



Cheersport Australia (CSA) Try Outs Information for 2012 Season

Hello Perspective CSA athlete,

Thank you for your interest in the CSA cheer program. We are ready to start another round of try-outs for new and excited athletes for 2012. Attached will be all the forms you will need to sign and hand in on the day of the try outs,

IMPOTANT: If you any medical issues or have had major medical problems please get a medical clearance note from your doctor clearing you to do (stunts, jumps, tumbling, kicks, dance and cheer fitness). All athletes will need to be super fit for cheer, so it's best that there are no medical problems or surprises from day one.

The try-outs will be closed, there will be no spectators allowed! By the first day of try-outs you must have all required forms/elements.

Decorated cheer folder with name, school/club and year you are at school

Student application and release form

One teacher recommendation letter

Commitment pledge

Medical clearance not (If you've had medical issues in the past that could affect your cheerleading in the future)

If you do not have everything in your folder you will not be permitted to try out

Please dress in and bring:

Gym shoes, socks, shorts and t-shirt, water, note pad with ink pen to take notes

Sanford McMurray
Founder /head Coach for Cheersport Australia
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Cheersport Australia (CSA) Squad Try Outs Information for 2012 Season

Try outs will be:

Try-outs start the week of November 22nd to December 3rd check out the Cheersport poster at your school or on **Face book** for your school or club time. **NOTE:** Wolf Pack, Flyers and Padua day has been changed to Tuesday the 22 same times same place. And Gap high (GGS) time is changed to Wednesday November 30 from 1pm to 2pm in the main hall

If you are selected for the team you will be given all the forms required for the season at the first training session the week of January 16th 2012. All Forms must be signed on the day. **NOTE:** Cheer dairies handy at every training session.

Appearance:

Clothing - no zippers, snaps or buttons (safety hazard)
Hair - back and out of face (yes your fringe)
No jeweler - no bracelets, earrings, necklaces etc,
Short finger nails to prevent stabbing or injuries to others
No gum or food during tryouts or training sessions

Length of commitment:

Sunday January 16th till December 8th 2012

Events for All CSA:

- July
- August
- September
- November



Cheersport Australia (CSA) Squad Try Outs **Information for 2012 Season** **Try out information**

Once uniforms are purchased they must always be taken care of. If a uniform is damaged, lost or stolen it is the responsibility of the athlete to replace it. All uniforms are always to look clean and neat.

Try out information: Athletes should be ready to show the following.

Criteria for 2012 Try Outs:

- **Dance:** Hip Hop, Jazz, Contemporary etc (basic to advanced)
- **Stunts:** possess skills in, or are willing to learn, stunting, tosses and pyramids (Level 1 – Elevators and Single Leg skills. Level 2 – Basket Tosses and Extensions. Level 3 - Toss Full's, Full Up to Extension, and Single Basing).
- **Tumbling:** possess skills in, or are willing to learn a variety of tumbling skills. (Level 1 – Handstands, Cartwheels, Round Offs and Front and Back Walkovers. Level 2 – Front and Back Handsprings. Level 3 - Back Handspring series and Round off Sault).
- **Jumps:** possess skills in, or are willing to learn, a variety of jump skills. (Level 1 – Tuck and Star jumps. Level 2 – Toe Touches, Front and Side Hurdles. Level 3 – Pike jumps and jumps connected to a tumbling skill).
- **Cheer Fitness and Flexibility:** a key aspect to building strength, confidence and skills. Athletes will be asked to do push-ups, V-snaps, squat jumps and dips, as well back bends, kicks and splits.

(If you need assistance achieving these skills call Cheersport Australia for help do not wait till the last minute)

All Cheersport athletes should be prepared to:

- Show spirit and creativity
- State what they bring to their cheerleading team.
- To sign a pledge of integrity paper

All athletes will be taught:

Cheer routine
Pom Routine
Style of arm swing required for jumps
Arm and body stretch for tumbling
Jumps sequence
Tumbling required
Stunt safety technique and skills

All athletes should stay in top shape for the whole cheer season



Cheersport Australia (CSA) Squad Try Outs Information for 2012 Season

Dear parents/Guardian/Athletes,

Your child has expressed an interest in our Cheersport programs I find it necessary to inform the parent of the responsibilities of ALL CSA teams, for it is a big commitment.

There will be a number of expectations for you the athlete if chosen for the CSA team. I consider Cheersport to be exactly that a sport so I want to be treated like one and given first priority next to academics. You and your athlete may find this to be a time consuming activity. All athletes will be required to come to all practices, competitions, other team events including fundraising activities.

Because each athlete will be representing Cheersport Australia if chosen, they will be expected to conduct themselves with great pride, self respect, team spirit and support during and outside of training. Athletes must follow the school or club rules and regulation and as well as those designed for the team. Academics, passion for choices made and courage to not make excuses are all important factor when selecting a team and allowing the athlete to remain on the team. There will be some financial obligations for each participant throughout the season to maintain uniformity. The purchases that will be made will be announced as the season progress and I will attempt to keep pocket expenses to a minimum. However, do to my responsibilities that I have to the vendors that I make purchase from, the competitions organizers and other activities provided; I will expect all payments to be made in timely manner because I do set reasonable deadlines. I am excited to start the new and work with each and every athlete. I certainly hope parents, guardians and each athlete understand that I'm basing my decisions for limited numbers, which team an athlete is placed on and the discipline structure on a number of requirements and direction I have in place for the team to develop and grow. The results of my decisions will be placed on the CSA website under "**Teams for 2012**" Friday December 9th 2011.

Thank you for your cooperation and the support of your athlete's choices to try-out and participant on the Cheersport Australia team.

Sincerely

Sanford McMurray
Founder & Head Coach



Cheersport Australia (CSA) Squad Try Outs
Application form for 2012 Season

Name _____ Age _____ school/club _____

Email address _____

Parent's name _____ Phone _____

Email _____

#Year's cheering _____ Tumbling _____ Dancing _____

Cheerleading is a very dedicated kind of sport and there are responsibilities that will come when you try-outing for a holding a cheerleading position on the team. The following is list of rules and regulation for **ALL CSA TEAMS**.

Cheersport Australia rules and regulations

1 PURPOSE:

1.1 It shall be the purpose of the **Cheersport Australia** cheer team to promote and uphold team spirit for those we encounter,
To develop good sportsmanship by example, to support good relations in the community and between teams and
Squads during events. The organizational goal is to work in harmony with the Team management and
Administration, other athletic teams and sporting organizations.

2 ELIGIBILITY:

2.1 A candidate must be neatly presented, medically fit, and if under 18 years old provide parental
Permission.
2.2 All candidates must have a good G.P.A. and be in good standing with their school.
2.3 Acceptance of a candidate shall be on the basis of ability, the coaches agreement, acceptance of the
Squad rules, and without prejudice of race creed or color.

3 MEMBERSHIPS:

3.1 The Cheersport Australia cheerleading team is a co-ed squad. The regular squad will consist of a minimum of 15 and a maximum of 30
Cheerleaders. Additional members may be admitted and allowed to fill regular squad positions as

they reach

Performing proficiency, vacancies occur, or temporary positions in the event a regular cheerleader is unable

To perform his/her cheerleading duties.

3.2 The entire regular squad will cheer at all games and competitions, promotions, fundraisers, community

And charity events.

4 ATTENDANCE REQUIREMENTS:

4.1 All practices are held 2 times a week

4.2 **Cheersport Australia Clinics:** All cheerleaders, managers and coaches, are required to attend annual

Clinics as a squad.

4.3 Competitions: The squad as a group will decide to enter a competition. If the majority decide to

Compete; the entire squad will do so

4.4 Social Activities: All members are encouraged, but not required to attend. Advance notice of none

Attendance is required.

4.5 Team activities other than Games: As social activities, but members will be required to attend a

Reasonable proportion of these duties throughout the year.

4.6 If any other activities or opportunities are chosen by the coaches/managers, the coaches/managers

Shall decide if the event is mandatory or optional. Reasonable notice of all such activities/opportunities

Will be given for mandatory events, and as early as possible for others.

5 FINANCIAL RESPONSIBILITIES:

Uniforms will be bought by fundraising.

5.1 Fundraiser projects will be available to assist those participating.

5.2 Transportation: The squad managers/coaches will be responsible for supplying game/event transport

5.3 Competitions: The squad/managers/coaches will bear the cost of competition entry. Members will bear

A proportion of transport costs to cover fuel/heretic.

5.4 Members will provide their own refreshments when not provided by the managers/coaches or event

Organizers.

5.5 Each member will be required to purchase his or her own shoes that will be ordered by the coach.

6 TRYOUTS:

6.1 A Tryout will consist of performing designated skills (pick up skill and attitude form from your coach) in front of council members and

Coaches/managers. A majority decision by the council for acceptance will be taken. However the Coaches/managers have the right to accept or veto this vote.

6.2 Tryouts will normally be held each year prior to the start of Cheersport Australia team training, but may additionally

Be conducted at other times at the discretion of the coaches/managers.

6.3 The format of the Tryouts will be decided by the coaches, and will be held in a fair and open

manner

Conducive to allowing each candidate to show his/her best abilities and **potential**.

7 SELECTIONS OF CO-CAPTAINS AND OTHER OFFICERS:

7.1 The **Cheersport Australia** cheer team will have two Co-Captains. A majority vote of the council will decide the Positions.

7.2 Senior members will perform the duties of treasurer, secretary, and other designated positions.

At that time it will be the judgment of the coaches/managers, with squad vote approval, that Decides whether or not these responsibilities are passed to approved candidates under coaches/managers Supervision.

8 DUTIES AND RESPONSIBILITIES OF COACHES/Assist Coaches

8.1 Ensuring that squad members are safe, as the top Priority at all times, that First Aid is available, And emergency contact list is kept up to date and Present at all times.

8.2 Organizing and arranging training schedule, Equipment, training facilities, travel and events.

9 DUTIES OF CO-CAPTAINS:

9.1 Set an example to the rest of the squad by following the rules and regulations of **Cheersport Australia**

Cheerleaders. The Co-Captains will set an example by doing more than his/her share.

9.2 Be at practice early and start practice on time.

9.3 Assist in setting routines to be used at games and events. The squad should make Suggestions, but the decision shall be made by the Co-Captains and Coach.

9.4 Act as a peacemaker in case of disagreements

9.5 Co-ordinate the painting and hanging up of Signs.

9.6 Be responsible for welcoming visiting squads and setting a good example of friendliness to other Cheerleaders.

9.7 Keep the crowd cheering and your cheerleaders in Proper formation during games and events

9.8 Show no partiality within the squad

9.9 In the event the Co-Captain is not able to perform his/her duties the secondary Co-captain or Assigned Group Leader will do so.

10 APPEARANCES:

10.1 For safety reasons **No jeweler** of any kind will be worn during practice.

10.2 Uniforms must be kept spotless at all times.

- 10.3 Makeup should be natural and not excessive.
- 10.4 All hairstyles must be neat and secured up out of the face, not needing attention (combing etc) while Performing.
- 10.5 Cheerleaders should look their best at all Times, especially when in uniform.
- 10.6 Nails should be trimmed including artificial Nails.
- 10.7 There is to be no glitter worn during Performances this is an illegal act.
- 10.8 Members must not lotion their skin before a Performance or practice.

13 CONDUCTS:

- 13.1 Squad members are required to maintain and Uphold the reputation of **Cheersport Australia** Cheerleaders through Their own conduct and squad spirit.
- 13.2 Members are required to be courteous, polite, Friendly, and try to have a smile for everybody.
- 13.3 All cheers and routines shall be of a positive And sportsmanlike manner.
- 13.4 Members will make every attempt to ignore or Dissuade negative responses at events and not become Involved in such action them.
- 13.5 Members are not to consume any illegal substance While in uniform or before practice.

14 FUND RAISING ACTIVITIES:

- 14.1 All cheerleaders will participate in all Fundraising project per year. The money raised will be Used to fund additional agreed expenses during the Year such as extra items of kit or equipment. Donations to, and fundraising for, **Cheersport Australia** cheer team Funds or charity projects may be conducted as agreed By the squad and coaches/managers.
- 14.2 All fundraising activities will be approved by The majority of the squad and with the approval of the Coaches/managers.
- 14.3 It is mandatory for all cheer members to raise Money for the squad.

15 DISCIPLINARY Actions:

- 15.1 It shall be the squad policy that disciplinary action will only be invoked as a last resort, and that Every reasonable attempt will be made to avoid situations likely to lead to such action through squad Discussion and positive encouragement, by example, and by finding ways and means to correct negative trends.
- Demerits will be given for every violation to the listed constitution, practice rules and/or squad Rules. Written notice of such will be given. With 5 demerits, the cheerleader will be suspended

from 1

Game or event. (Practice remains mandatory). With 10 demerits, the cheerleader will be suspended from 3 games or events

(Practices still mandatory). With 15 demerits the cheerleader will be dismissed from the squad.

15.2 A cheerleader may be suspended from the team for the following reasons:

Unexcused absence, excessive absence or tardiness, failure to cooperate with coaches/managers, if grade

Point average falls below school standard or failure to abide by squad rules and regulations.

15.3 A cheerleader may be dismissed from the squad for the following reasons: Excessive and Irreconcilable disruptive influence on the squad, conduct likely to bring the squad or team reputation

Into disrepute (such as use of alcohol or drugs), and as otherwise

I _____ (the cheerleader), agree to the following rules and regulation set by the coach. I understand that I am representing Cheersport Australia (CSA) and will attempt to do so with pride.

I, _____ (the parent /guardian) agree to support the enforcement of these rules, and my child as a part of the Cheersport Australia (CSA) team

Any question call Sanford McMurray
Founder /head Coach for Cheersport Australia
[0415805256](tel:0415805256) / info@cheersportaustralia.net



Cheersport Australia (CSA) Squad Try Outs
Application form for 2012 Season

Release of Liability form

I give my son/daughter _____
permission to attend all CSA try outs in 2012. I do not hold coach
McMurray or his staff responsible for any injury that may occur during
practice, competitions, performance or try outs. I have read and
understand the information concerning try outs. I understand that the
decision of the coach is final and I will respect that decision.

Athlete name _____

Parent/ Guardian Name _____

Date _____

Any question call Sanford McMurray
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Cheersport Australia

Commitment Pledge

I hereby pledge to provide commitment, support, spirit and encouragement for my team and myself as a part of Cheersport Australia (CSA) team by following this Commitment Pledge:

1. We/I will Cheer for the fun of it, not to please parents or coaches.
2. We/I will never allow negative aspects to enter my our cheer teams
3. We/I will cheer by the Cheersport Australia rules.
4. We/I will accept success & failure, victory & defeat with good grace & without excessive display of emotions.
5. We/I will respect the ability of our opponents because without them there would be no Competition and cheer spirit, shake hands, and be supportive after each game regardless of the outcome.
6. We/I will notify the coach if I cannot attend a practice, competition, performances or game event.
7. We/I will never argue with or complain about our coaches, team-mates at or judges at training or at a competition.
8. We/I will control my temper and most of all, resist the temptation to retaliate.
9. We/I will not attempt to hurt anybody with words or actions.
10. We/I will concentrate on Cheersport, teamwork and on affecting the outcome of our training, competition or performance with our best effort. We/I will work equally hard for our team and for ourselves.
11. We/ I will exhibit good sportsmanship by cheering for other teams at competition
12. We/I will treat all Cheersport athletes the way we would like to be treated.
13. We/I will cooperate with our team-mates, coaches, opponents and the judge.
14. We/I will never forget that we are representing our school and will take care of the facilities, and equipment provided.

Sportsmanship is: Moral behavior in sports. There is more to sportsmanship than simply Being nice. Athletes have to understand why some actions are right or wrong. Sportsmanship Is a learned behavior? It does not happen by itself.

Athlete Name: _____

Teacher/ Organizers signature _____

Principal's signature _____ **Date:** _____

Note: In order to participate with Cheersport Australia, this form must be signed and dated. Failure of the Teacher/school to read and sign the Cheersport Australia Commitment form will automatically render the team ineligible to participate with Cheersport Australia activities home or away. In addition, by signing this Cheersport commitment form, athletes agree to abide by this Code of Conduct. Any violation of the guidelines set forth above, will automatically render the athlete and possibly their team unable to continue training with or attend any

Cheersport Australia practices or performances. Cheersport Australia has the sole Right to enforce any violation



**Cheersport Australia (CSA) Squad Try Outs
Teacher Recommendation for 2012 Season**

Dear teacher/employer:

Please evaluate _____ on the following qualities.
Also give any commits concerning the student/employee, if you would like to keep it confidential please send a letter to, Attention: Sanford McMurray P. O. Box 245 Wilston 4051

Thank you

Sanford McMurray

Please give 1 (lowest) to 10 (highest) base on your opinion.

1. Maturity -
2. Dependability -
3. Cooperation with others -
4. Behavior in class or at work -
5. Leadership qualities -
6. Passion for little things at school or work -
7. Attitude -
8. Ability to handle problems -
9. Gossip -
10. Helpful and supportive of others -

Number of time absent from class/ work # _____

Teacher/ employers signature _____

Print name _____

Additional comments:

