

**2010-2011**  
**Northwest Florida State College**  
**Cheerleading Squad**

\*Each candidate should turn in the following: questionnaire and signature sheet, in addition to a recent photo to Coach Britney Llantini at NWFSC by Tuesday, April 26, 2010. **Late applications will have a five-point deduction from judges' score.**

**CHEERLEADING TRYOUTS WILL BE HELD:**

Friday, April 29th 5pm- 7pm

Please wear shorts, sports bras and/or fitted T-shirts, and tennis shoes to clinic. NoNWF cheer gear from previous years is allowed. Hair must be pulled back away from the face. Jewelry of any kind is not permitted. Clinic and tryouts are closed to spectators.

**SELECTION:**

– a total of 12 cheerleaders will be selected (slots based on highest scores after those who may have been previously signed to the squad and scholarship).  
- The athletic scholarship covers 15 credit hours for the 2011 Spring Semester, and will only be granted after completion of the first semester's cheerleading participation. You must be a full-time (12 credit-hour) student to participate.

**CANDIDATES WILL BE JUDGED ON:**

Skills: (up to 100 points from each judge)

Cheers (35 points) Gymnastics (40 points) Jumps (25 points)

Men will be asked to show stunting skills. **RESPONSIBILITIES**

**CHEERLEADER INFORMATION**

Cheerleaders are selected to represent all sports designated by the coach. Cheerleaders are expected to be leaders, not followers. Cheerleaders are to be exemplary citizens and school representatives. Cheerleaders are to accept all responsibilities assigned by the coach, captain, or school official without comment or complaint.

Cheerleaders are to be pleasant, respectful, courteous, and considerate of the members of their own squad, their captains and to their coaches. Cheerleaders are to be courteous and friendly to other teams and should exhibit good sportsmanship in all situations.

NWFSC Cheerleading is always first priority. If a cheerleader chooses to participate in another sport or maintain a job, cheerleading will remain the first priority. Schedules of appearances and practices will be published in advance so that work schedules may be arranged accordingly.

\*\*Cheerleading is a one-year commitment. Cheerleaders **MUST** attend all practice times and Basketball games. Only two exceptions will be approved. If a cheerleader is suspended from the squad, or quits the squad at any time, he/she will not receive or have the scholarship money pulled from their account.

**PRACTICES/MEETINGS**

Cheerleading practices will be held Tuesday and Thursday mornings from 10:00am- 12:00pm. The coach or the captain may call additional practices or extend practice times if needed (advance notice will be given).

**UNIFORMS**

Uniforms are school property. Alterations and up-keep are the responsibility of the cheerleader. Uniforms must be returned to the school. The practice uniforms are the cheerleaders' to keep.

## **HEALTH**

Each cheerleader must attend the official school physical day for NWF athletes (date/time TBA). Each cheerleader must have proof of insurance on file with the school. Each cheerleader must have an emergency medical form on file with the school.

**\*\*IMPORTANT:** There is a risk of injury involved with cheerleading and practices. Cheerleaders must understand the risk of injuries and have the appropriate emergency medical forms completed .\*\*

## **DEMERIT SYSTEM**

### **CRITERIA FOR DETERMINING CHEERLEADERS' GRADES AND STATUS CLASSIFICATION AND NUMBER OF DEMERITS**

#### **Two Demerits**

Tardy for practice Wrong uniform Untidy uniform Chewing gum in uniform

#### **Three Demerits**

Inappropriate hair, facial hair, or jewelry of any kind Profane language Conversation with the crowd, team or cell phone usage during the game

#### **Five Demerits**

Absence from practice Arguing at practice Tardy for game Insufficient knowledge of skills at game, or performances

#### **Ten Demerits**

No excuse from practice Uniform worn outside of cheerleading duties Visible Body Art

#### **Twenty Demerits**

No excuse from game or performance Smoking or drinking in uniform

#### **Permanent suspension**

Fighting, possession of illegal drugs, tobacco or alcohol, or being around illegal drugs at any time. Any criminal charges filed

**\*\*The captains and coach will be responsible for inspection of uniforms, hair, facial hair and shoes before any performance. Jewelry of any kind is not to be worn during practices or games (state regulations).**

### **I UNDERSTAND AND ADHERE TO THE ABOVE RULES AND REGULATIONS.**

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Prospective Cheerleader

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Cheerleading Coach  
Britney Llantín

Questionnaire

Name \_\_\_\_\_ Age \_\_\_\_\_

Current Grade/Classification \_\_\_\_\_

School \_\_\_\_\_

Years of Cheerleading Experience \_\_\_\_\_

Please give a brief description:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Gymnastics? Yes \_\_\_\_\_ No \_\_\_\_\_

Are you willing to participate in weekly Gymnastics classes as a squad at APAC Gym for monthly fee? \_\_\_\_\_

Do you have any conditions previous injuries that may affect your cheering? Please explain. \_\_\_\_\_

What do you consider some of your best qualities?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

If chosen to represent NWFSC as a member of the 2011-2012 Cheer Squad, what new and exciting things could you bring add to the squad?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_