

DLS CHEER

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DeLaSalle High School Competition & Sideline Cheerleading Information Packet 2017-2018 Season



General DLS Cheer Information

Are you looking for a team to join at De? Do you like to dance or tumble? Do you have school spirit? The DeLaSalle Cheerleading program has all of these aspects and so much more! We would like to welcome you to experience the world of competitive and sideline cheerleading. Our competitive cheer program has been established for over 15 years. We have multiple National titles, eight State Championships, and have even competed Internationally.

Fall & Winter Sideline Cheerleading

School spirit is increased here. If you are interested in joining the cheer team but aren't exactly sure, this is a great place to start! We begin our Fall season in the beginning of August and during this season we cheer at Football games. You will learn the ins and outs of cheerleading starting with motions, jumps, stunts, dance, cheers, and tumbling. In addition to the foundations of cheerleading we will learn a routine to perform at games. We welcome all interested in learning more about cheerleading! There are no formal tryouts for Fall Season but a registration form is required.

Fall Sideline cheers for the Varsity Football team at home & away games. They will learn a Homecoming Routine that they will perform at halftime. All sideline cheerleaders will cheer at every school Pepfest.

Winter Sideline cheers for the Varsity Boys and Girls Basketball teams at home games. All sideline cheerleaders will cheer at every school Pepfest.

Fall Practices for 2017 start August 14th from 3:30-5:30pm in the Florance Center

Dress in athletic gear - shorts and t-shirts are recommended, tennis shoes are required.

Competitive Cheerleading

Our season starts in the Fall and continues through February. We begin by forming our teams at tryouts; we have a place for everyone! Each individual that participates in cheer tryouts will make one of our teams, even if you've never cheered before. After teams are formed we learn our routines, practice, practice, and practice! Our routines are made up of stunts, jumps, dance, cheer and tumbling. We participate in multiple competitions in the Twin Cities and surrounding areas.

In addition to competing locally, our teams have the opportunity to compete at a local National Competition in February and potentially travel to Florida!

Varsity Competition Team Tryouts will be
Friday, August 18th, 2016 from 5:30-8:00

Competition tryout practices will be held:

August 14th from 5:30-7:30

August 15th from 5:30-7:30

Dress in athletic gear - shorts and t-shirts are recommended, tennis shoes are required.

We will hold a separate JV Competition tryout on October 17th, however, you are able to make the JV team at Varsity tryouts in August. If possible, we highly suggest you try out at the Varsity tryout.

DLS Cheer Tryout Information

Competition Tryouts

Tryout Timeline

Tryouts for the 2017-2018 competition cheerleading team will be held August 18th from 5:30-8:00pm in the Florance Center at DeLaSalle. Please wear shorts, t-shirt and tennis shoes. There will be tryout practices leading up to the actual tryout during which we will teach all the material necessary for their try-out.

Tryout Practices: Monday, August 14 from 5:30-7:30pm
Tuesday, August 15 from 5:30-7:30pm

Parent Meeting: There will be a meeting on Wednesday, August 9 at 7:00pm directly following the school wide Activities Eligibility Meeting.

Tryouts: Friday, August 18 starting at 5:30pm

Tryout Process

1. On the tryout practice days and tryout day, you will be observed by the DeLaSalle Cheer coaching staff.
2. On Friday, you will perform skills before a judging committee we have selected. The final decisions are made by the coaching staff and judges.

Skills

You will be asked to execute the skills listed below for tryouts. If you haven't mastered all skills, do not be discouraged. We are not looking for perfection at this time, but we do want you to concentrate and perfect the skills that play to your strengths. In addition to the skills listed you will be observed throughout the tryout practices on your attitude, ability to learn and make changes, enthusiasm, projection and overall performance. We will be looking for current and potential skills to become a DLS cheerleader.

Tryout material and Requirements:

- A sideline cheer
- Toe touch and jump of choice (may add tumbling after jump)
- Dance/Motion sequence
- Stunting: We will be watching your stunting throughout tryouts and looking for your potential and willingness to learn. Working on more than one position will benefit you.

DLS Cheer Financial Obligations

ESTIMATED CHEERLEADING EXPENSES FOR 2017-2018

Islander Foundation funds can be applied to all cheer bills. For more information on Islander Foundation and to register for events contact Douge Schildgen at douge.schildgen@delasalle.com or visit: <http://www.delasalle.com/support-delasalle/islander-foundation>

(*First year cheerleader expense)

Varsity Competition Team **(Required Items)**

Varsity Promo Shoes: \$50*
DLS Cheer Warm-Up personalized sleeve with cheerleader's name: \$75*
Black Briefs: \$10*
Bow Kit: \$15*
Team Competition Warm-Up Outfit: \$10*
Practice Outfits: TBD
Choreography/Routine Clinic and UCA Camp: \$100
WOW Factor Nationals: \$100 (if not attending UCA Nationals)
UCA Nationals: \$450

Junior Varsity Competition Team **(Required Items)**

Varsity Promo Shoes: \$50*
DLS Cheer Warm-Up personalized sleeve with cheerleader's name: \$75*
Black Briefs: \$10*
Body Suit: \$20*
Uniform Rental: \$20
Team Competition Warm-Up Outfit: \$10*
Practice Outfits: TBD
WOW Factor Nationals: \$60
Bow: \$5

Fall Sideline Cheerleading **(Required Items)**

Varsity Promo Shoes: \$50*
DLS Cheer Warm-Up personalized sleeve with cheerleader's name: \$75*
Metallic Gold Poms: \$30*
Black Briefs: \$10*
Body Suit: \$20*
Black Cheer Leggings: \$13*
Bow: \$5*

Winter Sideline Cheerleading **(Required Items)**

Varsity Promo Shoes: \$50*
Metallic Gold Poms: \$30*
Black Briefs: \$10*
Body Suit: \$20*
Bow: \$5*

Optional Items

Nike Duffle Bag: \$35
DLS Quarter-Zip Cheer Pullover Sweatshirt: \$55
DLS Cheer Yoga Pants: \$25
DLS Cheer Team Shorts: \$11
DLS Parent T-Shirt: \$10
DLS Cheer Fleece: \$80
DLS Cheer Warm Head Band: \$15
DLS Cheer Mittens: \$15
DLS Cheer Scarf: \$15

DLS Cheer Expectations

Attendance

Practice is mandatory. Appointments should be scheduled around practices and games. If you have a conflict that cannot be rescheduled (i.e. weddings, funerals), please notify Coach Veronica as far in advance as possible, at least two weeks prior to the event is preferred. Birthdays, work, etc. are not excused. If a cheerleader has an unexcused absence, she/he will sit the next game on the bench with the coaches in addition to other tasks assigned (mats, running, vacuuming etc.). If a cheerleader has 3 tardies, she/he will sit a game. Leaving early will also count as a tardy. If a cheerleader has two or more unexcused absences or equivalent tardies, they will sit the next competition. If a cheerleader sits more than two games or competitions, she/he may be asked to turn in their uniform and leave the team. Illness along with absence from school will be excused. A parent is required to call a coach to let us know if her/his child is ill OR anytime that the cheerleader will not be present. If a parent does not contact the coach, this will be considered an unexcused absence.

Practice

Practice begins at the time listed on the schedule. This means that everyone is ready to go, the mats are out, cheerleaders are changed and prepared with all that they need to have an effective practice. As a DeLaSalle cheerleader, you understand that you are part of a team sport and that when someone is absent or late from practice others are unable to perform necessary team activities. Practice ends at the time indicated on the schedule. After practice is over, mats need to be put away and cheerleaders need to change. This will usually take about 15 minutes.

Lettering Policy

All Varsity Sideline cheerleaders have the opportunity to letter when cheering their second season. In addition, all Varsity Competition team members will have the opportunity to letter as well. A cheerleader must actively cheer 90% of all scheduled games and competitions and have approval of the coach. More than three unexcused absences may result in loss of letter. Attendance, dedication, work ethic and attitude will all be taken into consideration. The decision of the coaches is final.

Academics

High academic performance and dedication are mandatory to be part of this team. We will be in close contact with all teachers of cheerleaders. It is at the discretion of the coach to sit a cheerleader for academic reasons. If cheerleaders need to study before or after practice they need to do so in the Library, Tech Labs, or in the designated Islander Commons areas. We understand as a coaching staff that academics come first, if there are classes that are missed due to games or early dismissal it is the responsibility of the cheerleader to work with their teachers on any missed information or assignments. Remember, to plan ahead and communicate with your teachers, this will help you in being a successful student-athlete.

Transportation

There is no transportation provided for after-school activities that take place at DeLaSalle (i.e. there will not be a bus provided to bring participants home after a practice at the school). It is the responsibility of the family to provide that transportation. Transportation to and from football games and competitions will be provided. Parents need to **promptly** pick up students when they arrive back at DLS. Coaches will wait with the cheerleaders until they are all picked up. Please arrange pick-ups in advance of the game or competition so the wait is not long. When transportation is provided, all are asked to ride to the game/competition with the team. When traveling home from games with the team, parents may take their child with them provided that they personally talk with a coach. Riding home with friends is not acceptable, unless a parent has communicated to the coach prior to the event.

Uniforms

All school issued uniforms and equipment must be returned in good condition and in a timely manner at the end of the season. Families will be billed for items not returned, and eventually, names will be submitted to the business office for collection, which could cause a hold up in transcript release.

Fundraising

We find ways to support our program. We do have an opportunity to earn money through the Islander Foundation during the fall season. We are also looking into opportunities to help support our program. Communications with details will be sent home as needed. Thank you, in advance, for all of your efforts to make this work! In addition cheerleaders will be asked to work at our Islander Cheer Camps and Clinics. We will be hosting our own competition this year which is our main source of fundraising. All cheerleaders and families will be required to work that day and set-up the night before (December 8th and 9th). Participation in fundraising events is mandatory.

Communication

Ultimately, it is the student's responsibility to communicate with the parent about schedule changes and other matters. Coaches will be in contact with parents as much as possible. There is a practice calendar that will be on the Cheer Team website. Any changes will be made on this calendar. Please get comfortable using the calendar, this will be the main tool used to communicate the schedule.

Social Media

Many of the cheerleaders have Facebook, Twitter and/or Instagram accounts. It is important that they remember that they not only represent the DeLaSalle Cheer Program but the larger DeLaSalle community. When posting status updates, photos, notes, etc. it is vital that they are aware of the image that they reflect towards the cheer program and DeLaSalle. It is also a policy of DeLaSalle that Coaches and Athletes are not friends or follow each other on these outlets.

Program Departure

Coaching staff will hold a parent and student meeting if there is a point in the season in which a cheerleader is not following the expectations set for them. We will review expectations, if after that point expectations are not fulfilled, then the coaching staff does reserve the right to dismiss a cheerleader from the program. Although, we do not like to lose anyone from our program as everyone is a valuable individual. If a cheerleader chooses to leave the the program, it is the responsibility of the cheerleader to communicate their departure to their teammates in person at practice. In addition, a written statement from the student and parent is required.

DLS Cheer Coaching Staff

Veronica Pettini, Program Director and Head Coach, is in her seventh year coaching at DeLaSalle. Veronica is an alumna of the DeLaSalle Cheer Program from 2003-2007. Veronica was part of the 2005 and 2006 State Championship teams as well as the 2005, 2006, and 2007 National Championship teams. She has coached the Varsity WOW Factor National Championship Team and the 2013, 2014, 2015, and 2017 State Championship teams as well as the 2015, 2016, and 2017 UCA National High School Cheerleading Championship qualifying teams.

Phone: (Cell) 612-290-5718

Email: Veronica.Pettini@delasalle.com

Jessica Luckett, Head JV Coach and Assistant Sideline Coach, is in her fifth year coaching at DeLaSalle. Jessica is an alumna of the DeLaSalle Cheer Program, from 2006-2008. Jessica was part of the 2008 State Championship team. She also currently works at DeLaSalle as the Alumni Relations and Events Coordinator.

Phone: (Work) 612-676-7687

Phone: (Cell) 651-815-8594

Email: Jessica.Luckett@delasalle.com

Taylor Williams, Assistant Varsity Comp Coach, is in her fifth year coaching at DeLaSalle. Taylor is an alumna of the DeLaSalle Cheer Program, from 2004-2007. Taylor was part of the 2006 State Championship team as well as the 2006 and 2007 National Championship teams. Taylor also has thirteen years of gymnastics experience prior to becoming a cheerleader. Recently coached the Varsity WOW Factor National Championship Team and the 2014, 2015, and 2017 State Championship teams as well as the 2015, 2016, and 2017 UCA National High School Cheerleading Championship qualifying teams.

Phone: (Cell) 612-251-5145

Email: tkw1010@gmail.com

Ebony Metters, Assistant JV Comp Coach, is in her third year coaching at DeLaSalle. Ebony is an alumna of the DeLaSalle Cheer Program from 2005-2009. Ebony was part of the 2008 State Championship team.

Phone: (Cell) 202-706-0161

Email: ebony.mettters@gmail.com

Ashley Blaine, Assistant Varsity Comp Coach, is in her second year coaching at DeLaSalle. Ashley is an alumna of the DeLaSalle Cheer Program from 2004-2008. Ashley was part of the 2006 and 2008 State Championship teams as well as the 2006 and 2007 National Championship teams. Recently coached the 2017 State Championship team as well as the 2017 UCA National High School Cheerleading Championship qualifying team.

Phone: (Cell) 763-442-3117

Email: ayblaine@gmail.com

DLS Cheer Registration

Please submit by the first day of practice. If you have questions, feel free to ask Veronica Pettini or any of the coaches.

Personal Information: *(Please print clearly)*

Name: (First) _____ (Last) _____ Grade: _____ Class: _____

Date of Birth: _____ Cell Phone: _____ Home Phone: _____

Participant's Email: _____

Parent #1 Name: (First) _____ (Last) _____

Parent #1 Address: _____ City _____ Zip _____

Parent #1 Email Address: _____

Parent #1 Cell Phone: _____ Home Phone: _____

Parent #2 Name: (First) _____ (Last) _____

Parent #2 Address: _____ City _____ Zip _____

Parent #2 Email Address: _____

Parent #2 Cell Phone: _____ Home Phone: _____

Cheer Experience:

- Cheer
- Tumbling/Gymnastics
- Dance

Number of Years: _____

Number of Years: _____

Number of Years: _____

Squad Interest:

- Fall Sideline
- Winter Sideline
- Competition Cheerleading

DLS Cheerleading Commitment

Time Commitment:

- Sideline: *Practice will be 2-3 days per week. Additional practice will be added for pepfests and playoff games. Games will be during the week and on some weekends.*
- Competition: *Varsity practice will be 4 days a week during the school year for 1.5-2 hours each. JV practice will be 3-4 days a week for 2-2.5 hours each. You will be required to be at all practices. There will be 6-8 competitions throughout the season. These are held on the weekends, most on Saturdays, but there are a couple of Sunday competitions. All families are required to work Winterfest and help with set-up the night before.*
- All Teams: *There will be occasional team bonding and volunteer opportunities.*

Financial Commitment:

See the attached estimated financial obligations. If you intend to pay your cheer bill through the Islander Foundation, it will be your responsibility to sign up for training and events, as well as completing a grant application and submitting to Douge Schildgen.

Cheerleader Expectations:

See the attached DLS Cheer Expectations for specific attendance, behavior, and attitude expectations.

Agreement:

I, _____ (student name) and my parent/guardian have read, understand, and accept the requirements necessary to be a sideline and/or competition cheerleader for DeLaSalle High School.

Student Signature: _____

Parent/Guardian Signature: _____