

## *2019 Carmel High School Football/Competition Cheerleading Try out Packet*

Thank you for your interest in the Carmel High School Cheer Program. In this packet you will learn more information about the program and try outs. If you plan to try out for the Fall Carmel Cheer Program you will need to attend the following.

**Tuesday, March 19<sup>th</sup> 2019**

**CALL OUT INFO MEETING** (Parents & Athletes)  
6:00-7:30pm, CHS Main Cafeteria, Door 7

**Tuesday, April 16<sup>th</sup> 2019**

**ALL FORMS DUE ONLINE**

- \_\_\_\_\_ Registration Form/Signed Permission via CHS website
- \_\_\_\_\_ 2019 CHS Medical Exam/Physical Exam *post dated April 1, 2019* (to athletic office)
- \_\_\_\_\_ 2019 Emergency Medical Release & Consent Form (to athletic office)

**Wednesday, April 17<sup>th</sup>**

**Thursday, April 18<sup>th</sup>**

**Tuesday, April 23<sup>rd</sup>**

**Wednesday, April 24<sup>th</sup>**

**Thursday, April 25<sup>th</sup>**

**OPEN GYM SESSIONS**

CHS Fieldhouse Court #4  
6am-7:15am

**Tuesday, April 30<sup>th</sup> 2019**

**TRY OUT WORKSHOP** 5-7pm, CHS Fieldhouse Court #4

- \_\_\_\_\_ 2 Letters of recommendation for all new athletes (1. Teacher, 2. Previous Coach)

**Wednesday, May 1<sup>st</sup> 2019**

**TRY OUT WORKSHOP** 5-7pm, CHS Fieldhouse Court #4

**Thursday, May 2<sup>nd</sup> 2018**

**FORMAL TRY OUTS** 4:30-9:30pm, CHS Fieldhouse Court #4

\*Those athletes who make the Carmel Cheer program and their parents will need to be present at the following meeting/fitting. Athletes will need to wear a dark sports bra and nike pro shorts (or something similar). Camp and apparel deposit (\$300) will be due at that time. Checks made out to "Carmel High School".

**\*Tuesday, May 7<sup>th</sup> 2018**

**CHS 2019 PARENT / ATHLETE MEETING**  
5:30-7:30pm, CHS Main Cafeteria, Door 7

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**Brooke Kibler**

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Assistant Coach

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**Kylee Kuehn**

Assistant Coach

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## *Carmel Football/Competition Cheer Philosophy*

The Carmel Cheer Program will proudly represent and support the Carmel High School athletic department. All Carmel High School cheerleaders will uphold core values in the areas of responsibility, integrity, and pride. It is the program's goal to not only develop an outstanding student-athlete within the school environment, but to prepare the athlete for life outside and after Carmel High School.

Athletes will learn and build basic cheer fundamentals (in the areas of motions, jumps, cheer-[voice], stunting, conditioning, and tumbling) and progress to executing higher level skills. Athletes will work one skill level above their current level (as assessed by choreographer and head coach) to maintain safety and motivation. The program will work cohesively to learn and maintain basic fundamental skills, and work progressively to achieve higher-level skills. The program will use specific, repetitive, and progressive exercises and drills to train athletes appropriately.

### *Carmel Cheerleading Program Core Values "R.I.P."*

Value	What does it mean?	How to show it
<b>Responsibility</b>	Self-ownership to the duties and tasks that one has to uphold as part of the Cheer program and CHS student body	<ul style="list-style-type: none"><li>-Regular attendance</li><li>-On time</li><li>-Preparedness</li><li>-Awareness of schedules/events</li><li>-Open/Clear communication</li><li>-Ability to recognize mistakes/errors and correct them</li><li>-Active listening to understand expectations</li><li>-Meeting deadlines</li><li>-Dedication</li></ul>
<b>Integrity</b>	An honest and firm adherence to the rules, codes, and policies of both the school and cheer program.	<ul style="list-style-type: none"><li>-Maintenance of good academic standing</li><li>-Honesty</li><li>-Open/Clear communication</li><li>-Understanding of one's role within team and building</li><li>-Genuine effort and work ethic</li><li>-Listening to and respecting the opinions of others (even if disagree)</li><li>-Leadership by example</li><li>-Seeking and asking for help when needed</li><li>-Accountability for one's actions</li></ul>
<b>Pride</b>	Upholding the dignity, importance, and character of one's self and team	<ul style="list-style-type: none"><li>-Self-Respect</li><li>-Seeking of personal improvement</li><li>-Respectful of team, staff, school, and other schools</li><li>-Sportsmanship</li><li>-Clean appearance and maintenance of uniforms</li><li>-Presenting/communicating about program in a positive manner (no social bashing)</li><li>-Setting goals and taking the necessary steps to achieve them</li></ul>

### *Communication*

Communication plays an integral part of a program's success. As head coach, it is my job to communicate to the staff, athletes, administration, and parents of the program the expectations and protocol that our program will adhere to. Communication protocol is centered around the individual athlete and coaching staff to teach responsibility and accountability of one's actions and to prepare the student athlete for life post high school. More information about communication will be discussed at the welcome sizing meeting.

## *Expectations*

Coaching Staff	Athletes	Parents
-Will implement the philosophy of the program across all levels -Will attend practice on-time and regularly with their team (practices to be shared for cooperation between teams and to build unity) -Will communicate regularly, respectfully, and timely with staff, athletes, and parents in the program -Will support the teams in measures and endeavors as needs arise throughout the season -Will attend Parent meetings, <i>Senior Night</i> , <i>Awards Night</i> , and/or program activities/gatherings/events	-Will implement program philosophy and core R.I.P. values -Will execute skills one level above their working capacity. -Will attend practice on-time and regularly -Will execute a clean routine <u>before</u> increasing level of difficulty -Will communicate directly with their Head Coach. -Will cheer Football games listed on schedule -Will compete for their school -Will support CHS and attend events as they arise -Will participate in all fundraising programs	-Will implement program philosophy and core R.I.P. values -Will support their athlete as they become more autonomous -Will communicate directly with their Head Coach -Will support CHS and attend events as they arise

## *Accountability*

In order for the Carmel Cheer Program to be successful the core values and expectations of athletes and parents will be followed. It is the responsibility of the coaching staff and Administration to enforce program policies. Carmel High School cheerleaders and parents will understand the disciplinary system as set forth by the coaching staff and Administration to hold athletes accountable. This clear understanding of the program will continue to build a strong foundation and character for the Carmel Cheerleading Program.

## *Demerit System*

- Missing Practice=10
- Missing game or CHS Event=20
- Incorrect Uniform/designated outfit=5
- Stunting or tumbling without a coach present=5
- Continued use of gum or jewelry=5
- 10 min late to practice=5
- **BENCHED**=40 demerits
- **TAKEN OFF OF COMPETITION MAT**=60
- **NO VARSITY LETTER**=70
- **REMOVAL**=80
- Failure to be picked up within 30 min of practice/game ending=5
- Additional demerits or benching could be assigned at the coaches discretion

## *2019 Fall Cheerleading Important Dates*

May 7 <sup>th</sup>	5:30pm-7:30pm	Welcome Parent Meeting and Athlete sizing (\$300 due)
May 29 <sup>th</sup>	5:00-7:00pm	Tee and bow pick up/ Freshman Center Door #13
June 1 <sup>st</sup> & 2 <sup>nd</sup>	9:00am-4:00pm	Mind Body Cheer Skills Camp
June 24-27 <sup>th</sup>	ALL DAY	UCA Masters Camp-Bloomington, IN
July 1 <sup>st</sup> -3 <sup>rd</sup>	NO PRACTICE	
July 4 <sup>th</sup>	10:00am-12:00pm	Carmel Fest Parade
August 4 <sup>th</sup> & 5 <sup>th</sup>	9am-4pm	Varsity Choreography
September 2 <sup>nd</sup>	No School	Labor Day
*September 7 <sup>th</sup>	1:00-4:30 (Showcase at 4:00)	Cheer Clinic
*September 14 <sup>th</sup>	11:00am	JV Game- Clinic Girls Perform at Half Time
September 27 <sup>th</sup>	HOMECOMING VS NC	
*October 15 <sup>th</sup>	7:00pm-8:00pm	Share the Spirit-Varsity Gym
October 10 <sup>th</sup> & 11 <sup>th</sup>	Fall Break (athletes still expected to cheer their games)	

## ***Tentative Practices***

Practices June	Tuesdays & Thursdays	9am-11:30am
Practices July	Tuesdays:	JV and Varsity 9am-11:30am
	Wednesdays:	JV 9am-11:30am / Varsity 10am-12:30pm
	Thursdays:	JV and Varsity 9am-11:30am
Practices August	Mondays:	JV & Varsity 3:30-5:30pm
	Tuesdays:	Rotate JV & Varsity 6am-7:15am
	Wednesdays:	Varsity 3:30-5:30pm / JV 5:00-7:00pm
	Thursdays:	JV & Varsity 3:30-5:30pm

## ***Tentative Competitions***

September 30 <sup>th</sup>	Purdue
October 5 <sup>th</sup>	CICC Pendleton
October 26 <sup>th</sup>	JV Finals / Varsity Stunt group @ Warren Central High School
November 2 <sup>nd</sup>	Varsity Prelims @Greenfield-Central High School
November 9 <sup>th</sup>	Varsity State- New Castle
November 17 <sup>th</sup>	Nationals Qualifier- Pendleton Heights
February 8-10 <sup>th</sup>	UCA Nationals- Orlando, FL (select team only)

## ***Financial Commitments***

All athletes are expected to attend and pay for the two camps we have scheduled. Each year a new practice wear outfit will be designed and need to be purchased. We also reuse many items from the previous year. This will include all items needed for the season. Below is an **estimation** for this season as items are currently in the design process. Payments can be made all at once or broken up into payments due in June and July.

Skills Camp	\$175
UCA Masters Camp	\$405
Practice/game day wear returning	~\$350
Practice/game day wear New Members	~\$700

\*Nationals Team: ~\$1500 (flight, hotel, food, 4 days, 3 nights)

## ***Fundraising***

We as a program do several program fundraisers. We also have opportunities for families to fundraise for their individual athlete. The money raised from these will go towards your camp/practice wear fees as well as entry fees. Below are the fundraisers we have scheduled for this year.

Tumbler cups (Summer)	(Individual Athlete Fundraiser)
Pro Motions Plus (Aug)	(Program Fundraiser)
Cheer Clinic (Sept)	(Program Fundraiser)
KKBB (Oct)	(Program Fundraiser)

## *Cheerleading Rules*

The rules for cheerleaders are listed below. Failure to do so may result in acquired demerits and suspension or dismissal from the cheerleading team.

1. The decisions of the coaches must be followed. The rules of the Athletic Handbook help serve as the coaches' guide. ([www.carmelgreyhounds.org](http://www.carmelgreyhounds.org)).
2. The training rules of the Athletic Code prevail for cheerleaders and each cheerleader is responsible for being aware of this code.
3. The Athletic Director or Cheerleading Coach will be the only persons with knowledge of game cancellations. Cheerleaders should arrive, on time, ready to cheer until a decision to cancel is made. Poor weather does not mean a game will be canceled.
4. Summer Attendance is mandatory. This includes all summer practices, summer camps, and July 4<sup>th</sup> Parade. Absence Demerits for attendance will begin August 1<sup>st</sup>. However, anything learned or worked on while an athlete is absent will be done without them and it is their responsibility to learn or practice.
5. Attendance at all practices, games and competitions throughout the school year are mandatory. Cheerleaders must be on time and wear proper practice apparel and bows to all practice sessions. No cheerleader may leave practice until dismissed. Should a cheerleader miss practice the week of a scheduled game or competition, their cheering time may be limited at the coaches' discretion. Cheerleaders who have medical documents on file with coaches and are limited per medical doctor's orders are required to attend all practices, games, and competitions.
6. Limited Cheer Time will be assessed for actions deemed unacceptable by coaching staff. Cheering time is an earned privilege and is NOT open for discussion. Situations that will limit cheering time may include, but not limited to: unexcused absences; absence from summer practices, camps and CarmelFest activities; absences from competitions; inappropriate attitude; poor work ethic; missing school transportation; wearing inappropriate uniform; in school detention; unacceptable attendance record; tardiness; inappropriate use of social media; or other actions deemed unacceptable and unbecoming to the CHS Cheerleading program. The CHS Athletic Handbook will serve as the coaches' guild in disciplining student athletes.
7. Cheerleaders must be on time and MUST take school transportation to and from away events
8. Cheerleaders may participate in other extracurricular activities; however, high school cheerleading must be given top priority. Cheerleaders must adhere to this decision or give up their position on the team.
9. All CHS athletes and cheerleaders must maintain a 2.0 GPA and pass five solid subjects to remain eligible
10. Cheerleaders will purchase shoes, socks, bodysuits, briefs, bows, warm ups, bags, poms, practice shirts, practice shorts and other accessory articles of clothing to wear with the uniform. Cheerleaders are responsible for any loss or damage that may occur to school property. Cheerleaders may wear the appropriate uniform as approved by the coach to school on game days. The appropriate uniform is defined as cheerleading socks, cheerleading shoes, body suit, briefs, uniform top, and uniform skirt. A uniform being worn to school does not include sandals, boots, sweat pants under cheerleading skirts, T-shirts; sweat shirts, hair down, dangling earrings, etc. Cheerleaders must keep all wearing apparel clean and neat, and maintain a well groomed appearance at all times. No jewelry will be worn at practice, games and competitions. Only hair bows/and or ribbons approved by the coach may be worn. No nail polish will be worn competitions. Visible tattoos and/or other body piercing will not be permitted while representing Carmel High School.
11. Hair must be kept clear of the face at all times while in uniform.
12. No Cell Phones will be used at games or practices. Social Media will be monitored. Inappropriate use of social media will be cause for discipline and possible expulsion from the team.
13. Individual movement of athletes from team to team with in the CHS Cheerleading program will be at the coach's discretion and will not be open to discussion.
14. Designated SAT & ACT testing dates should be scheduled around the competitions and games.
15. It is HIGHLY suggested those cheerleaders wanting to cheer for football sign up for APC. This helps build endurance and strength and also helps with injury prevention.

*Thank you and good luck! Go Hounds!*