

2023 RTHS CHEERLEADING

TRYOUT INFORMATION

Tryout Clinics:

MAY 23rd/24th 5-6:30pm

MAY 30th/31st 3-4:30pm

Tryouts: 3pm

JUNE 1st

Letter to parents/guardians and athletes from Coach Dietz:

Welcome to the 2023 RTHS cheerleading tryouts! Within this packet, you will find all of the information needed for the important day. **We are changing up our tryout process and it is important you understand how it will work this year.** This tryout is for both football and basketball cheerleading. On June 1st, we will determine who is on Varsity for football season, who is on JV for football season, AND which individuals make the roster for basketball season. We will host an additional skills check in October that will then determine whether you are on the JV/Varsity roster for basketball season. The motivation for this change is to help with planning and so that we can include those that are in a fall sport, such as volleyball, in our summer conditioning and training. Individuals in a fall sport (other than cheer) will be expected to attend summer cheer practices that do not conflict with their fall sport schedule and will be expected to attend camp. Those that do not uphold our team expectations throughout the summer and during the fall season will be dropped from the basketball roster.

Our program is seeking individuals that will bring positivity and consistency to our 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 our 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 soaring to new heights (eagle pun).

Within this packet, I have included the tentative summer practice schedule and due dates for anticipated expenses. I look forward to our new season ahead and anticipate working with incredible individuals. Good luck to all that tryout!

IMPORTANT: I have included a waiver that must be signed by a parent/guardian **before** the June 1st tryout and preferably by May 23rd.

--Coach Liz Dietz

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(217) 778-8190

COACH FONDIA
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(217) 418-4555

Eligibility for tryouts:

1. Prospective cheerleaders must meet IHSA academic requirements.
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/NFHS Spirit Rules 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 tryouts on June 1st.**

What to expect on the day of tryouts:

Tryouts are closed to the public and are judged by coaches, teachers, and unaffiliated parties. Don't stress if you need to miss a clinic day due to a conflict with another sport or school activity. You will be responsible for making up all the material and all material will be found on our Facebook page, Rantoul Cheerleading. All clinics and tryout dates will take place on the 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 purple/gold/RTHS athletic clothes. Prospective cheerleaders will not be allowed to participate in clinics if they have any jewelry on or long nails per the IHSA rules set for cheerleading.

Tryout candidates will be scored on the following:

- Crowd Cheer
- Sideline
- Toe-Touch and Combo Jump
- Group Stunt
- Tumbling
- Motion Technique Check
- Personal Statement/Grades

Season Cost Breakdown:

Football Season Costs = \$50 **due by August 14th**

Season Bow: \$15

Team Hoodie/Crew: \$35

Summer Costs = Varsity \$355 and JV \$260 **due by June 9th**

- Camp Clothes: \$80
 - 2 team shirts, 2 team shorts/spandex
- Camp Bow: \$10
- Varsity Camp: \$265
 - July 17-20, Effingham, overnight
- JV Camp: \$170
 - August 7-8, Wilmington, commute

*Shoes: You will order on your own or can wear past season shoes. Here are links with options. I recommend an affordable pair for football season since we will be outside on the track. Shoes need to be all white.

- <https://www.omnicheer.com/shop/cheerleading-shoes>
- <https://shop.varsity.com/collections/cheerleading-shoes>
- <https://www.cheerleading.com/accessories/shoes>

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 in tryout packet)
- 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 _____