football cheerleading tryouts! Within this packet, you will find all of the information needed for the big day. Our program is seeking individuals that will bring positivity to the team. We are looking for athletes who want to learn, try new things, and will strive for excellence. In addition, he or she must be willing to show school spirit, dedication, work well with others, and represent their school as a positive role model. The role of a cheerleader is to promote school spirit and pride within the school and community. Please look through this packet carefully and address any questions early. We have been building our program and will continue to do so. However, we need you and your amazing qualities in order to keep our momentum.

Within this packet, I have included the football game schedule and practice schedules for May-July. **SUMMER CAMP DATES AND COSTS ARE INCLUDED IN THIS INFORMATION PACKET!** In order to fully prepare for our football season and beyond, our focus is on building skills and teammate relationships. Camp is a required component and I wanted to include the dates and cost early in order for you to plan and meet deadlines. Do not hesitate to communicate any financial concerns. Together we will find a solution. I look forward to our new season ahead and anticipate working with incredible individuals. Good luck to all that tryout and remember, we love Rantoul!

IMPORTANT: I have included a waiver that must be signed by a parent/guardian **before** attending any clinics.

--Coach Liz Dietz

COACH DIETZ
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(217) 778-8190

COACH FONDIA
lfondia@rcs137.org
(217) 418-4555

Eligibility for tryouts:

1. Prospective cheerleaders must meet IHSA academic requirements. (must be passing 3 of 4 classes)
2. Prospective cheerleaders must be willing to abide by the rules as listed in the RTHS Athletic Code of Conduct and those set in place by the IHSA and cheerleading coaches.

Note the following IHSA rules:

- 3.1.2- Jewelry of any kind is prohibited except for the following: A religious medal without a chain is allowed and must be taped and worn under the uniform. A medical-alert medal must be taped and can be visible.
 - 2.1.4- Fingernails, including artificial nails, must be kept short, near the end of fingers.
3. Prospective cheerleaders must complete a permission form **prior to participating in clinics**.

What to expect on the day of tryouts:

Tryouts are closed to the public and are judged by coaches, teachers, and unaffiliated parties. There will be several clinic days to prepare and learn the material for tryouts. Don't stress if you are unable to attend a clinic day due to a conflict with another sport or school activity. You will be responsible for making up all the material, but videos and material will be posted on our Facebook page. If you are unable to attend the tryout day due to a conflict, you have the opportunity to schedule an alternative tryout date. All clinics and tryout dates will take place on the track/football field at RTHS. On the day of tryouts, athletes are encouraged to wear cheer shoes/tennis shoes, have their hair up and off of their face, and wear athletic clothes.

Tryout candidates will be scored on the following:

- Crowd Cheer
- Hello Cheer
- Sideline
- Toe-Touch and Combo Jump
- Group Stunt
- Tumbling
- Sideline Dance
- Personal Statement
- Teacher Evals/Grades

Football Season Costs:

Varsity Away Camp: \$350 *Due July 1st

JV Home Camp: \$75 *Due July 1st

***There is a planned fundraiser in June that will help significantly cut down camp costs. However, I would start a budget for camp since it is an expense. Camp must be paid in full by July 1st in order for your son/daughter to attend. More camp information is included in this packet.*

Varsity Camp Clothes/Season Shirt: \$80 *Due June 9th

JV Camp Clothes/Season Shirt: \$40 *Due June 9th

Team Sweatshirt: \$25 *Due September 2nd

****Shoes:** Any white pair works! Football season is hard on cheer shoes and team shoes will not be required. You can wear old cheer shoes or I recommend getting an affordable pair from omnicheer.com

****Our Game Day bow, Camp bow, Summer Parade bow, and October bow have been paid for and you will not need to worry about those expenses. :)**

VARSITY GAME DATES:**JV GAME DATES:**

TBD Eagle Kickoff
8/26 Home vs Peotone 7pm
9/2 Away vs BCC
9/9 Home vs Pontiac - Hall of Fame Game
9/16 Home vs Prairie Central
9/23 Away vs PBL
9/30 Home vs Monticello - Homecoming
10/14 Home vs SJO - Senior Night
10/21 Away vs IVC

TBD Eagle Kickoff
8/26 Home JV vs Peotone 5pm
9/12 Home JV vs Pontiac 6pm
9/16 **Home Varsity vs Prairie Central 7pm**
9/19 Home JV vs Prairie Central 6pm
9/30 **Home Varsity vs Monticello 7pm**
10/3 Home JV vs Monticello 6pm
10/14 **Home Varsity vs SJO 7pm**
10/17 Home JV vs SJO 6pm

Varsity will cheer at both away and home varsity games.

JV will cheer at home JV games and the three Varsity home games listed above.

Summer Camp Information

VARSITY CAMP: Ultimate Xperience Camp - Effingham

Place: EFFINGHAM HIGH SCHOOL

Date: JULY 18-21 (MONDAY-THURSDAY)

Cost: \$350 P/A

INFORMATION: The Ultimate Xperience Camp is a 3.5 day camp that is based around the IHSA cheerleading Rubric.

Day 1 will be a full day of skills instruction with top stunt technique coaches from around the United States. This day will build proper technique for your team from the ground up to prepare them for two days of high rubric range stunts.

Day 2 and 3 will provide customized instruction for your team. Your athletes will learn a high range IHSA stunt sequence, pyramid sequence, jump/tumbling sequence, & game day section. Each sequence taught gives you the opportunity to work with multiple instructors. We believe that exposure to multiple coaching styles and talents give each athlete the full camp experience.

The last day is competition day! Your athletes will compete all of the sequences they learned over the course of camp for prizes, with the chance to be our Ultimate Team! Competition day is also a chance for your individual athletes to compete for prizes with one athlete being named the ultimate athlete. Seniors will have a shot at our \$500.00 Senior Scholarship and opportunities to be recruited by collegiate programs. Each athlete will receive a camp TSHIRT.

JV CAMP: Skills Camp

Place: RANTOUL TOWNSHIP HIGH SCHOOL

Date: JULY 25th (MONDAY)

Cost: \$75 P/A

INFORMATION: The home Skills Camp is a 1 day camp that is at RTHS.

This home camp is a completely customized skills camp. It will be a full day of skills instruction with top coaches. We will build proper technique from the ground up to prepare for a stunt sequence, jump/tumbling drills, and game day material. This camp is a condensed version of the Varsity camp that is both cost efficient and a great way to build skills while bonding as a team!

RTHS CHEER TRYOUT PERMISSION FORM

THIS FORM MUST BE SIGNED PRIOR TO ATTENDING CLINICS AND TRYOUTS

My child _____ has my expressed permission to tryout for the cheerleading team at Rantoul Township High School. I am aware that he/she must abide by the rules and guidelines set forth by the coaches. I understand that my child does not need to attend all tryout clinics in order, but must learn the appropriate material to be considered for a position on the squad.

- I am aware that my daughter/son will be evaluated by judges and that the decision made by these judges is final.
- I am aware of all estimated costs associated with being a part of the squad. (estimated cost listed at the bottom of this sheet)
- I am aware that cheerleading can carry a risk of personal injury.

I also understand that regardless of safety practices and procedures, it is impossible to eliminate all risk. I am aware that the risk of injury may include broken bones, sprains, strains, minor cuts, bruises, muscle pulls, and dislocation. I am aware that there is also a potential risk for catastrophic injuries such as permanent paralysis and death. I understand these risks and will not hold Rantoul Township High School responsible in the case of an accident that results in bodily harm at any time.

Parent/Guardian Signature _____ **Date** _____

Parent/Guardian Phone Number: _____

I have expressed intent to tryout for the cheerleading squad at Rantoul Township High School. I understand the risks associated with being elected to fill a position on the team. I promise to follow all rules, regulations, and guidelines set forth by the coaches and administration, including rules from the cheer handbook and RTHS athletic code.

Student Signature _____ **Date:** _____

Student Phone Number _____

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