

**PCMS
CAPTAIN AND CO-CAPTAIN
TRYOUT PACKET**



2019-2020

The 2019-2020 PCMS Cheerleading Squad Leadership Body will be made up of the following:

- Captain (Head Cheerleader) 8th grader: In charge of all squad members at any given time, runs practice, has final say so.
- Co-Captain(s) 8th grader: Assist the head captain.
- Shadow Captain 7th grader: In charge of all 7th graders and assist 8th grader captains and co captains
- Shadow Co-Captain(s) 7th grade: Assist 7th grade shadow captain and up
- Social Officer/Spirit Leader: In charge of regular squad members during practices while competition squad is practicing.

The Captain (Head Cheerleader) will be in charge of ALL cheerleaders and co/captain's positions under.

EXPECTATIONS AND REQUIREMENTS

If selected, the Head Cheerleader, Captains/Co-Captain and Social Officers are expected to commit to and serve in the position for the remainder of the cheerleading season. The Head Cheerleader is also expected to attend the tryout clinic the following year to assist the coaches as needed. PCMS Cheerleaders are held to a higher standard than the rest of the school and the Head Cheerleader and Captains will be held to a higher standard still.

Because leaders are held to a higher standard, if a Head Cheerleader, Captain or Social Officer accumulates 3 demerits in one cycle, then he/she will be removed from his/her leadership position, in addition to the regular consequences incurred by an cheerleader. See Cheerleader Constitution for further details on required duties and responsibilities.

TRYOUT SCHEDULE

April 19th: All candidates must text or email coaches by 9 pm to let them know they plan to try out for a leadership position.

April 25th – All paperwork due to coaches

*Head Cheerleader, Captain and Co-Captains

- Notebooks DUE!
- Permission slip signed by both the cheerleader and at least one parent
- Completed Cheer Notebook
- Typed answers to the marked questions listed below and placed in the "Essay Questions" section of Captain/Co-Captain Notebook (marked with*)

* Social Officer/Spirit Leader

- List of 5 weekly spirit options (ex: White out the Bronco's-coordinate cheer team wearing all white/pass out white chocolate to team, etc...)

April 30th h- May 16th 4:20-6:20 Captain/Co-Captain Tryouts

*Captain/Co-Captain original dance with instruction

* Captain/Co-Captain Interview

*Social Officer- Presentation on team building activities, ways to improve school spirit with "Spirit Plan" and Christmas party ideas.

*Results posted by 5:00pm May 16th (NOTE: Coach has the right to choose earlier through the week is she sees fit or to NOT choose a co-captain at all.

POSSIBLE LEADERSHIP QUESTIONS

1. What assets would you bring to the organization if selected as Head Cheerleader/Captain?
2. Do you feel that you can stand on your own judgment and make decisions as a leader that may cause you to lose a few friends?
3. *What is the key to earning the respect of your team? How do you keep it?
4. Define: Initiative. Do you have it? Explain
5. What does "Confidentiality" mean?
6. Describe a situation concerning Head Cheerleader Confidentiality
7. What are the biggest complains of the cheerleaders on the squad and how would you help solve these complaints, while still fulfilling your responsibilities as Head Cheerleader/Captain?
8. How will you be able to handle the stress, both physical and mental, often involved with the duties required of the Head Cheerleader/Captain? BE SPECIFIC!
9. Rate yourself in the following areas. Please, explain and give examples of your talents (example 1-5; 5 being the strongest)
 - a. Motivation
 - b. Organizational Skills
 - c. Dedication
 - d. Reputation
 - e. Responsibility
 - f. Positive Attitude
10. What is something that your coach has said that you will always remember? Why?
11. How will you lead the other captains? What challenges do you see arising with leading other leaders?
12. Why do you want to be a captain/co-captain?
13. *Describe what servant leadership means to you and how you demonstrated this in your life in the past year?
14. What is your weakest characteristic that would hinder you being a great captain/co-captain?
15. What can you attribute to the team that the other candidates cannot?
16. *What do you feel is the most important responsibility as a captain/co-captain?
17. If you could improve one thing about the CHS Cheer Program, what would it be? How would you go about doing it?
18. Rank the following in order of importance: Honesty, Accountability, Loyalty, Talent, and Dependability. Explain Why?
19. If a member of the team were off-task during practice, how would you handle that?
20. What kind of people do you find it difficult to work with?
21. Explain how you would differentiate between when to be a friend and when to be a leader.
22. What was the hardest decision you have ever had to make? What have you learned from that decision?
23. What accomplishments are you most proud of?
24. How do you plan to keep each member of the team motivated, while continuing to uphold the reputation of the CHS Cheer Program?
25. What will you do to ensure that you can meet all of your academic responsibilities and devote the time necessary to be captain/co-captain of the CHS Cheer Program?
26. What other leadership experience have you had?
27. If you become captain/co-captain, what proactive changes would you like to make to improve the well-being, skill level, and/or bonding of your team?
28. What ideas do you have that would promote spirit among your team?
29. What ideas do you have that would promote school spirit among the fans?
30. If you are not chosen as Captain or Co-Captain of your team, how will you maintain a leadership role and exhibit a positive attitude throughout the season?
31. *As Captain, what are your thoughts on the roles of the co-captains? How do you incorporate and involve the co-captains, who are also leaders on the team? How would you handle a disagreement with the co-captains?
32. How is a leader capable of encouraging the maintaining of skills?
33. What do you think the main purpose of practice time should be? Not everyone agrees about the hard work needed to "get there." How do you feel team members should feel when they leave practice?
34. *As Captain, How do you hold yourself and your team members accountable for exemplary behavior, in and out of cheer, in every scenario possible? What should be the natural consequences when team members are not exhibiting this exemplary behavior? How do you hold yourself accountable for behavior that should be a step above the team?
35. How do you earn respect from others? How do you think you can be a leader of a team of natural leaders?
36. *Is there anything else you would like us to know?
37. *Do you have any questions?

Numbers marked with an asterisk must have written responses (short responses are acceptable-but they should completely/fully answer the question)

CAPTAIN/CO-CAPTAIN CHEER NOTEBOOK

Section 1: Table of Contents

Section 2: Completed CHS Cheerleading Captain Application

Section 3: Resume' including: Name, grade (2019-2020), current picture (already on file), awards, recognitions (academic and cheer), overall grade average, copy of last report card

Section 4: Include 2 letters of recommendation (NO family please!)

Section 5: Teacher evaluations (all teachers)

Section 6: Choose one Ethical Principle that you feel is most important to you and our program. Why is it so important? Give an example of how you apply this principal to everyday life

Section 7: Signed Contract

Section 8-**Essay Questions**

Please respond to the following questions.

1. How would you respond if a squad member tells you (as a captain or co-captain) to shut up, or rolls his/her eyes at you during practice?
2. What would you do if two members get in a fight in front of the team and the Coach is not around?
3. What would you do if a squad member is acting improperly at a game?
4. How would you ensure that the team creates a cohesive unit and it supportive of one another? In other words, how would you help to create a team atmosphere/mentality for all the cheerleaders?
5. The Coach makes an unpopular decision even you disagree with. How would you react?
6. Essay on how cheerleading has affected your life this year and why it is important to you, discuss positive and negative aspects of high school cheerleading (based on your experience), and three suggestions for improvement on the next team and how to build them.

Section 9- **Game Plan** *Design a plan for a football game.*

-Include the cheers, chants, stunts, spirit ideas you would use to promote positive school spirit for each quarter of the game.

Section 10: **Agenda for Cheer Practice**

Develop an outline for cheer practice including activities and time allocation for each activity.

Section 11: **Fundraising Plan**

Create a fundraising plan for the 2019-2020 school year.

Section 12- **Spirit Plan**

Create a list of 3 ideas for pep rallies next year (i.e. skits, cheers, dances, etc..)

List 5 Spirit themes based on schools PCMS plays (ex: Bake Bryan-everyone wear BBQ attire)

**Notebooks may be any size and color you see fit ☺*

PCMS CAPTAIN/CO-CAPTAIN PERMISSION FORM

Name: _____
Grade Entering in Fall 2019 _____

Being a captain is not an easy task. Being a captain means your commitment level has to go up and cheerleading has to be your first priority outside of family and school. You need to be the first one at every practice and last one to leave. You have extra responsibilities and are held to a higher standard. You are not allowed to miss a practice, game, or event for any reason other than for a contagious illness, religious observances, or graded school events. You are expected to lead the cheerleaders at practice, games and special events, stunts, and tumbling. You are expected to be a good role model outside of cheerleading as well. You represent not only PCMS, but the cheerleaders in everything you do. You become a mini assistant coach, you are on the coach's side and it is a complicated line to tread. You need to be a friend and leader and a coach all at the same time. If you feel like you are ready for this commitments, continue with the application.

Please make sure you complete your notebook carefully and truthfully. I will be holding you to your word if you are chosen as captain or co-captain.

*Notebook is due WITHOUT fail before 4:00 on **April 25th!!!**

Student and parent/guardian signatures on this application indicate that both the student and the parents/guardians have read, discussed, understand, and agree to all of the provisions and requirements set forth in the Cheer Constitution.

I am interested in a leadership role with the PCMS Cheerleading Team. If elected, I promise to abide by the rules and regulations set forth by the coach and the principal of Crosby High School. I promise to cooperate and follow the instructions of the cheerleading coach(es).

My parents and I are aware of the time involved in preparing for cheerleading tryouts and with holding the Captain/Co-Captain/Social Officer positions. I am willing and able to spend many extra hours after school and practice for choreography, organizing, fundraising, etc. I promise to be at each training practice, event, or required function unless I am absent from school because of illness and will present proof of such absence(s)

My parents and I understand that approval of this application is dependent on my full compliance with the eligibility requirements for the Cheerleading Program. My parents and I agree to comply with ALL rules and regulations for the cheerleading/mascot program and will abide by all of the student codes of conduct regulating participation in the program.

I understand my responsibilities to uphold the reputation of my squad, school and community.
As a role model, I will consistently adhere to the Student Code of Conduct and the Cheerleading Constitution IN THEIR ENTIRETY

I understand that making Captain/Co-Captain does not guarantee a leadership position for the entire year. I must maintain the standards set forth in the constitution, by the coaches and the administrators.

Parent/Guardian Signature

Date

Parent/Guardian Signature

Date

Leadership Candidate's Signature

Date

CAPTAIN/CO-CAPTAIN TRYOUT INFORMATION

Your overall score will be based on the following items:

Notebook	120 points
Interview	60 points
GPA	50 points
Original Cheer/skill level	20 points
Evaluations	1 50 points
Ability to teach others	120 points

TOTAL POSSIBLE SCORE 420 POINTS

Your notebook and all completed components and Notebooks will NOT be accepted AFTER the due dates.

Final selections for Captain and Co-Captain will be announced on final day of try outs or before if coach sees fit.

Candidates do not select or choose to be Captain or Co-Captain. That will be determined based on the total scores, the coaches, and/or outside judge.

Interviews will be conducted during the tryout practice period. Candidates will be asked questions regarding their vision, personal goals, strengths/weaknesses, and other questions pertaining to leadership within the PCMS Cheer Program. During the interview, remember to be confident in yourself, answer honestly, always portray a positive attitude, and show your heart!

Candidates will be awarded points based on their cumulative grade point averages as follows:

4.0 and higher (90-100)	20 points
3.5-3.99 (85-89)	16 points
3.0-3.49 (80-84)	12 points
2.5-2.99 (75-79)	8 points
2.0-2.49 (70-74)	4 points