



## 2020 - 2021 SPIRIT TEAM TRYOUTS

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## 1. Introduction:

With the recent events going on around us regarding Covid-19, the Agoura Spirit Team is holding online tryouts for the 2020-2021 season. We understand this is not the ideal circumstance and we will do our best to make this adjustment as smooth as possible. Thank you for everyone's flexibility during this time.

Below is an outline of what the tryout requires. The videos will be submitted through email to: [Agourahighspiritteam@gmail.com](mailto:Agourahighspiritteam@gmail.com). In the subject line of the email please include your first and last name followed by "cheer or song tryout" depending on which team you are trying out for. If you are trying out for both teams please send a separate email for each team.

### For Both Teams:

- Application found on the Spirit Team website: [agourahighspiritteam.com](http://agourahighspiritteam.com)
- Photo (screen shot) of First Semester, and most recent grades

### For Cheer Team Tryouts:

- 1 video of a single toe touch
- 30 second video showing understanding of common cheer motions (please clean after sequence)
  - Clasp
  - High-V
  - Low-V
  - T motion
  - Broken T
  - Goalpost
  - Half-V (fists behind head)

***(photos demonstrating these motions can be found on the spirit team Instagram)***

- 1 video of the cheer that was released to prospective athletes
- 1 video of the dance that was released to prospective athletes

### For Song Team Tryouts:

- 30 second video demonstrating standing turns
- 1 video of each dances (2) that was released to prospective athletes
- Toe Touch

## 2. Cheer or Song:

**Song Team** is a dance team with dance styles in jazz and hip hop. The goal of Song Team is to provide spirit at school, community, and sporting events. Song Team is a fall and winter sport with performances at football games, basketball games, and school rallies. Song will frequently dance with Pom poms at games and performances. Song team will have the opportunity to compete in the winter. Song includes dancing, cheer chants, turns, and some tumbling.

**Cheer Team** The goal of Cheer Team is to provide spirit at school, community, and sporting events. Cheer Team is a fall and winter sport with performances at football



games, basketball games, and school rallies. Cheer team will have the opportunity to compete in the winter. Cheer includes, motions, jumps, stunting, tumbling, cheer chants and tumbling.

### **3. Time Commitment:**

Team commitments start with summer practices and camp. Attendance is highly encouraged unless otherwise agreed upon by the coach. In the summer, plan on the following:

Summer practices will be held:

- TBD- THIS WILL DEPEND ON COVID-19 RESTRICTIONS. MORE INFO PROVIDED SOON.

- Attendance is **highly** encouraged for the Summer Intensive CAMP through USA SPIRIT Team Association, held at Cal Lutheran University in Thousand Oaks. We will be attending this camp on 7/23-7/26

**\* All projected summer practices and camp will only occur if it is deemed safe by LVUSD and our public health officials**

Athletes are allowed to miss a maximum of four (4) practices without dismissal from the team unless specified otherwise by the Spirit Team Director. Once summer begins, team members are **strongly encouraged** to register in ballet or other technique instruction at a studio or college of their choice.

During the school year the team will meet during 5th period and after school. These practices are **Mandatory**. Practice times after school will be 3-5. Actual practice days are TBD. Before and during competition season, we will hold Saturday rehearsals to work with choreographers on competitive routines. Team members may also receive PE credit. There may be adjustments to the schedule to accommodate any scheduling concerns that arise. ***A practice schedule will be given after tryouts. Any updates required, as the school year approaches that are learned at a later date will be communicated as early as possible.***

Outside technique and tumbling classes are **strongly encouraged** by all team members. **The more technical the Athlete is will directly affect how whether or not they make the competition team.**

The Spirit Team performs at school rallies, all football games, and basketball games, and community events. We will also enter approximately 3 to 4 cheer/song competitions from January – March. The planned competition schedule will be provided no later than October, 2020.

January, February, and March are the busiest weekend commitments for competitions. However, our first priority will be to enhance school activities with the focus on competitions being the ***second important priority to academics.***

The time commitment required to be a team member may make it difficult to hold a part-time job or to participate in other school activities. A job or other school related activities such as choir, sports, play production, etc, is **no excuse** for missing practices or



performances and this could result in removal from a performance, competition, or the team. ***However, the goal is to try to make things work out for each member while limiting the impact on Spirit Team commitments. A well rounded balance of positive high school and non-school activities is always strongly encouraged.***

Spirit Team is a year-long program that demands maintaining both individual fitness and high levels of energy. Each member is expected to maintain a ***healthful*** and appropriate fitness level and lifestyle.

#### **4. Spirit Team “Donations”:**

“Donations” are used to plan an annual budget to help pay for operating costs such as choreographers, competition entrance fees, music/video, uniforms, practice wear, and assisting coaches that train the team for competitions. These “Donations” are what we use to fund the program. Fundraising is other means by which funds are raised to support the Spirit Team operating costs. Exact annual “Donations” and Transportation cost will be emailed by our booster board.

#### **5. Uniforms:**

Team Apparel and uniforms are required for each athlete for the 2020-2021 year. Returning athletes will need to order a new uniform if their uniform has been damaged or no longer fits. It has not been determined at this time if newly designed uniforms will be ordered for next year, as we want to be sensitive to all the families that have been affected financially by the covid-19 quarantine.

#### **6. Team Requirements:**

Athletes and Parents are expected to participate in Team Fundraising events and activities. Without the assistance of fundraising, the Spirit Team cannot operate or compete effectively. Fundraising programs will be discussed in detail during Booster Parent meetings. ***One representative from each family will be expected to attend each Boost Meeting.*** A full list of volunteer opportunities will be presented at the first Team meeting.

#### **7. Academic Requirements:**

Each applicant must have a 2.0 GPA or higher and no more than 1 F to participate on Spirit Team. If your grades are below this, you are not allowed to tryout, unless approved by the Director. If grades slip below a 2.0 after school starts, and if they are not raised, they could be dismissed from the team. This includes in-completes, which are not made up in appropriated time. School petition may apply. This depends on circumstances.

#### **8. Attendance:**

Two truants in any class, or combination of classes, will not be allowed. ***For current members, past team attendance will be a consideration at tryouts.***

#### **9. Selection Process and Expectations:**

The number of team members is not predetermined. The size of the team will be determined from the scores and talent ability of the group that auditions, as well as what we need for competition.



***All new and returning members are required to try out every year and are not guaranteed a spot!***

We are in search of athletes that are **motivated**, hardworking, committed, confident, poised, genuine, friendly, and have positive attitudes. **We are looking for Athletes that have initiative and want to improve their cheer, dance, and tumbling skills.** We also want those that want to be involved in their school, heavily promote school spirit, and actively support all other athletic teams and groups on campus. Spirit Team members are required to participate in all spirit weeks at school, including dress up days.

Team members will perform at school activities. Each performance may include **all** members or a **selected** group. Each performance and who is performing in it, will be pre-determined by the coach(s), and choreographers. If you miss any practices leading up to these performances, you may be asked to not perform, or your spot may be replaced by someone else. Team members will be required to attend all football and some basketball games. We may also cheer at Volleyball, time permitting.

#### **10. Team Selection:**

These virtual tryouts are for a spot on the Agoura High Spirit Team (SONG OR CHEER) only. Team placement for Varsity or Junior Varsity, and competition teams will take place when Quarantine is over. Ideally these teams will be comprised of 11-25+ athletes each. Cheer will tumble and Stunt in addition to other various cheer skills, and Song will do across the floor combinations and other various dance skills to determine this placement. An incoming Freshman can make Varsity for both Song, Cheer, and competition teams. An incoming Senior may not be on a junior varsity team. Any placement on JV or Varsity does not guarantee a spot on the competition teams. Both JV and Varsity athletes may be considered for competition teams. It is not mandatory to be on a competition team. Non-competing team members will still have the opportunity to cheer at games, attend community events, school events, and possibly perform at some halftime game performances and some Pep rallies.

#### **Competition Teams will include:**

**Show Cheer** and will include 20 to 25 athletes. Tumbling and advanced skills are required for this team. Saturday practices are from 10 am to 12pm. and are mandatory for this team.

**Song/Pom** teams will include 11 to 25 athletes. Advanced turns, jumps, leaps, dance skills are required for this team. Saturday practices are from 12pm to 2pm. and are mandatory for this team.

\*\*\*These times may have to be altered, due to facility availability.

**\*\*\*Competition teams will be chosen based on skill level and experience through a separate audition during team placement.**

Once the members have been selected and placed on a team, they and their parents/guardians will sign a constitution outlining specific rules and commitments. If unwilling to adhere to **any** part of the constitution, membership will be denied.



Selection of any member **during** the school year (if needed) will be at the discretion of the advisor/coach. They may try out in a similar way to the original team selection. All members are expected to remain committed to the team for a minimum of one year.

\*\*\*In addition, at any time during the year if a member of the Spirit Team chooses to quit before the year is over, they will be severely limiting their chances of being selected if they chose to try out again the following year. Each situation will be considered on a case by case basis.

***Spirit Team Members are also ambassadors for their school and are expected to uphold and adhere to high standards on and off the mat. We have very strict policies for inappropriate social media posts, (this includes photos and written messages), bullying of any kind, and engaging in any inappropriate behavior that either violates school rules or makes the Spirit Team look bad in any way. Your actions don't just affect you, they affect the whole team. Vaping, alcohol, drug use, wax pens, etc will face a minimum of a 3 month suspension from the team, and most likely a permanent removal from the team. All School rules and regulations apply to the team and eligibility is based on citizenship and academics. Spirit Team (Song and Cheer ) is a team sport and all athletes are required to act as a team in and out of practice. This means showing respect to your fellow teammates and coach at all times.***

## 11. Schedule of Events

### **April 20 – Informational Meeting #1 (Optional)**

**Time:** 7:00pm

**Where:** Zoom– (ZOOM Codes will be provided FOR INFORMATION MEETINGS AND OPEN GYMS after you email [agourahighspiritteam@gmail.com](mailto:agourahighspiritteam@gmail.com) to get on the tryout list) *Please specify what team(s) you are trying out for in your email.*

**Who:** Cheer & Song team applicants, members, and parents

\*\*\*Learn more about the Agoura Cheer and song program, including the virtual tryout submission process and what the clinics are about. Parents are encouraged to attend to fully understand your athlete's commitment.

### **April 25 – Open Gym-OPTIONAL**

**Time:** 11:00-12:00pm

**Where:** Zoom-

**Who:** **All applicants**

\*\*\*Learn about the required cheers, motions, jumps, turns and dances, for your tryout videos submission.

### **May 1 – Informational Meeting #2 (Optional)**

**Time:** 7:00pm

**Where:** Zoom– (ZOOM Codes will be provided FOR INFORMATION MEETINGS AND OPEN GYMS after you email [agourahighspiritteam@gmail.com](mailto:agourahighspiritteam@gmail.com) to get on the tryout list). *Please specify what team(s) you are trying out for in your email.*

**Who:** Cheer & Song team applicants, members, and parents



\*\*\*Learn more about the Agoura Cheer and song program, including the virtual tryout submission process and what the clinics are about. Parents are encouraged to attend to fully understand your athlete's commitment.

**May 2 – Open Gym-OPTIONAL**

**Time:** 11:00-12:00pm

**Where:** Zoom-

**Who:** *All applicants*

\*\*\*Learn about the required cheers, motions, jumps, turns and dances for your tryout video submission.

**Date: May 4<sup>th</sup> Song Workshop Day #1-Mandatory**

**Time:** 3:30-5:00 pm

**Where:** Zoom- **ZOOM CODES WILL BE PROVIDED AFTER YOU SUBMIT APPLICATION**

**Who:** *Song Applicants*

\*\*\*Learn the required dances, turns and jumps for your tryout video submission.

**Date: May 5<sup>th</sup> Cheer Workshop Day #1-Mandatory**

**Time:** 3:30-5:00 pm

**Where:** Zoom- **ZOOM CODES WILL BE PROVIDED AFTER YOU SUBMIT APPLICATION**

**Who:** *Cheer Applicants*

\*\*\*Learn the required cheer motions, jumps and cheers for your tryout video submission.

**Date: May 6<sup>th</sup> Song Workshopd Day #2-Mandatory**

**Time:** 3:30-5:00 pm

**Where:** Zoom- **ZOOM CODES WILL BE PROVIDED AFTER YOU SUBMIT APPLICATION**

**Who:** *Song Applicants*

\*\*\*Learn the required dances, turns and leaps for your tryout video submission.

**Date: May 7<sup>th</sup> Cheer Workshop #2-Mandatory**

**Time:** 3:30-5:00 pm

**Where:** Zoom- **ZOOM CODES WILL BE PROVIDED AFTER YOU SUBMIT APPLICATION**

**Who:** *Cheer applicants*

Learn the required cheer motions, jumps and cheers for your tryout video submission.



**Date:**  
**May 8<sup>th</sup>**

**Video submission due by: 8:00 pm**

**Who: *All applicants***

**how:** email your video submission in the following manner to:

[agourahighspiritteam@gmail.com](mailto:agourahighspiritteam@gmail.com)

- Name and submit your video tryouts into the following manner:
- Break your tryout into 4 sections. In the email subject line: include your first and last name, followed by “cheer or song” tryout, depending on what team you are trying out for. example: Mary Smith Cheer Tryouts.
- If trying out for both teams, please send separate emails.
- If the videos are too big to email, you may use wetransfer.com or another free program to send in the video. Once submitted you will receive an email confirming your submission.

**Cheer:**

Jumps  
Motions  
Cheer  
Dance

**Song**

Turns  
Toe Touch  
Dance 1  
Dance 2



## 12. Agoura High School Spirit Team Frequently Questions

### ***Do you need to have experience to be on the Spirit Team?***

No. All skill levels are welcomed and encouraged to try out.

### ***May I try out for Song and Cheer?***

You may try out for both teams, however if you make both teams, you must choose which one you want to be on.

### ***How much does it cost to be on the spirit team?***

There is no required payment however each athlete costs an average of \$... (updated amount to be shared soon). This cost will depend on what competitions we go to and if we order new uniforms. We gladly accept donations of any amount and we do fundraising throughout the year.

### ***What is included in the average cost per athlete?***

The average cost includes: competition music, uniform, hair bows, poms, shoes, backpack, camp wear, camp fees, competition fees, coach(s) stipends, bus transportation to/from games, and local bus transportation to competitions., plus hotel cost if needed.

Additional costs outside of the per athlete estimate would include: Out of state travel and hotel, and the letterman jacket. Students are not required to pay for anything in order to participate, but this is the average cost per athlete, and donations are appreciated, as our program cannot continue if we do not have the funds for each athlete, and the funds to maintain our program.

### ***How long does the season last?***

The season begins with an overnight camp, typically in July. When school starts in August, practices begin. We attend all football games and that season depends on how far the football team goes in the championship games. Once football season concludes we begin doing competitions which typically goes until March.

### ***What is the expected commitment to be on the Spirit Team?***

Athletes are expected to attend practice 2 to 3 times a week outside of class, one of those days being on the weekend. There are football games on Fridays during football season and basketball games twice a week during basketball season. There are also evening pep rally practices the night before any pep rally. Outside training is not required, however it is highly recommended.

### ***Do athletes need to maintain a certain GPA?***

All Spirit Team athletes must be passing all of their current classes. If this expectation is not met appropriate actions will be taken to better the academic success of the athlete. Students must always maintain a 2.0 all year, and cannot receive more than 1 F. If this is violated, they will be ineligible the remaining of the semester.



### 13. What are my steps to join the Spirit Team?

**Step 1:**

Email: [agourahighspiritteam@gmail.com](mailto:agourahighspiritteam@gmail.com) to be placed on the tryout info list. We will then send you a form to fill out online. When that form is submitted back to us, we will then give you the zoom codes for info meetings and open gym's.

**Step 2:**

Attend at least one of the info zoom meetings listed in this packet.

**Step 3:**

Attend any Open Gyms if you want.

**Step 4:**

Fill out the Application form, print your grades out, and attach the photo to the application as indicated. These items will need to be scanned and sent back to [agourahighspiritteam.com](http://agourahighspiritteam.com)

When you submit this application, we will send you a zoom code for workshop week. Return completed application to us before Monday, May 4th. If your application is not complete, you will not be allowed to participate in workshops or tryouts.

**Step 5:**

Attend both days of either cheer or song workshop (all 4 if trying out for both.) New tryout material will be taught at each workshop and you do not want to miss it. A video of material taught at workshop that day will be posted on youtube **after** the workshop lesson is over.

**Step 6:**

Submit video submission by 8:00 pm. on May 8th.

**Step 7:**

Results will be released by 8:00 pm. on Monday, May 10th.