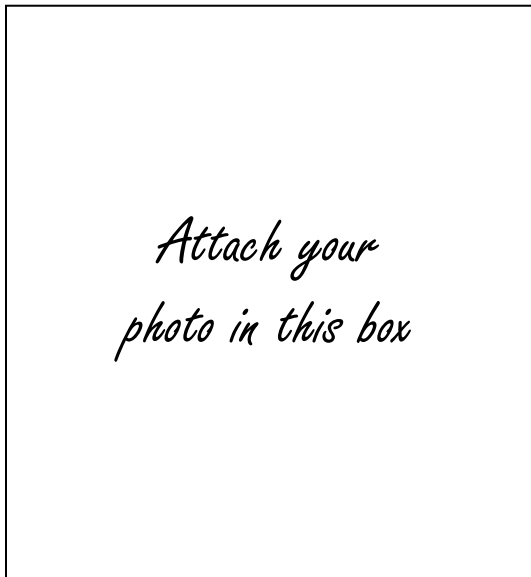


Application for



Oakton Cheerleading

Updated 5/27/2010



Name:

2010-2011 Grade:

Cumulative GPA:

Former Oakton Cheerleader: Yes No

Most Recent Squad Fr JV Varsity

Cheerleading Experience:

Competitive Cheer Experience? Yes No

Dance Experience:

Gymnastics Experience:

Tumbling Skills – Circle all that you have “mastered” and can perform at practice or a game

CHEER MAT: Back Handspring Toe Touch BH Round Off BH Round Off Double BH Standing Back Tuck Toe Touch Tuck
Layout X-Out Full Standing Full Other: _____

TRACK/GRASS: _____

Why do you want to be/continue to be an Oakton Cheerleader?

What motivates you in school or when you are participating in sports/activities?

How do you handle criticism from coaches, captains, and teammates?

What qualities will you contribute to the Oakton Cheer Program?

Application for



Time Commitment

First Practice for all squads is **Friday, August 13th @ 9:00 a.m. – 11:00 a.m.**

Varsity Practice Schedule: August- November 2009

Freshman and Junior Varsity will practice on similar days, usually excluding weekends -- Times TBD

BLOCK YOUR CALENDARS*

- 4:30 p.m. – 6:30 p.m. (4-6:30/6:45 pre-season) Monday - Thursday (Mats set-up & running by 4:30)
- 1 day each week once school starts may be reserved as a rest & spirit coordination day-- daily practices will be held only in pre-season and *if necessary* for competition

Monday, Tuesday, or Wednesday will be our day off and “Spirit Day”-see calendar
“Co-Captains” to create schedule to divide spirit duties among teammates on our “Spirit” day

- 9-3 pre-season, 9:30– 1:30 season on Saturdays
(will vary due to standardized testing & available gym time – see calendar)
- 5:00 p.m. – 5:45 p.m. Friday Pre-Game Dinners (mandatory - home games only)
- 6:00 p.m. Friday Football Games (30 minute warm-up, set-up, pre-game, cheer full game)

JV/Freshman Game Schedule

- Thursday Football Games
- Friday Home Football Games -- Sell programs prior to game in uniform, attend Team Dinner

**Additional practices may be held or practice times extended depending on performance and attendance of all team members - please keep your schedule open through competition season. Practice times will be adjusted as necessary to prepare for events and competition. Please avoid scheduling appointments, surgeries, vacations, etc. as full attendance hampers our ability to fully practice and can jeopardize a cheerleader from being game-ready or their placement on the competition squad.*

Cheer Camp

- Varsity Cheer Camp
 - August 23-26 Beach Lakes, PA
 - UCA Chestnut Lake Overnight Camp –Stunt & Performance

UCA's Stunt and Performance Camps are geared for competitive teams interested in partner stunts, choreography, transitions, jumps, pyramids, and competitive level performance. At this camp, you will learn stunt and pyramid routines set to music, develop jump skills, and will compete daily for team awards. Some cheer material will be taught at this camp, but there will be limited game planning material. There will be a strong emphasis on spotting and safety.

- JV Cheer Camp
 - August 23-26 Beach Lakes, PA
 - UCA Chestnut Lake Overnight Camp

JV will attend with Varsity, but participate in regular UCA Camp Curriculum

- Freshmen Cheer Camp
 - August 16th -18th- Fairfax County
 - UCA Fairfax County Commuter Camp

Application for



Home Instruction

- Varsity Competition Routine (**ALL VARSITY MEMBERS MUST ATTEND**)
August 18th - 20th , 9am to 3pm

Virginia Cheerleading Competition

- Invitational Competition (Varsity & JV to perform – a Saturday in October, TBD)
- Concorde District-Semis: @ Chantilly, October 19th
- Concorde District-Finals: @ Chantilly, October 27th
- Region- Semis (subject to placement @ Districts): @ Robinson TBD
- Region- Finals: @ Robinson TBD
- VHSL State Finals (subject to placement @ Regionals): TBD

Application for



Oakton Cheerleading

Attendance Policy

Due to the short timeframe the team will have to prepare for cheerleading at school events and competition, it is important that all team members attend every practice and show up on time. If you have problems with being on time or traffic, plan on arriving 10 minutes early - 4:00 means you are starting to run and warm-up, hair is pulled back and jewelry off/gum out, putting down mats -- not walking in the door and putting on your gear.

If you have to miss a practice, you will only be excused for the following reasons – but are not excused from learning what you missed before the next practice:

- Family emergencies (ex. death, funerals)
- Contagious Sickness or Urgent Doctor's Appointment
- Personal emergency (ex. accident, hospitalization)
- School-related event for grade-NOT extra credit, school activity, or college visits
- Extenuating circumstances (ex. transportation issues not caused by the athlete)

A phone call/voicemail from your parent to your head coach is required - no written notes or emails!

If you are injured or not feeling well (and not contagious), you are still required to attend practice and participate up to your physical limitations and/or observe so you are not behind. Please don't abuse this- we don't want you to push yourself if you are truly ill, but at the same time being sore or a little tired is not an excuse to completely sit out.

- Anyone not feeling well or who thinks they may be hurt will be required to see Mr.Rupp or other ATC on site and not allowed to practice or participate until they are cleared by an ATC at Oakton- even if a doctor cleared you for full participation!

- Do not attend practice if you are contagious.

- Alert your coach immediately you feel ill or have discomfort to prevent further injury.

- If possible, please consult with our ATC before your doctor for athletic injuries.

(It's a free resource for your athlete, and an ATC will always refer you to your doctor if they cannot manage the injury. We also have Doctors working with our ATC's at Oakton during the week as well.)

- If you are seen by a doctor outside of practice or were sick, you have to be seen by an Oakton ATC before returning to practice or participating in an event/game.

- Coaches only provide minor first aid when an ATC is not on site, otherwise we are responsible to send an athlete to the ATC. Coaches CAN'T give ice unless instructed by the ATC as well- parents should withhold from getting involved when tending to an injured athlete in practice or on the field/court and allow the coach, ATC, and/or medical staff to handle accidents. Please wait to be cleared to approach your child after the situation is stabilized.

Unexcused Absences

An unexcused absence will result in an additional 1 hour practice or contribution to the team, which could be extended practice or held on a day where there is not a scheduled practice. Subsequent unexcused absences and disregard for the attendance policies for our team will result in additional disciplinary action, which could include sitting out of games, removal from the competition team, losing a captain's position, or up to removal from the Oakton Cheerleading Program.

Application for



Punctuality

Being late is not an option.

We hope you are joining the cheerleading squad because you love the sport and want to succeed on the field and in competition. The whole team suffers when practice cannot start on time- a team is only as strong as its weakest link. To help enforce attendance and prompt arrival at practice, team events, and games, the following consequences will take place:

- **First time offense**
Warning, with conditioning at the end of practice (sprints, V- ups, lunges, push-ups, squat-kicks, jumps)
- **Second offense**
Extra 30 minutes duty to prepare for the next game/ event, plus conditioning at end of practice
- **Third offense**
Sit –out half of next event (must still attend), plus conditioning at end of practice
- **Fourth offense**
Suspended from next event (must still attend), plus conditioning at end of practice

Subsequent occasions of being late will be subject to further disciplinary action, which could include removal from the Oakton Cheerleading program.

*****Note:** If your hair is not up, you are not in complete uniform, you have jewelry on/gum in mouth, etc. – even if on time, you will now be considered late.

Application for



Oakton Cheerleading

Conduct

We can't have fun when you don't act like a teammate

A positive attitude, proper uniforms, being safe, engagement in sports and events, maintaining academic standards, respect towards coaches, teammates, school faculty, other students, and all others – these are the expectations of an Oakton Cheerleader.

- All rules set forth in the Fairfax County Public Schools Activities/Athletics Participation Policy must be followed
- A bi-weekly academic progress report must be turned into your coach at Thursday practice
- Support your teammates- gossip, disrespect toward teammates/coaches/opposing teams or students/faculty and unsportsmanlike behavior of any type is not tolerated
- Acting respectfully toward and listening to all Oakton Cheerleading Coaches is expected, and they all have the authority to provide disciplinary action, even if they are not your “head” coach
- Team members will treat opposing team cheerleaders, players, coaches, and officials with respect and courtesy at their facility and ours
- Proper uniforms must be worn per the weekly schedule- at school, practice, games, and events
- While in uniform, there is no gum, cell phones/electronics, jewelry, fake/long nails, or food (school days are the only exception)
- Safety will be enforced due to the level of difficulty and risk some of the things we do entail- pay attention to instructions from your coach, and remained focused and engaged when learning or participating in all activities, especially stunting or spotting

Consequences for not supporting your team

- Failure to wear a proper uniform at a game or event - *sit out of the event*
- Failure to wear a uniform properly at school or practice - *additional conditioning*
- Talking, not performing, and dangerous behavior on the sidelines – *warned the first time, conditioning and/or pulled from the game the second time*
- Practices are to be organized, productive, and fun—if you are caught sitting and talking: *warned the first time, run/practice jumps/conditioning if it continues*
- Stunting is dangerous—while performing stunts, you are to be serious and focused. If you are laughing and talking or drop a stunt to the ground (don't fully catch), *you will do 25 push-ups or more conditioning if the behavior continues, in addition to stopping your stunt practice for the remainder of the day*

Application for



Consequences for other inappropriate conduct

while participating at an Oakton Cheerleading practice, event, game, competition, etc.:

Improper Conduct	Consequence Level
Late or Failure to turn in Weekly Progress Report	1
Forgetting Part of Uniform at practice, school	1
Late to practice or event	1
Cell phones/iPod, gum, jewelry, snacks at practice	1
Improper Uniform (i.e. no shoes, incomplete uniform for game)	2
Unsportsmanlike Conduct and/or Disrespect to Team Member (s)	2
Unsafe Behavior/Conduct or Failure to Cooperate	2
Inappropriate representation of Oakton Cheerleading (actions in uniform, including postings on Facebook/social website, etc.)	2
Disrespect toward Coach/Faculty	2

Consequence	Level
5 sprints, 5 combo jumps, 25 V-ups, 25 push-ups, Set of Lunges	1
Suspension from next event/pulled from current event	2

Suspension from more than 2 events will lead to further disciplinary action and involvement of the DSA and School Administration, and could result in dismissal from Oakton Cheerleading.

Application for



Uniforms

Please Take Care of Your Uniforms

You are responsible for all damages to or loss of a uniform.

We keep an inventory of all uniforms issued to team members. You are responsible for keeping the uniform clean, in good condition, and keeping track of all pieces. When you turn in your uniform at the end of the season, you will be financially responsible for any repairs due to improper care, additional cleaning, or uniform replacements due to loss. By not returning or reimbursing the squad for damage or loss to your uniforms, coaches will report financial outstandings to the school to possibly delay graduation and/or restrict participation in any other school-sponsored activities, clubs, or athletics.

While in Uniform

You are a team- and need to look like it.

Captains create a weekly uniform schedule for practice, school, game days, and all events. It's important that when you are in uniform that you do not wear clothing items that do not match the rest of the squad. You should wear your uniform with pride, and know that when you choose to wear different shoes, pants, or other articles with a cheer uniform, it reflects poorly on your squad and on you as an individual. Oakton Cheerleaders are expected to have respect for their uniform and team pride by wearing the specified uniform.

- **When attending games and events --** if you do not have the proper uniform, you will not be able to participate until your uniform is complete. You are considered late and will have the coinciding consequences if parents/family/friends bring things to you after practice or events have started. However, you will still be required to stay through the game/event.
- **At school --** if it is reported by another team member, coach, or other school staff that you were not wearing the designated uniform with your team or wearing a uniform improperly, be prepared to do extra conditioning at the next practice.
- Proper uniform includes all items -- shoes, ribbons, top, bottom, jacket, pom poms, briefs, socks, etc.

VARSITY PRACTICE UNIFORMS - At every practice, everyone is required to wear the same uniform. This will be part of the uniform schedule, and failure to participate will result in extra conditioning.

We will utilize camp uniforms and/or do themed days with items all girls have readily available.

Application for



Dakton Cheerleading

Performance Requirements

Making the Squad Does Not Guarantee Game & Competition Performance

Your coach determines if team members are prepared to cheer and compete.

If you are showing up to practice on time, fully participating, and working on your own or with a teammate on areas you may be struggling, you most likely will be ready to perform.

However, it is up to the coach to decide if a team member is not ready to cheer or perform – and their right to pull you from performing at a game, in the middle of a game, or off the competition squad.

Coaches will do everything they can to ensure all team members are ready. However, if you are having difficulty remembering or keeping up with choreography or moves at a practice, it is highly recommended you take your own time to rehearse and ask questions/pair up with a teammate when being taught the moves/choreography. Everyone learns at their own pace- but you shouldn't blame a coach, captain, or your teammates for not being prepared for practice or remembering your cheers/choreography.

When something is taught at a practice, Varsity team members should be ready to perform the cheer or choreography by the following practice! (if you were absent, this still applies)

Some things are hard to practice on your own, such as stunting and tumbling. Especially when it comes to competition, coaches reserve the right to make changes to ensure stunts and tumbling are clean and working to benefit of the team. Varsity may also have more than the 20 girl maximum of who can compete on the squad- therefore, the 20 girls with skills and/or abilities needed for key points of the routine and are determined to be the most competition-ready will be chosen to compete. Alternates are still very important, as injuries and illness are inevitable.

Varsity Members- if you lose or refuse to do your standing back handspring at practices, you may be pulled from not only competition, but performing on the sideline as well.

If a competition member is not keeping up with the rest of the team due to lack of practice, attendance issues, etc. or just has an attitude, the competition team member can still be moved to an alternate position.

Application for



Oakton Cheerleading

Academics

School is First Priority

Keeping up grades is important to your eligibility to perform.

Cheer is a huge time commitment- but it is also an after school sport. In order to be eligible to try-out for any Oakton High School athletic team, you must have had a cumulative GPA of at least 2.0 and not failed two classes last Spring (excluding incoming Freshmen, who are all academically eligible). Ensuring grades will not disqualify team members from participating, progress reports must be completed by all your teachers bi-weekly and turned in by that Thursday's practice. If you are failing a class or have grades that fall below a 2.0 average, you will be required to study every day prior to practice in a designated area until you submit a progress report that meets academic eligibility requirements.

Progress Reports

- Completed bi-weekly
- Turned in by Thursday's practice/game
- Incomplete and late reports = Conditioning
- You will not cheer until you turn in your report
- If you are failing or in jeopardy of failing a class on your report, you will attend study hall before every practice until you can show a progress report or proof from your teacher you are not in jeopardy of failing that class

Community Service

Oakton athletes are required to serve volunteer hours

Each cheerleader will be required to serve AT LEAST 3 hours during the season.

We are planning to provide a few opportunities for volunteer service throughout the season. After a successful event last season, we will also set-up a Saturday at the end of the season for community service with the USO at Fort Belvoir packing care packages for the US Troops who are serving overseas. If we hear of other events that come up throughout the season, we will communicate these as well via email. If a cheerleader does not attend the USO or other organized event throughout the season, their parent will need to provide written verification of their participation in another volunteer activity during the season. Failure to do so will result in a 3 hour contribution to assisting the coaches with duties organizing the cheer closet/cleaning mats, etc. at the end of the season.

Application for



Try-outs

Try-out Clinics (Mandatory to try-out - 3 day evaluation period required by County)

Tuesday, August 10th & Wednesday, August 11th

5:00 pm – 8:00 pm (plan to arrive at 4:45 pm for warm-up)

Final Try-out Performance

Thursday, August 12th

- **Open Gym Rehearsal:** 2:00 p.m. – 2:30 p.m.
- **Final Try-out Performance:** 2:45 p.m. – 6:00 p.m.

By 7:30 p.m., each girl will be called individually into a room with the coaching staff and judges to hear a brief review on her performance. At that time, she will find out if she will be offered a position on one of the three squads. Any candidates that do not make the team or who decline their position will be able to exit privately away from the group.

All who make the Varsity squad will be invited to a slumber party Friday evening to celebrate.

The first practice for all squads will be held Friday, August 13th @ 9:00 a.m. – 11:00 a.m.

Requirements:

- PHYSICAL DATED AFTER MAY 1, 2010 ON VHSL FORM
- EMERGENCY CARE CARD & CHEER APPLICATION
- Availability to attend all scheduled practices and events
- Available to attend cheer camp
- Cumulative GPA of 2.0 or higher for Spring 2010 classes
(cannot fail 2 or more classes- **all incoming Freshmen are eligible**)

All material will be taught at the tryout clinic;

- ❖ Cheer & Chant
- ❖ Fight Song
- ❖ Dance
- ❖ Jumps- Toe touch, Optional Jump, and Combination Jump
- ❖ Stunts- See strongly recommended skills
- ❖ Tumbling- See strongly recommended skills

Application for



Varsity Level Strongly Recommended Skills:

❖ **Tumbling**

- **Back handspring**
- Round-off Back Handspring
- Toe touch Back Handspring
- Standing Back Tuck (*usually required for College level*)
- Running tumbling pass

Must have at least a back handspring to participate at Varsity level

❖ **Jumps**

- **Toe touch**
- Pike, Herkie, Hurdler, or other variation (right and left sides)
- Combination jump

Must have a 'high & clean' toe touch to participate at Varsity level

❖ **Stunts**

- Varsity- Straight up extension, basket toss, one leg stunt, and full down. Must be able to do one of the following: fly, base, or back, but be open to versatility.
- JV- Press- up extension, straight-up extension. Must be able to do one of the following: fly, base, or back.
- Freshmen- Ability to learn basic stunting technique.

One leg extended stunts and twisting dismounts are needed for the Varsity level

❖ **Dance**

- Good Rhythm
- Strong Memorization Skills
- Single Pirouette
- Full Splits (one leg)

Advanced dance skills and flexibility are needed for the Varsity level

❖ **Performance**

- Facials
- Sharp Motions
- Polished Technique
- Voice Projection

- ❖ Participate in Summer Cheerleading or Conditioning Program
(most beneficial when with other Oakton Cheer applicants and past squad members)

Recommended:

- ❖ Attend Oakton-Sponsored or NVCCA Summer Cheerleading clinics
- ❖ Cheerleading Tumbling and Stunting classes at any of the local gyms
- ❖ Summer Conditioning

Application for



2010 Oakton Cheerleading Squads

What we are looking for at try-outs this season...

Squad	Tumbling	Jumps	Stunting	Dance
Varsity	<ul style="list-style-type: none">• Standing Back Handspring (mat and track)• Toe Touch BH• Back Tuck• Running Tumbling Pass	<ul style="list-style-type: none">• Toe Touch• Additional Clean Jump• Double & Triple Combination	<ul style="list-style-type: none">• Advanced Basket toss• One-leg extended• Full & Double downs• 360's to prep or extension	<ul style="list-style-type: none">• Full splits• Single Pirouette• Sharp motions• Pick up and refine choreography quickly
JV	<ul style="list-style-type: none">• Back Handspring (may be w/spot)• Tumbling Experience	<ul style="list-style-type: none">• Toe Touch• Additional Jumps (may need improvement)	<ul style="list-style-type: none">• Prep• Press-up Extension• Straight-up Extension	<ul style="list-style-type: none">• Single Pirouette• Close to full splits• Clean motions• Picks up choreography quickly
Freshman	Demonstrates basic tumbling skills/ experience	Demonstrates ability to learn jump techniques	Demonstrates ability to learn basic stunt technique	Demonstrates ability to increase flexibility and learn choreography quickly

With our fast-paced schedule for football and competition, these skills need to be ready and demonstrated at try-outs across all categories. **And please remember mandatory skills are only minimum requirements.** For example, if we have 30 girls with a standing back handspring, more advanced tumbling and performance of other category skills will determine which girls will be offered a position on the Varsity squad.

The Varsity squad will be competitive, and not having required/advanced cheerleading skills is not an option -- if you were a Varsity cheerleader in the past and do not have the required skills and competitive try-out score, you will not be placed on Varsity again.

Please work hard this summer so you are prepared for try-outs!

The JV squad this year will have high expectations as well, as we are prepping this team to become Varsity cheerleaders and they will compete at a regional invitational again this year. In the event of injuries, the Varsity coach will move up JV cheerleaders who have refined their skills for back-up in competition, if necessary.

The Freshmen squad may have less technical requirements, but can be competitive based on the turn-out at try-outs. Our program this year is focused on getting this squad more than ready for JV, and eventually Varsity. Demonstrating basic skills and the ability to learn these skills is key at try-outs.

Application for



Summer Conditioning & Skill Building

Oakton/Lake Braddock/Chantilly Cheerleading Combined Fundraiser Clinics

1/3 of the profits from these 4 clinics will benefit the Oakton Cheer Booster account!

- **Saturday, June 5th**
@ Lake Braddock Secondary School
9:00am – 12:00 pm (8:30 am Registration)
- **Saturday, June 12th**
@ Chantilly High School
9:00am – 12:00 pm (8:30 am Registration)
- **Saturday, June 19th**
@ Lake Braddock Secondary School
9:00am – 12:00 pm (8:30 am Registration)
- **Saturday, June 26th**
@ Oakton High School
9:00am – 12:00 pm (8:30 am Registration)

\$45 for One Clinic / \$40 for Each Additional Clinic

- ✓ Improve Motion Technique
- ✓ Get Higher Jumps
- ✓ Work on All Levels of Stunting
- ✓ Learn Chants, Cheers & New Stunts
- ✓ Get Conditioned for Tryouts
- ✓ Learn from Experienced Coaches and Cheerleaders
- ✓ Meet Cheerleaders from Around the County

Application for



Spring & Summer Conditioning

- Tuesdays 4:30pm to 6:00pm

Weight Room on Tuesdays, 4:30 pm to 5:30 pm

- Thursdays 4:30pm to 5:30pm

- Meet in front of Oakton High School- Coaches will be on site
- Run and condition with other Fall Cheer candidates
- Work on strength and exercises specific to boosting cheerleading skills
- Stay flexible

It's okay to meet-up with other girls to work on motion techniques and 'Share and Learn' Oakton Cheers and dances throughout the summer, at anytime. The more you learn this summer, the less there is to learn this season- and it allows you to build confidence in your performance skills. However, this should be where an adult supervisor is present (graduated seniors are also adults) and should not take place on Oakton property due to safety reasons. And....

****No stunting and tumbling****

Also, Coaches cannot be around when cheer elements are involved (outside of camps), as staying would be considered coaching before the season begins.

Application for



Community Resources

Cheerleading Gymnastics & Stunting Clinic Programs

- **Infinity Cheerleading**
Fairfax, VA

703.208.1459

http://www.infinitycheerleading.com/component/option,com_frontpage/Itemid,1/

- **All Star Legacy Cheer & Dance**
Dulles, VA

703.444.6002

www.allstarlegacy.com

- **Cardinal Gymnastics Center**
Fairfax, VA

703.323.0088

<http://www.cardinalgymnastics.com>

- **Capital Gymnastics**
Burke, VA

703.425.5707

<http://capitalgymnastics.net/home>

If you are interested in attending classes with others interested in Oakton Fall Cheerleading, contact **Babette Arnold** at babettearnold@mac.com

Application for



Financial Commitments

Varsity Squad Estimated Costs

Category	Item	Cost
	NEW for 2010-FCPS Pay to Play Sports Fee	\$100
Uniforms	Gold Sequin Briefs	\$20
	Side Line Shoes	\$46
	Indoor/Competition Nfinity Shoes	\$68
	Black Team Jacket (Water Repellent w/ Hood)	\$50
	Hair Ribbons	\$5
	Cougar Gloves & Headband	\$15
	Black Spandex Pants	\$20
	Team Cheer Bag	\$30
	Black Long Sleeve Shirt (for under Warm-Ups)	\$25
	Pom Bag	\$15
	Water Bottle	\$5
Camp	Cheer Camp (Room & Board, Bus, Attire)	\$350
Competition	Consulting (choreography+ music) <i>4 hours of off-site gym use included this year!</i>	\$100-\$125
	Fall Season Estimate	\$656-\$900

Uniforms, Warm-ups, and Pom Poms are provided

Parents are responsible for alteration costs

Spirit Pack items will be available to order, but are not mandatory

Pre-Season fundraiser available to off-set costs this year- checks and orders due June 15th @ Conditioning to Coach Brooks!

All items except Sideline Shoes and Ribbons will be repeated each year- these will be one time expenses, unless something happens to the other items that would require replacement.

Nfinity shoes do not need to be re-purchased if they are still in NEW condition

(i.e. clean and white, no tears, rips, severe wearing on soles)- don't wear them outside the gym!

Varsity cheerleaders need to purchase these items on their own by Monday, August 16th:

-2-3 lb Ankle Weights (soft material like sand or gel fill, not hard weights that could fly out)

-Black Briefs (not boy shorts)

Scholarships are available for those who meet school guidelines-

Pay to Play fee waived for athletes qualifying for free and reduced-price lunch.

Application for



Financial Commitments

JV Squad Estimated Costs

Category	Item	Cost
	NEW for 2010-FCPS Pay to Play Sports Fee	\$100
<i>Uniforms</i>	Briefs (1 pair)	\$10
	Shoes	\$46
	Black Jacket	\$50
	Hair Ribbons	\$5
<i>Camp</i>	Cheer Camp (Room & Board, Bus, Attire)	\$325
	Competition (Entry Fee & Music)	\$40
	Gymnastics Gym Use 1x/week (optional)	\$100
Football Season Estimate		\$516-\$675

Uniforms, Warm-ups, and Pom Poms are provided

Alterations are the responsibility of the parent

Spirit Pack items will be available to order, but are not mandatory

Freshmen Squad Estimated Costs

Category	Item	Cost
	NEW for 2010-FCPS Pay to Play Sports Fee	\$100
<i>Uniforms</i>	Briefs (1 pair)	\$10
	Shoes	\$46
	Black Jacket	\$50
	Hair Ribbons	\$5
<i>Camp</i>	Cheer Camp (Commuter, shirts & shorts)	\$125
	Gymnastics Gym Use 1x/week (optional)	\$100
Football Season Estimate		\$336-\$450

Uniforms, Warm-ups, and Pom Poms are provided

Alterations are the responsibility of the parent

Spirit Pack items will be available to order, but are not mandatory

Pre-Season fundraiser available to off-set costs this year- checks and orders due June 15th @ Conditioning to Coach Brooks!

**Scholarships are available for those who meet school guidelines-
Pay to Play fee waived for athletes qualifying for free and reduced-price lunch.**

