

# IHS Varsity/JV Leadership Application

**The 2018-2019 Independence High School Cheerleading Squad Leadership will be made up of the following:**

- Varsity:
  - Will consist of Head Captain and Co-Captain.
  - Head Captain will be a Senior and must have previously been on the Varsity Squad
  - Co-Captain can be a Senior or Junior and does not have to be a previous Varsity or IHS Squad member
- JV:
  - Will consist of Captain and Co-Captain
  - Captain must have been an IHS cheerleader the previous year
  - Co-Captain does not have to be a previous IHS Cheer member

## **Tryout Schedule**

**April 6th:** All candidates must e-mail Coach Slade at [slades@friscoisd.org](mailto:slades@friscoisd.org) by 9pm to announce intention to try out for a leadership position

**April 18th:** All tryout paperwork (permission form and questionnaire) due to coaches at practice

**April 23rd:** Captain Tryouts during practice

1. Candidates teach cheer to all squads

*This is your opportunity to show the team what kind of leader you are. You are expected to break down the cheer by words and motions, speak loudly and clearly, keep the team's attention and to be totally prepared.*

2. Candidates perform original cheer and present posters for all squads
3. Voting

**April 25th:** Captains announced at practice

**May 2nd:** Captain meeting with coaches after regular practice

## **Qualifications**

1. Must be in good standing within the team and with all teachers.
2. Must not have failed any reporting period in the 2017-2018 school year.
3. Must display leadership abilities and be committed to the improvement of the squad.
4. Must display choreography skills to aid in the development of routines.
5. Must display knowledge of cheerleading techniques to enable them to teach and critique others.
6. Must be willing to give up their time for the benefit of the team.
7. Must be available for meetings and planning outside regular school hours.

## **Expectations & Requirements**

If selected, the Captains are expected to commit to and serve in the position for the remainder of the cheerleading season. The Varsity Captains who are Seniors are also expected to attend the tryout clinic the following year to assist the coaches as needed. IHS Cheerleaders are held to a higher standard than the rest of the school and the Captains will be held to a higher standard still. Disciplinary action may be taken if a Captain does not adhere to these conduct standards.

Because leaders are held to a higher standard, if a Captain accumulates 2 strikes then she will be removed from her leadership position, in addition to the regular consequences incurred by any cheerleader. In addition, if a captain becomes academically ineligible during the cheer year, then she will be removed from her leadership position.

The duties and responsibilities of the Captains include, but are not limited to:

- Perform all duties assigned to her as a leader of the IHS cheerleading squad.
- Set an example for the squad at school, at practice, and outside of school.
- Keep a detailed notebook and list of all duties performed. Items in notebook should include: a team roster and contact information, FISSD Code of Conduct, captain duties and expectations, calendars, list of all cheers and chants, and any other handouts.
- Lead the squad with the help of other captains and the coaches at public performances.
- Plan performances and produce choreography for performances.
- Inspect uniforms, hair, make-up, etc. prior to games.
- Be prepared to make on-the-spot decisions at practices, games, and times when the coaches are not available.
- Start on time and remain on task.
- Be early to practice and events.
- Stay after each practice and event until dismissed by coaches.
- Check for attendance/tardiness.
- Lead practices under the supervision of the coaches.
- Polish and perfect cheers, chants, stunts and jumps.
- Know all cheers/chants perfectly. Call cheers/chants at games.
- Make sure all equipment gets to and from games.
- Be constructive with your criticism to your teammates not destructive.
- Warm-up the team.
- Maintain discipline and seeing that your squad is in order at all times.
- Foster, encourage, and uphold the team's attitude and morale.
- Provide individual help to all team members.
- Communicate all information to squad members.
- Support each other and your teammates.
- Support the coaches even when you disagree with a decision.
- Inform coaches of situations that they need to know about.
- Bring suggestions to coaches on behalf of the team.
- Always have a positive attitude.

## **Tryout Format**

Captain will be chosen based on the following criteria, for a total of 100 percent:

1. Teacher Recommendations (20%)
2. Cheer/Teaching Cheer (10%)
3. Questionnaire (20%)
4. Team Vote/Poster (20%)
5. Coaches Evaluation (30%)

### ***Teacher Recommendations:***

Each candidate will need to have 3 teacher recommendations. 2 of the 3 teachers need to be current teachers in core subjects. Teachers will fill out the recommendation form at:

[https://docs.google.com/forms/d/e/1FAIpQLSfB7QrQqB8yKvdrgHbF1jrTiWfxiUU3S8BX1J7UfHhzVGqhVw/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSfB7QrQqB8yKvdrgHbF1jrTiWfxiUU3S8BX1J7UfHhzVGqhVw/viewform?usp=sf_link)

### ***Cheer/Chant:***

Each candidate will prepare an ORIGINAL cheer and teach it to the squad as well as perform it in front of the squad by themselves.

### ***Questionnaire:***

Each candidate will copy and paste the questions below on a document and type your answers. These are due April 18th.

### ***Team Vote/Poster:***

On April 23rd, during practice, you will present a poster with ideas for:

Min. 1 Philanthropy idea

Min. 2 Camp ideas

Min. 2 Pep Rally Ideas (can be theme or game)

A theme for 2018-2019 (like Better Together)

A leadership quote

Your top 3 goals for 2018-2019

Your top 3 leadership qualities

## ***Coaches Evaluation***

Each candidate will be evaluated by the coaches on the following attributes. Points will be deducted for any strikes received for the 2017-2018 year:

- **Character** - treating others with respect and compassion, acting with personal and academic integrity, taking ownership of learning, following school behavior expectations, and pursuing victory with honor. A cheerleader is held to even higher standards of character and should be a role model for other students.
- **Leadership** - modeling positive behavior, influencing others to do their best, inspiring peers and community to a higher standard, contributing to a clean and orderly environment, and participating in extracurricular and leadership opportunities. A cheerleader is held to even higher standards of leadership and should be an encouragement to her teammates, as well as someone they can (and do) respect.
- **Accountability** - taking ownership for behavior inside and outside of cheer, for their role as a member of the team and for their academic performance. A cheerleader is held to an even higher standard of accountability and should be an example of taking responsibility for their behavior, actions, and outcomes.
- **Scholarship** - accepting rigorous challenges in the pursuit of a higher level of academic standards, and maintaining high academic achievement while balancing outside activities, including cheer. A cheerleader is held to an even higher standard of scholarship and should always strive to do their best in schoolwork and look for opportunities to go above and beyond the norm.
- **Service to Others** - contributing daily to the well-being of the community, school and team by assisting others and participating in a variety of community service projects. A cheerleader is held to an even higher standard of service and should be an asset to their team, school and community.

# Captain Candidate Questionnaire

Please re-type and then answer each of the following questions thoroughly.

1. What are the responsibilities of a captain as you see them?
2. What leadership qualities do you possess? Give specific examples of how you have used them this year.
3. What is the key to earning the respect of the team? How do you keep it?
4. What assets would you bring to IHS Cheer if selected as Captain?
5. How do you combat negativity/complaining when the team is together, for example in the locker room?
6. What is your greatest weakness? How would you improve this?
7. What is your greatest strength? How could this be used in the role of captain?
8. If you do not make captain, what contribution would you be able to make to the squad?
9. Captains must work well amongst themselves and with their sponsors. How do you plan to accomplish this?
10. What changes or new ideas would you like to incorporate next year? (areas of improvement)
11. What are the areas that went “just right” this year that you would like to duplicate next year? (areas of praise)
12. What does commitment mean to you and how do you demonstrate it? How will you encourage commitment within the team?
13. Fill in the blank with a word or short phrase.
  - A captain always...
  - A captain never...
  - A captain is the first person to...
  - A captain is the last person to...
  - A captain exhibits...
  - A captain is not...
  - A captain completes a task...
  - A captain has the ability to...
  - A captain thinks of...

# IHS Cheer Captain Application Agreement Form

**APPLICANT:**

I, \_\_\_\_\_, apply for captain of the Varsity squad of the Independence High School Cheerleaders. I understand and respect the requirements, expectations and appointment process. I understand that the coach has complete discretion in choosing team captains. I am fully aware of the extra time and effort that being a captain entails. I agree to fulfill the position to the best of my abilities. I am aware that this position is a privilege and that not fulfilling the role to the coach's and squad's expectations (as outlined in the captain packet) will result in a reassignment or removal from the position. I will conduct myself with dignity, style, and grace at all times and be an exemplary role model for this program. I understand that the final selection is done by the coach using the criteria listed in this packet and will support the decision made.

Signature

Date

**PARENTS:**

\_\_\_\_\_ has my permission to seek a captain position. I have read and discussed the above statements with my child and I am assured that she/he understands and is capable of fulfilling the requirements and duties. If my child is chosen as a captain, I will support them in their additional responsibilities and extra commitment to the team. I understand that the final selection is done by the coach using the criteria listed in this packet and will support the decision made.

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Signature

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Date