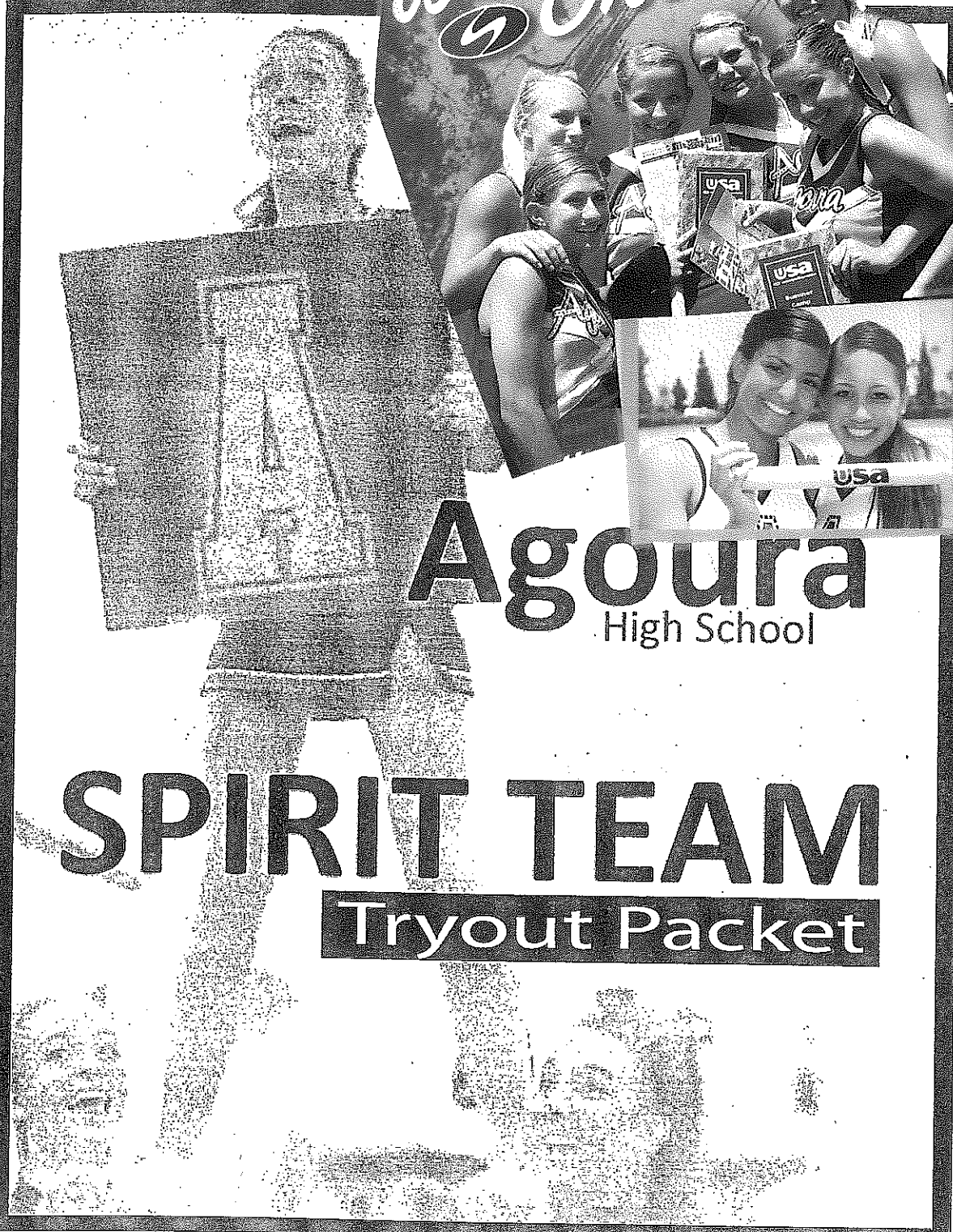
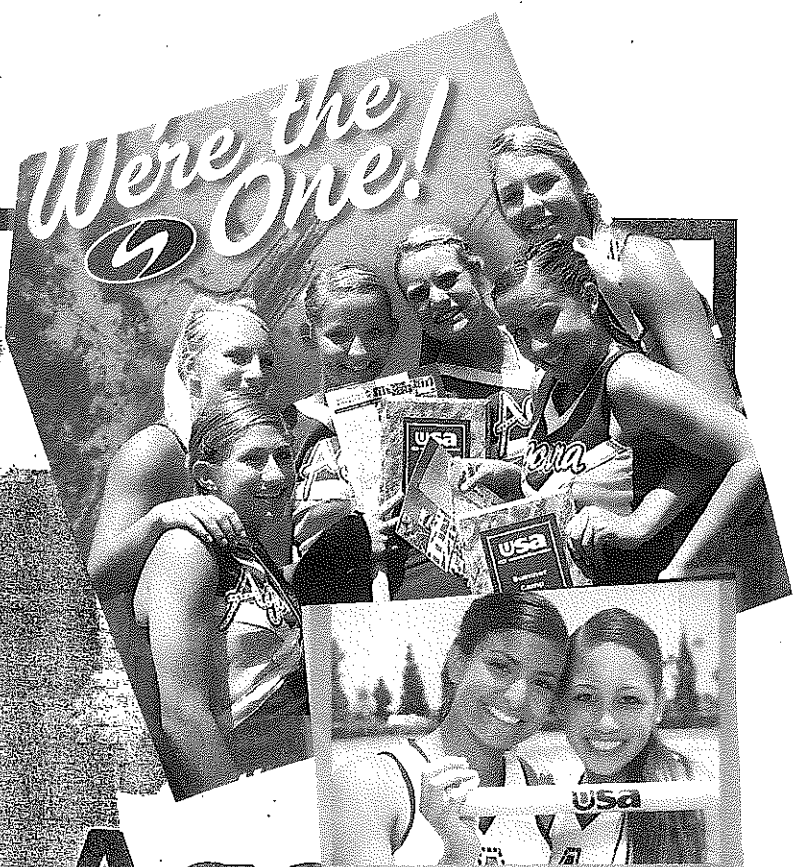


*We're the One!*



**Agoura**  
High School

**SPIRIT TEAM**  
Tryout Packet

## **Agoura High School Spirit Team Wins USA Nationals**

**The Agoura High School Spirit Team is once again the National Champion in the Crowdleader division at USA Nationals.**

**Crowdleading is the 'crown jewel' at the United Spirit Association annual event, that takes place yearly at the Anaheim Convention Center with approximately 7,000 Cheerleaders, Songleaders and Stuntmen in attendance.**

**The Spirit Team is a sport at Agoura High School and has a period 5 PE class. It is under the direction of Head Teacher/ Coach Eileen McGrew and Advisor Vicki Koch, who have been a 'team' themselves for well over 20 years. Coach McGrew has been honored as The Agoura High School Coaches Council 'Coach of the Year', California State Coach of the Year and consistently as a 'Top 5 Coach' in the State . Advisor Koch has also been honored as Cheer Pros 'Advisor of the Year'. Assistant Coaches and Choreographers round out the staff, as needed.**

**The Team has many CIF, Regional, State, and National Titles to their credit. They also have been featured in numerous television shows and local and national commercials. Supporting all sports at AHS they are featured most specifically at Football and Basketball games and CIF playoffs, as assigned as well as community events.**

**Please see the Team website at [www.agouraspiritteam.com](http://www.agouraspiritteam.com) for more information.**

# *The Agoura High School Spirit Team Charger Girl and Stuntmen Tryout Agreement*

## *Dear Parents and Interested Students,*

*We are pleased that you and your student are interested in becoming a Member of the Nationally ranked Agoura High School Spirit Team athletic program. Being a Team Member is exciting and rewarding. It is also a demanding job which carries with it Tremendous personal and family responsibilities. The purpose of this packet is to clarify these responsibilities and provide information to assist with your decision before Tryouts.*

*Charger Girls (song leading and cheerleading) and Stuntmen are sports at Agoura High School and all participants must follow the Athletic Code of Conduct and the Athletic Department Rules.*

*To be an effective Member of the Team, you must commit a great deal of time throughout the entire year. Social plans, appointments, and job schedules **CANNOT** interfere with class, practices, games and Team commitments. In addition to maintaining the required academic standard of a 2.0 grade point average, each Member of the Team depends on the other Members to participate fully in **ALL** activities and/or competition events.*

*Individual financial obligations will vary depending on the Teams decisions regarding group fundraising. Each Member will be responsible for the cost of uniforms, camp(s), applicable competitions, transportation donation, and other incidental costs. It is estimated that the total for the year will be approximately:*

- 1. Blue Team (Competitive) - \$1,500-3,500*
- 2. Gold Team (Non-Competitive) - \$700 - 1,900*

*As a Member of the Spirit Team, you are offered the opportunity for great personal growth, leadership development, and involvement in many different and exciting activities and/or competitions. Your attitude, dedication, and enthusiasm are as important as the physical skills.*

***PLEASE DISCUSS THESE CONSIDERATIONS and EVALUATE YOUR PRIORITIES.** If you are interested and have read and agreed to the Rules and Regulations, please sign the attached Tryout Permission Form.*

*Please note that there will be a Mandatory Parent/Representative/Member Meeting.*

***THE BEST OF LUCK TO ALL CANDIDATES THROUGHOUT THE TRYOUT SELECTION PROCESS!***

*With Charger Pride,  
Eileen McGrew, Teacher/Coach  
Vicki Koch, Advisor*

*Agoura High School*  
*Spirit Team*  
*Charger Girls*  
*(‘Cheer and Song’)*  
*&*  
*Stuntmen*

**RULES AND REGULATIONS**

**I. PURPOSE**

- A. To demonstrate a positive attitude toward Agoura High School (AHS), its rules, teachers, and standards.
- B. To represent AHS and the athletic program, promote and uphold school spirit, and demonstrate high standards of ethics and sportsmanship.
- C. To develop discipline in individual lives and leadership skills.
- D. To have respect for others, learn to work as a team, and develop a sense of responsibility.

- E. To be positive and support our school by participating in community, school, and competitive athletic events.
- F. To refrain from any negative attitudes or disrespectful conduct.
- G. To exhibit good character and conduct oneself as a positive role model.

## II. REQUIREMENTS

- A. Spirit Team is co-curricular athletic activity and is subject to the same academic eligibility requirements as participants in any sport.
  - a) Members must maintain a 2.0 GPA with no more than 1 "F."
  - b) Students must not have any discipline hours in order to be eligible for athletic participation.
- B. Spirit Team members must have completed and returned the Athletic Information Packet prior to participation in Spirit Team. This includes the Activity Certificate, Health History/Physical Examination Summary, Code of Conduct Contract, Athletic Eligibility Form/Voluntary Activities Participation Form (Acknowledgement of Risk and Assumption of Potential Risk); Emergency Medical Card. These documents will be kept on file with the school district, for eligibility to physically participate in the cheerleading activity.
- C. Good attendance at school, practices, competitions, and any other Spirit Team event/performance is expected.
- D. Spirit Team members must attend all periods of school to cheer/perform at athletic events.
- E. Excessive unexcused tardiness or absences from Spirit Team requirements will result in disciplinary action.
- F. Any absences from practices outside of school hours, must be approved by the Coach/Advisor, with a written notice from a parent. Any unexcused absences from practices outside school hours will result in benching/non-participation for that week's event, activity, or game.

- G. Any foreseen absences from Spirit Team events, activities, or games, must be approved by the Coach/Advisor, with written notice from parent, as soon as possible, or NO less than 1 week prior to that event, activity, or game.
- H. Any injuries that prohibit a Spirit Team member from engaging in physical activity must be accompanied by a doctor's note.
- I. Spirit Team members must have the willingness to make Spirit Team a COMMITMENT.
  - a) Spirit Team is a year round sport.
  - b) Active participation is required from every team member.
  - c) Spirit Team comes before ANY other non-academic activity.
- J. All Spirit Team members are expected to cheer/perform at athletic events, including the following:
  - a) Home/Away Football games.
  - b) Boys/Girls Home Basketball games (split squads).
  - c) Boys/Girls Away Basketball games designated by the Coach/Advisor (split squads).
  - d) Any CIF or State Play-off games designated by the Coach/Advisor.
  - e) Any other athletic event designated by Coach/Advisor.
- K. All designated Spirit Team competitions are mandatory.
- L. Spirit Team practices, school pep rallies, and other designated events/performances are mandatory.
- M. Spring Training, Summer Practices, AHS Camp, and USA Elite Camp Are Mandatory (USA Camp is optional for Freshman Cheer)
- N. Spirit Team members must make every attempt not to schedule personal/business appointments during class time, activities and practices.
- O. If Spirit Team members hold steady employment, it must not conflict with Spirit Team schedules.

- P. Spirit Team members/parents must understand and agree to the financial obligation associated with team membership.
- Q. Active participation in fundraising activities is mandatory.
- R. Current Spirit Team membership does not guarantee placement on the Spirit Team for the following school year.
  - a) Try-Outs for Spirit Team will be held in the spring.
  - b) Judges will consist of professional cheerleaders, cheer instructors, gymnasts, and cheer coaches. Judges, Head Coach Advisor. All decisions are final.
  - c) Membership is open to all incoming freshman, current freshman, sophomores, and juniors for placement on Varsity, Junior Varsity, and Freshman teams.
  - d) Spirit Team applicants will be judged in some or all of the following areas: cheer routine, dance routine, tumbling skills, jumps, crowd appeal, stunting skills, and over all sportsmanship.
  - e) There is no set number of Team Members selected for next year. Selection will be based on scores, which will be determined at try-outs.
  - f) Competition Teams will be determined/selected from Spirit Team members at a time designated by the Head Coach.

### III. POLICIES/CONDUCT

- A. Safety is important. Spirit Team members will follow the American Association of Cheerleading Coaches and Advisors (AACCA) Safety Guidelines for High School Age and Younger. Per L.V.U.S.D. and AACCA Safety Guidelines, stunting will be limited to appropriate surfaces. ANY STUNTING WITHOUT THE APPROVAL AND SUPERVISION OF THE COACH/ADVISOR WILL BE GROUNDS FOR IMMEDIATE DISMISSAL FROM THE TEAM.
- B. Always remember you are representing, The Agoura High School Spirit Team, Agoura High School and the Las Virgenes School District.

- C. Show enthusiasm and cooperation for all Spirit Team activities/events, and promote good sportsmanship by way of example.
- D. Honorable behavior is expected in or out of uniform, on or off campus, during or after school hours.
- E. Spirit Team members must not use profanity at practices, in school, at games/events, at competitions, and while in uniform.
- F. Spirit Team members must cooperate with all faculty members, team members, team captains, game officials, and coaches.
- G. Spirit Team members must not chew gum while in uniform or at practices. They may eat and drink at the Coach's/Advisor's discretion.
- H. Hair will be worn pulled back (with hair tie) so as not to interfere with eye expressions or stunts during performances, competitions, games, and practices. All team members will wear their hair uniformly (with appropriate hair ribbon during games, performances, and competitions).
- I. Fingernails **MUST** be kept short for safety precautions.
  - a) Nails must be no longer than your fingertips.
  - b) No acrylic nails.
  - c) Nail color must be clear. **NO COLORS.**
- J. No cell phones may be used during practices or games. *Emergency ONLY.*
- K. No jewelry, including all piercings. Medical Alert jewelry may be worn but should be removed from the neck and secured to the body with tape.
- L. Spirit Team members must wear assigned, appropriate athletic to All classes/practices, including socks and cheer /dance shoes.
- M. Spirit Team members should not practice in public view of the performance area.



- N. Spirit Team members must wear designated uniforms to all events, including school days, when advised. No clothing/apparel may be worn that is not part of the team uniform.
- O. Spirit Team members must be on time at ALL events, activities, and games.

#### IV. DISCIPLINE

Disciplinary action will be taken once every reasonable attempt has been made to avoid situations likely to lead to such action.

The following violations will be grounds for immediate dismissal from the team: unsupervised stunting, stunting on unauthorized surfaces, alcoholic consumption, drug use, use of tobacco products, steroids or any other controlled substance.

Grades for Spirit Team will be primarily based on attendance, in addition to attitude, proper attire, participation, teamwork, and effort.

## The Agoura High School Spirit Team

### 'Outside Team' Competition Policy

The following is The Agoura High School Spirit Team's Policy regarding 'outside Team' competition during The Spirit Team's high school competitive season.

#### The Agoura High School Spirit Team Policy regarding

#### Competition on Outside Teams:

**"A student athlete, who is a member of The Agoura High School Spirit Team, must relinquish their Team membership if that student athlete competes on an Outside Team, in Cheerleading, and or Songleading (pom/dance), during The Spirit Team's high school competitive season."**

**A Spirit Team member may compete however, in another sport or activity at Agoura High School, but only if it does not conflict with the Spirit Team's competitive season.**

**Eileen McGrew – Head Coach**

**Vicki Koch – Advisor**

**The Agoura High School Spirit Team**

**Charger Girls and Stuntmen – Blue and Gold Teams**

# AGOURA SPIRIT TEAM TRYOUT SCORE SHEET

Athlete No. \_\_\_\_\_

Judge No. \_\_\_\_\_

<b>Appearance</b> -Smile and Attire-	<b>10</b>	
<b>Confidence and Poise</b> -Voice, Eye Contact, Posture, Projection-	<b>10</b>	
<b>Jumps</b> -Height and Execution-	<b>15</b>	
<b>Gymnastics/Across the Floor</b> -Difficulty and Execution-	<b>15</b>	
<b>Cheer</b> -Basic Motion Technique-	<b>20</b>	
<b>Dance</b> -Rhythm & Skill Incorporation-	<b>20</b>	
<b>Clinic Score</b>	<b>10</b>	
<b>TOTAL SCORE</b>	<b>100</b>	