

Xavier College Prep High School
Cheerleading Tryouts
2025-2026



2025-2026

Participants:

Welcome to XCP cheerleading tryouts for the 2025-2026 season. I am looking forward to working with all of you this week! Please read through this packet carefully.

I. Tryout Information

II. Tryout Dates and Requirements

III. Tryout Order and Scoring

IV. Important Dates

VI. Rules (signature sheet to be returned on day one of clinics)

VII. Teacher Evaluation form (to be returned on day one of clinics)

VIII. Information Sheet (to be returned on day one of clinics)

Please contact me with any questions

Thank you,

Coach Valdivia

avaldivia-hidalgo@xavierprep.org

Cheerleading Tryout Information

Clinics:

- All athletes must attend ALL (except for a scheduled game or practice). **If a candidate must miss a clinic because of a game or practice, they must bring a note confirming the practice, and/or a copy of the schedule indicating the game or meet.** Participants must come to the clinic immediately after the game or practice.
- Athletes **MUST** attend Monday's clinic to learn the group cheer and establish tryout groups. If Monday must be missed for some reason, participants must communicate with coaches **AHEAD** of tryouts.
- Participants must wear comfortable clothes for the clinic (**T-shirt, shorts, and tennis shoes**). Make sure all T-shirts and shorts follow the school dress code policy. It is **HIGHLY** recommended that shorts and not pants are worn for clinics. Hair must be worn up and no jewelry (including belly rings) is allowed.
- On the first day of clinics, you will need to bring/complete the following:
 - **Signature page of Rules**
 - **Information sheet**

- **Semester Grades**
- **Teacher Evaluation (may be emailed)**
- Day Two of Clinics – Review of material learned
- Official Tryouts– We will be officially scoring group cheer, dance, jumps, and tumbling (optional)

What to Wear to TRYOUTS:

All participants must wear

- **Black shorts/leggings**
- **a PLAIN white shirt**
- **white tennis shoes**

Appearance

- **hair must be worn up with a ribbon/bow**
- **NO jewelry**
- **NO logos, images, words, etc. are permitted on clothing**
- **NO XCP cheer-accessories may be worn during tryouts**

Cheerleading Tryout Dates and Requirements

Dates & Locations: ALL CLINICS WILL BE HELD @ Xavier GYM

Monday, April 28 th	Clinic - Groups Assigned learn Cheer & Dance	Clinic 4:00pm-6:30pm
Tuesday, April 29 th	Day #2 - Review	Clinic 4:00pm-6:30pm
Wednesday, April 30 th	Official Tryouts	Tryouts 4pm

Requirements:

- Group cheer
- Jumps – toe touch, pike, right/left hurdler, & double toe touch
- Tumbling– based on rubric according to difficulty
- Dance - learned at clinics and judged during clinics

Team Placement:

Football	Basketball
Freshman-Senior	Freshman-Senior
Fall	Spring

****The number of members chosen for each team will be determined by the coaching staff. ***

Tryout Order and Scoring

CLINIC SCORING – *This score will be done by the coach over the course of the two clinic days. These scores will be added to the judges' scores.*

1. Attendance

2. Coaches' Evaluation: This will include turning in the proper forms on the first night of clinics (grade sheet with first semester's grades, rules sheet, and information sheet)..

TRYOUT SCORING – *This scoring will be completed by 4 judges. Each participant will be given a number at the beginning of the clinic to determine the lineup for tryouts. Participants will be scored on the following criteria: enthusiasm, confidence, memory/knowledge, creativity, motion/technique, vocal quality, and overall impression in addition to the scores listed above.*

1. Group Cheer: This cheer will be taught to participants during clinics.

- The group can add extra jumps/kicks when they rally in or at the end of their cheer.

2. Group Dance: This cheer will be taught to participants on the day of the tryouts.

3. Individual Tryout

- Jumps (toe touch, pike, double toe touch, left/right hurdler)
 - Scored on technique, height/flexibility, toe point, overall
- Tumbling (see rubric: Two attempts will be given)

Dates of Importance

*****If you make the team*****

All Teams & Parents -

There will be a mandatory meeting for **ALL** cheerleaders and parents on **Monday, May 5th at XCP in the BAC**. Camp and summer schedules will be distributed. We will discuss camp, pricing, fundraisers, and required items.

- You will be expected to fundraise over the summer, and after a certain amount has been raised the remainder will go to paying for individual cheerleader expenses (camp, t-shirts, etc)
- All members will be required to attend a summer camp; camp information will be distributed at the team meeting.
- You will be expected to attend a certain number of workouts over the summer.
- Contact information will be disrupted by the coach. This will give parents the coaches' number and allow for the coaches to have a list of parent contacts.
- Payment plans will be discussed if they are needed.
- Required items for the team will be discussed for each team.
- Mostly, this is so the coaches can know the parents involved with the team and the parents can feel comfortable knowing the Coach.

Football & Basketball

JV & Varsity

Rules and Consequences

These rules were developed with the best interest of the cheerleader in mind. They will be enforced and maintained. If at any time any of these rules are broken or not maintained, the coaches and the Athletic Director have the authority to ask the cheerleader to resign. Hopefully, each team member will take their cheerleading commitment seriously. Therefore, it will not be necessary to enforce restrictions on anyone. Keep the word "leader" in cheerleader!

RULES:

Anybody can cheer for a winner. The real skill is making someone who has lost feel like a winner.

1. The School Extra-Curricular Code will be followed and enforced at all times.
2. The coach expects that personal problems will not threaten the overall potential of the team. If attitudes do present a problem, it will be resolved by whatever means the coach deems appropriate.
3. Promoting good sportsmanship by way of example is required at all times.
4. Members must not use foul language at practices, in school, at games, camps, competitions, etc.
5. Excessive public displays of affection are never considered appropriate, especially in uniform, at games, or in school. While in uniform or any cheer gear, do not display inappropriate affection with significant others.
6. Proper appearance is required at all times, with clothing appropriate to the occasion.
7. By being a cheerleader, you are accepting the fact that your actions are more prominent than those not associated with such an activity. Because of this, exemplary behavior is mandatory at all times, anywhere in the community, and at all school functions where you are recognized as a representative of Xavier Prep School.

8. Members must cooperate with all faculty members, team members, game officials, and coaches. Cheerleaders must display proper behavior in class, including being on time, not skipping, or cheating.
9. Cheerleaders will treat this team as a legitimate team and not as an after-school social hour. In the eyes of the coaches, cheer is a sport and a team, not an activity. Cheerleaders will respect this notion and treat this team as they would with any other team.
10. Cheerleaders will always treat each other with respect and consideration. We are a team and will perform and work as a team. Not one class is better than another, not one team is better than another. As a team, cheerleaders will help and support fellow teammates with regard to team matters. We together are the XCP Cheer Team, whether we are separated JV and Varsity or, we are a whole team first.

ADDITIONAL RULES AND EXPECTATIONS

PRACTICE AND EVENTS:

1. A cheerleader **MUST** attend all practices and events as designated. Tardies or absences must be approved by the coach and not other team members. The contact must be made before the occurrence and must be phoned in or written (email or text is acceptable) and turned in to the coach. A cheerleader will not be allowed to leave practice early or to be tardy without the permission of the coach. **This means asking in advance, not on the day of practice or the event.**
2. Absences, illnesses, injuries:
 - a. A written excuse from a doctor, school nurse, or school trainer is needed to excuse a cheerleader from practice or an event due to an injury. If benched due to an injury, a cheerleader **must still be present at all practices and attend games, sitting in the designated area.** After recovering, the coach, trainer, or doctor will decide when they will return. *Not attending practices or events can result in removal from the team.*
 - b. If a cheerleader has a written doctor's note excusing them from physical education class, or is out of PE for any reason, a cheerleader may not cheer until they are back in PE. **A cheerleader must still attend practices and events.** *Not attending practices or events can result in removal from the team.*
 - c. **HAIRCUTS, MEDICAL OR DENTAL APPOINTMENTS, JOBS, MUSIC LESSONS, OR DANCE LESSONS ARE NOT EXCUSED. CALENDARS AND PRACTICES ARE MADE AHEAD OF TIME AND THESE APPOINTMENTS NEED TO BE MADE ACCORDING TO PRACTICE AND GAME SCHEDULES. RESPONSIBILITY IS KEY. TAKE RESPONSIBILITY OF YOUR COMMITMENTS.**
 - d. A cheerleader is given **ONE** excused absence from practice and **ONE** excused absence from a game. As the coach, there is an understanding of busy high school schedules and emergencies, but once those excused absences are used any absence from then on will be considered unexcused and will result in the cheerleader sitting for that same number of games. If the number of unexcused absences exceeds TWO the coach has the option to remove the team member from the team(s).
 - e. **ALL EMERGENCIES WILL BE HANDLED SEPARATELY. PLEASE COMMUNICATE WITH THE COACH IF YOU ARE ILL OR IF THERE IS AN EMERGENCY.**

g. If a cheerleader does not attend school due to illness, **AND ONLY ILLNESS**, the cheerleader does not have to attend practice, but that will count towards as an excused absence. If the cheerleader misses school due to a field trip, doctor's appointment, etc., The cheerleader is still required to attend practice.

h. **All absences must be PREARRANGED BEFORE the scheduled absence. Without this step, cheerleaders will not be allowed to participate in PRACTICE OR EVENTS. This is CIF rule/school rule and it must be followed.**

3. Cheerleading is a full-time responsibility. If a cheerleader plans to work, they must clear the work schedule in order to attend **ALL** practices and events. **MISSING AN EVENT OR PRACTICE (INCLUDING FUNDRAISERS) WILL NOT BE EXCUSED AND MAY BE GROUNDS FOR DISMISSAL.**

4. If a cheerleader has an unexcused absence, that cheerleader will sit the number of games based on their unexcused absences. If a cheerleader has more than two unexcused absences the coach has a right to dismiss the cheerleader.

5. Cheerleaders must let the coach know of illnesses, medical visits, or anything that causes them to leave school early, miss practice, or miss a game. This means communicating with the coach.

6. **If a cheerleader misses the practice before a game, the coach has the right to make the cheerleader sit for the following game. If a cheerleader misses a game, the coach has the right to make the cheerleader sit the following game and an additional game. PRACTICE AND GAMES ARE MANDATORY. TREAT THIS SPORT AS SUCH, A SPORT.**

7. If a cheerleader is caught lying about their whereabouts or their condition, the coach has the right to make the cheerleader sit for one to multiple games or dismiss that cheerleader.

AWARDS:

1. In order to receive a certification or participation, a cheerleader must

- a. participate in all scheduled events and practices,
- b. be a member in good standing.

2. Cheerleading letters are given to all varsity & competitive cheerleaders in good standing who represent the school throughout *the entire season*.

TRAVEL:

1. Rides for away games will be coordinated through the school.

2. **Local away games athletes will coordinate transportation**

3. If an issue/emergency arises, the parent must be present and must take the cheerleader home. **IN NO CASE WILL CHEERLEADERS BE ALLOWED TO RIDE WITH OTHER STUDENT DRIVERS UNDER ANY CIRCUMSTANCES. ANY CHEERLEADER WHO DOES NOT FOLLOW THE ABOVE RULES, OR RIDES WITH A STUDENT, WILL BE DISMISSED.**

UNIFORMS:

1. Uniforms will be issued by the school at the beginning of the cheer season. Uniforms must be returned in good condition, dry cleaned, on a hanger, and **BY THE DUE DATE**. If not, grades for that semester will be withheld, as well as participation in any awards banquet at the conclusion of the season, and uniform fees will be applied.

2. Cheerleaders are responsible for purchasing shoes, socks, briefs, bodysuits, bows, etc.

*Any item purchased through the XCP Cheer program is **NONREFUNDABLE**. Due to items being custom-made, there is no return policy available. **If a cheerleader is dismissed and/or quits from the team(s) they are responsible for any outstanding fees.**

3. Uniforms are to be worn on all game days, regardless of whether the cheerleader is cheering at the event or unless designated by the coach otherwise.

4. Uniforms must not be altered or modified in any way without the consent of the coach. **Under no circumstances is the uniform to be cut.** Uniforms to be worn on game day will be determined by the coach and/or captains.

5. Only the approved shoes may be worn. Cheerleaders may not practice without the approved shoes. Shoes are to be worn **ONLY** at games or practices. Shoes should **NOT** be worn outside and must be kept in good condition.

6. Uniforms may not be worn at any other event other than designated school events or those which have been approved by the coach or athletic director.

HAIR, MAKEUP, JEWELRY:

1. Hair is to be worn in a ponytail with a bow at all events unless the coach agrees otherwise. If a cheerleader's hair is too short to be pulled back, it must be worn away from her face. No vibrant hair color unless approved by the coach.

2. Bangs must either be worn short or pulled back from the face.

3. Bows must match the uniform and be uniform in the group.

4. **NO JEWELRY WILL BE WORN AT ANY TIME.** This includes rings, necklaces, bracelets, and ALL piercings. Coaches will provide a suitable place for you to place your jewelry before games. It is your responsibility to remove jewelry before practice.

THIS IS A SAFETY PRECAUTION

5. Make-up should be subtle and not overdone.

6. No items are to be worn on cheerleading uniforms without the consent of the coach.

7. Nails are to be kept short.

8. No tattoos are allowed to show.

FUNDRAISERS:

1. Participation in all fundraising events is required.

2. Cheerleaders may be asked to lead fundraising activities.

GRADES:

1. Eligibility will be per season.

2. Eligibility is determined by the school

3. Ineligibility (2nd time) – Dismissal from the team

4. As a student-athlete, you are a student first, therefore, grades come first. If a cheerleader needs assistance, please seek out the Guidance Office in order to arrange a tutor.

5. Cheerleaders, according to the athletic code, must hold **AT LEAST** a 2.0 GPA for all semesters in order to participate. If a cheerleader is deemed ineligible for a whole semester, the coach has the right to remove that cheerleader from the team.

SOCIAL MEDIA:

1. Social media should be used appropriately.

2. If a cheerleader is caught using social media to post illegal activities the coach has the **obligation** to report this behavior to the Athletic Director which may result in suspension and/or dismissal.

3. The coach has a right to have a cheerleader sit out one to multiple games or be dismissed from the team due to any of the following occurrences:
 - a. The cheerleader is caught bullying another cheerleader and/or student using social media.
 - b. The cheerleader is caught posting inappropriate materials, such as inappropriate language, images, or other forms of content on social media
 - c. The cheerleader is caught lying about their condition or whereabouts on social media
 - d. Any negative or derogatory comments made about either XCP or the XCP Cheer Team on social media
4. Social media should be used to promote XCP events and the XCP Cheer team as a whole.

CAPTAINS:

1. Varsity captain(s) must apply to become captain.
 - a. Applications will be made available after tryouts.
 - b. Captains must reapply every season. Captain status does not roll over to the next season.
 - c. Requirements to be a Varsity captain:
 1. Will make a speech to fellow teammates and they will vote. (Coach will have final decision)
 2. List of grades (can use same from tryouts)
 3. Teacher Evaluations (can use same from tryouts)
 4. One-on-one interview with Coach Valdivia
2. Captains are expected to represent their team in a proper and elevated manner. Captains do not just hold the title, but they must represent the title.
3. JV captain(s) will be appointed by the coach.
4. Captains may be dismissed for the following reasons:
 - a. Not following orders made by the coach
 - b. Abusing their title by being overbearing and demanding of their teammates in a way that hurts the team rather than supporting the team
 - c. Taking advantage of other teammates or the coach
 - d. Dishonesty towards teammates and/or coach
 - e. Lack of drive or motivation to better the team or lead the team
 - f. Using the title as a “popularity symbol” and not for the proper purpose of helping the coach and lead the team

VIOLENCE:

1. The XCP cheer team will have a **ZERO TOLERANCE** policy for any act of or threat of violence towards another cheerleader, student, adult, coach, school, team, group, etc. If a cheerleader is found guilty of committing any form of or threat of violence or any act of violence this will call for immediate dismissal from the team.

DISCIPLINE:

1. Cheerleader discipline will be handled on a case-by-case basis. Decisions made by the coaches and/or the XCP administration are final. Cheerleaders are expected to uphold a status and image that presents XCP in a positive light. If at any time a cheerleader does not meet the role and image of an XCP cheerleader the coach can remove a cheerleader from their position.

2. A strike system will be started if/when a cheerleader requires discipline. Cheerleaders who reach three strikes will be removed from the team.

COMMUNICATION:

I encourage communication from both parents and athletes. If you have questions, concerns, and/or ideas, please bring them to the attention of Coach Valdivia. I am working to ensure that this season is a positive experience for all involved. Please remember that all decisions made by the coach will be made in what I believe is the best interest of the cheerleader and the team.

Football & Basketball JV and Varsity

Rules and Consequences

I have read the rules and regulations and I agree to abide by them for the 2025-2026 school year, and if any violations were to occur I would be responsible for the consequences.

Cheerleader Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____

***By signing this sheet you are agreeing to follow the above rules and understand that if you break any of the rules laid out in this document or the XCP handbook you will be subjected to the consequences. Decisions are made by the coach and athletic director.**

Teacher Evaluation for Cheer Tryouts

Please complete the following information by Monday, April 28, 2025. Teacher evaluations will be averaged together to count for a portion of the candidate's score. Therefore, please be honest when rating the student based on your knowledge of and interaction with the student.

Once the form is completed turn into Coach Valdivia in a sealed envelope and email a copy to avaldivia-hidalgo@xavierprep.org, you may also hand directly to Athletic Director Mr. Clark. Please rate how **YOU** feel the student does in your class(es). Please be fair and take into account how they would function on the team as well. These will be confidential and viewed by the coach only.

Thank you for your time and cooperation. If you have any questions please feel free to contact me at my email, avaldivia-hidalgo@xavierprep.org

Thank you.

Respectfully,
Coach Valdivia

Name of candidate: _____

Class(es) taught: _____

Current Letter Grade: _____

Has this student ever been disciplined by you, and if so, what was the offense?

_____.

On a scale of 1-5, (with 5 being the best), please rate the candidate in each of these areas listed:

_____ Ability to get along with others

_____ Attitude

_____ Cooperation

_____ Dependability

_____ Punctuality

Signature of Teacher _____

Cheerleader Information

Last Name:

First Name:

Student Email Address:

Student's Cell #:

Address and Zip Code:

School presently attending:

Parent/Guardian Name:

Parent/Guardian Phone Number (Day):

(Evening):

Emergency Contact Name:

Relation:

Phone Number:

Next School Year 2025-2026, I will be a (please circle):

Freshman (9)

Sophomore (10)

Junior (11)

Senior (12)

Why do you want to be a XCP Cheerleader? (May complete on a separate sheet of paper)

**YOU MUST HAVE THIS FORM ON THE FIRST NIGHT OF
TRYOUTS OR HAVE COMPLETED IT ONLINE!**