**Eaglecrest Cheerleading**

Program Information

2023-2024 Season



**eaglecrestcheer.com**

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Thank you for your interest in Eaglecrest Cheerleading! We are a competitive cheer program built on years of tradition and excellence. We pride ourselves on providing a safe and positive environment where student athletes can learn and build character and leadership skills. We are excited for the upcoming season. Please review the following information as you consider trying out for a team.

| **Important Dates** | | | |
| --- | --- | --- | --- |
| Mandatory Tryout Meeting | April 5th | 7:00pm | EHS Lecture Center |
| Pre-Tryout Open Gym | April 11th, 13th, 18th & 20th | 6:00-8:00pm | EHS West Gym |
| Tryout Paperwork Due | April 24th | 5:00pm | Aux Gym |
| Tryouts | April 24th-28th | 6:00-8:00pm | West Gym |
| Tryout Results | April 29th | 9:00am-12:00pm | Aux Gym |

**Time Commitment**

Being a member of the cheer program at Eaglecrest is a substantial time commitment. As a result of the COVID-19 pandemic please be aware that our schedules are subject to change at any time given restrictions or guidance put in place by the state and our school district. Our season runs from May through February. We cheer for fall and winter sports including: football, volleyball and basketball. In addition to practices and scheduled events there are usually 2-3 games a week that athletes are required to cheer at. We expect our athletes to be 100% committed to our program throughout the entire season. Each team’s calendar is posted on our website [www.eaglecrestcheer.com](http://www.eaglecrestcheer.com)

**TENTATIVE VARSITY PRACTICE SCHEDULE**

| **Monday** | **3:45-5:30pm** | **EHS Aux Gym** |
| --- | --- | --- |
| **Tuesday** | **3:45-5:30pm** | **THRIVE @ EHS Aux Gym** |
| **Wednesday** | **3:45-5:30pm** | **EHS Aux Gym** |
| **Thursday** | **4:45-6:15pm** | **@ THRIVE Cheer** |
| **Friday** | **3:45-5:30pm** | **EHS Aux Gym** |
| **Saturday** | **TBD** | **Practice on Saturdays throughout the season as needed** |
| **June 19-20** | **9:00am-6:00pm** | **Mandatory Game Day Choreo and Skills** |
| **June 26-July 9** |  | **Summer Break** |
| **July 18-22** |  | **UCA Cheer Camp- University of Kentucky** |
| **August 3-4** | **9:00am-6:00pm** | **Mandatory Choreography** |

**TENTATIVE JV RED PRACTICE SCHEDULE**

| **Monday** | **7:00-9:00pm** | **EHS Aux Gym** |
| --- | --- | --- |
| **Tuesday** | **7:00-9:00pm** | **EHS Aux Gym** |
| **Wednesday** | **7:00-9:00pm** | **EHS Aux Gym** |
| **Thursday** | **5:00-7:00pm** | **THRIVE @ EHS/TRMS** |
| **Friday** | **4:45--6:15pm** | **@ THRIVE Cheer** |
| **Saturday** | **TBD** | **Practice on Saturdays throughout the season as needed** |
| **June 26-July 9** |  | **Summer Break** |
| **July 18-22** |  | **UCA Cheer Camp- University of Kentucky** |

**TENTATIVE JV WHITE PRACTICE SCHEDULE**

| **Monday** | **5:00-7:00pm** | **EHS/TRMS** |
| --- | --- | --- |
| **Tuesday** | **4:45-6:15pm** | **@ THRIVE Cheer** |
| **Wednesday** | **5:00-7:00pm** | **EHS/TRMS** |
| **Thursday** | **5:00-7:00pm** | **THRIVE @ EHS/TRMS** |
| **Friday** | **5:00-7:00pm** | **EHS/TRMS** |
| **Saturday** | **TBD** | **Practice on Saturdays throughout the season as needed** |
| **July 10-13** |  | **UCA Cheer Camp- Loveland Masters** |
| **July 13-August 30** |  | **Summer Break** |

**Team Tumbling**

Teams will attend team tumbling at Thrive Cheer one day a week for tumbling. Thrive will come to EHS for stunting one day a week.

Thrive Cheer

520 Topeka Way

Castle Rock, CO 80109

Tumbling is an important part of our program and attending team gymnastics is mandatory, and it is considered a required practice. Members of all teams who do not meet tumbling requirements are required to take private lessons and/or attend open gym sessions outside of their scheduled classes. All gymnastics fees are collected by Thrive Athletics through automatic payments each month.

**Summer Camp (MANDATORY)**

Varsity and JV Red

UCA Summer Camp- University of Kentucky

July 18th-22nd

JV White

UCA Summer Camp- Loveland Masters

July 10th-13th

**Fall Break and Thanksgiving Break**

We require all athletes to attend practice during Fall and Thanksgiving Break due to competitions. Athletes will also be expected to cheer select games over the Winter Break.

**Competitions**

JV Red and White: Saturdays in Oct and Nov

Varsity: Saturdays in Oct and Nov, State in December, a Saturday in January, Nationals in February

*Varsity will compete in the medium division with 16-19 athletes on the mat. At regionals and nationals we will compete in the game day division which may include additional team members.*

**IF YOU HAVE ANY SCHEDULING CONFLICTS WITH PRACTICES, TUMBLING CLASSES, COMPETITIONS, OR CAMP, PLEASE DISCUSS THEM WITH THE COACHING STAFF BEFORE TRYOUTS.**

**Financial Commitment**

The following table outlines the cost per athlete on each team for the season. All expenses are due within a 10 month time period (May – February). You do not have to pay the total upfront. Nationals payments will be divided into monthly installments. Account Sheets will be sent home at the beginning of each month.

**EXPENSE SHEET**

(Prices are approximate)

| **Item** | **Varsity** | **Junior Varsity Red** | **Junior Varsity White** |
| --- | --- | --- | --- |
| Athletic Fees (per season, 2 seasons) | $90.00 (180.00) | $90.00 (180.00) | $90.00 (180.00) |
| Spirit Fund (comp entry fees, music, pictures) | $300.00 | $300.00 | $300.00 |
| Bodysuit | $25.00 | $25.00 | $25.00 |
| Briefs | $15.00 | $15.00 | $15.00 |
| Bows (Game and Competition) | $30.00 | $20.00 | $20.00 |
| Poms | $25.00 | $25.00 | $25.00 |
| Shoes & Backpack | $150 | $150 | $150 |
| Warm up Jacket & Pants | $150.00 | $150.00 | $150.00 |
| Camp | $1000.00 | $1000.00 | $500.00 |
| Camp wear (Practice Clothes) | $150.00 | $150.00 | $150.00 |
| Choreography (based on 20 member squad) | $250.00 |  |  |
| Nationals | $1400.00 |  |  |
| Gymnastics–monthly fee approx 8 months | $75.00 | $75.00 | $75.00 |
| **Approximate Total** | **$4,275.00** | **$2,615.00** | **$2,115.00** |

**Fundraising**

Cheerleading is an expensive sport, please know there are fundraising opportunities available to help offset the cost. A portion or ALL of your expenses can be covered by fundraising – start early, and be actively involved throughout the entire year!

Our first fundraiser will begin in May with the opportunity for each athlete to make money for their personal account. The money that you earn from this fundraiser can be applied to your camp fees.

Here is a list of our scheduled fundraisers thus far: Shirt Sponsorships, S’Cool Services**,** Cookie dough**,** Butter braids**,** Restaurant nights**,** EHS Concessions.

The concession stand is operated by the cheer program. Concessions are an important part of our budget and supplements program costs. **It is a letter requirement for varsity members to provide a sponsor for one concession event.** Athletes from all teams are encouraged to cover concession events. Once an athlete has sponsored two events, additional events covered will earn a credit toward their cheer account.

**Tryouts**

**Our goal is to select athletes who meet our athletic standards, are coachable and can work well in a team environment and represent our program in a positive manner.** It is crucial for athletes to attend every day of tryouts to be properly evaluated.

Tryouts include four days of learning material as well as formal evaluations of each skillset. Athletes will be evaluated on the fight song, tryout cheer, jumps, tumbling and stunting.

There will be approximately 60 positions available, 16-24 for each of the three teams. What we consider when selecting teams: Stunting Position, Tumbling, Jumps, Motions, Showmanship, Attitude, Coachability, Grades/Eligibility

Skills in bold are highly suggested. We want to see clean and safe execution. All of the skills performed need to be skills that have been worked on prior to tryouts. No one should throw skills for the first time at tryouts.

|  | Jumps | Tumbling | Stunting |
| --- | --- | --- | --- |
| **JV White** | **•Toe touch** | No experience required | **•Thigh Stand**  **•Prep Retake** |
| **JV Red** | •**Toe touch**  **•**Series of two connected jumps | **•Power hurdle round off punch**  •**Standing back handspring**  •**Power hurdle round off back handspring**  •Power hurdle round off tuck | **•Prep Retake**  **•Extension Retake**  **•Liberty**  •360 to load/prep |
| **Varsity** | •**Toe touch**  **•Series of two connected jumps** | •**Standing back handspring (all surfaces)**  •**Power hurdle round off back handspring**  **•Power hurdle round off tuck**  **•Standing tuck**  •Standing back handspring back tuck  •Cartwheel tuck  •Power hurdle round off back handspring back tuck/layout/full | **•Liberty**  **•Heel Stretch**  **•Full up**  •Full up immediate  **•Top girl flexibility: heel stretch, arabesque, scale,** bow and arrow  **•Top girl back handspring for back handspring up stunts** |

**Team Results (April 29th @ 9am):**

Team results will be delivered via face to face consultation with the coaching staff and the athlete. Each athlete will be assigned a designated meeting time to discuss program/team placement and feedback from the tryout process.