

ENROLL TODAY
Spring Cheereleading Class
Kin Ath 571, Section 19654
Tuesdays & Thursday
5:00pm-6:25pm

ELAC CHEERLEADING APPLICATION 2024-2025

Name:

Last	First	Middle
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Present Address:

Street	City	Zip Code
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Phone:() Cell: () email:

Parent/Guardian Name(s):

Student ID #: - - Birth Date: / / Age:

School Currently Attending: _____

Year in School: HS/SR JR College & Year:

(please circle one)

Current Cheerleading Coach/Advisor:

Phone #: () _____

How did you hear about tryouts? _____

What cheerleading experience do you have? _____

List any and all major health problems:

Medical Insurance Company:

Policy #

Emergency Contact

IN CASE OF EMERGENCY, PLEASE NOTIFY:

1. NAME:	PHONE:
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ADDRESS:

2. NAME:	PHONE:
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ADDRESS:

ELAC Cheer 2024-2025 Contract

I have read and understand all the requirements, regulations, and rules regarding the ELAC Cheerleading Team and I agree to abide by them. I will follow and abide by the LACCD Rules, Regulations, District Mandated Health Guidelines, and Student Code of Conduct found on the LACCD Website. I also agree to abide by the decisions of any judges involved in the tryout process, as well as the decisions of the ELAC Cheerleading Team Coach. I understand my responsibility regarding the time commitment and the financial obligation required. The answers on this application are true to the best of my knowledge. I hereby waive East Los Angeles College, the Trustees of ELAC, the ELAC Athletic Department, the Kinesiology Department, the ELAC Pep Squad Club Program, the ELAC Cheerleading Coach, and any judges, interviewers, and tryout assistants of any responsibility or liability in the event of injury suffered during the ELAC tryout process.

Participant Signature	Print Name	Date
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Parent/Guardian Signature	Print Name	Date
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If I become a member of the East Los Angeles College Cheerleading Team I understand the time commitment, dedication, and determination it takes to be on this team. I will participate in all events, fundraisers, community outreach, and school functions that are required. I understand if I do not purchase my uniform entirely, a uniform may be available to borrow by the East Los Angeles College Cheerleading Coach/Advisor/Athletic Department for the year of 2024-2025 (if available). If barrowed, I _____ will be required to return it in its proper condition when specified by the Coach/Advisor. If I do not return the uniform borrowed by the end of this season in its original form and condition by November 2024 of Fall Semester or May 2024 of Spring Semester (or any time requested by the discretion of the ELAC Cheer Coach), I will be charged the entire uniform amount (\$500.00) and will have a hold on my grades and transcripts from LACCD until it is paid to the ELAC Cheerleading Coach/Athletic Department/Pep Squad Club.

Participant Signature	Print Name	Date
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Student ID#	Student DOB	Student Contact #
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Parent/Guardian Signature	Print Name	Date
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Item Barrowed: _____ Size: _____ Student Initial: _____

See Reverse Page for more Items.

ELAC Cheerleader Candidate Questionnaire 2024-2025

1. Why do you want to be a member of the ELAC **Cheerleading** Team?

2. List three attributes you can contribute to the team.

3. What makes you a good candidate to be a part of the ELAC **Cheerleading** Team?

4. What fundraising ideas do you have for the **Cheerleading** Team? Would you be willing and be available to participate in all fundraisers as they may take place during the week and weekends?

5. Do you understand the level of commitment to participate on the team? How will you handle your prior commitments, being a full-time students, a worker (if applicable), having a family (if applicable), and a beginning member of the team?

6. As a member of the **Cheerleader** team, you will practice during Summer 2024, Fall 2024, Winter 2025, and Spring 2025. Are you able to commit to these semesters?

7. Do you have the determination and dedication to be a member of a team that may require more time for online group and individual practices, school and community events?

8. Are you prepared to represent the Los Angeles Community College District, East Los Angeles College, staff, faculty, students, and surrounding community in a responsible, respectful, and professional manner?

Additional Information

Important Dates:

- Sat., Jan 20, 2024 *ELAC Cheerleading Team Applications Available Online*
- Tuesday, Feb 6, 2024 **Completed Applications Due, 5:00PM** in class/practice
Contact Coach Zepeda (lopezze@laccd.edu) for assistance, available accommodations, or schedule for a separate cheer tryout/audition
- Thursday Feb 8, 2024 **Tryouts 5:00PM-6:45PM** E9-118 weight room
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Requirements for Completing the ELAC Cheerleading Application:

Application Due Tuesday, Feb 6, 2024, 5:00PM in class/practice

(It is strongly encouraged to submit completed applications as soon as possible to participate in cheer practice, receive tryout information and have more time to practice before tryouts)

Contact the coach for accommodations.

- ✓ Completed ELAC Cheer Application
(Pages 1-3) including completed Cheer Questionnaire page 3
- ✓ 1- letter of recommendation (employer, teacher, guardian, role model)
- ✓ Copies of **Unofficial** transcripts (last quarter, semester, or year) (1 **copy**)
- ✓ Recent Copy of your California Picture ID, ELAC ID (with picture), or High School ID (with picture) Turn in completed ELAC Cheerleading Application to ELAC Cheer Instructor.
-Applications due no later than 5:00PM, Thursday, Feb 8, 2024. Contact the coach for accommodations or to extend time to submit required forms as noted above.

Tryout Eligibility

- ✓ Current ELAC Student or ELAC Student Beginning this Spring 2024
- ✓ Current High School Senior or Transfer Student
- ✓ All Candidates are responsible to attend and participate in Tryouts at ELAC in E9 118, participate in auditions to learn all tryout material, properly complete the application and submit a completed application attached with required forms by Tuesday, Feb 6, 2024.
- ✓ Wear proper and required athletic attire (ready to exercise)
- ✓ Cheer candidates will learn selected material such as: cheer techniques, jumps, cheers, side-line routine, and Part of ELAC's Fight Song Routine.

What to look forward to:

- All candidates will learn Cheer Material on Thursday, Feb 8, 2024.
- All candidates will be judged on ELAC Cheer Material on the same day
- All candidates will have a short personal interview (2-5 minutes)

During tryouts

Mandatory Cheer Event & Meeting

There will be a mandatory event for all participants who make the team. The event is on Friday February 9, 2024 in the ELAC E-rena C1 building for a Basketball Game from 4:40-9pm.

There is a mandatory Cheer Meeting for all who advance in Tryouts and become part of the team. All cheerleaders must attend entire meeting.

Date: Tuesday, February 13, 2024,

Time: 5:30-6:10pm

Method: E9-103 Gym

Preparing for Tryouts

- 1. Enroll into the Spring 2024, KinAth 571 Class, Section 19654**
- 2. Submit Completed Application on time on Tuesday, February 6, 2024 at class/practice.**
- 3. Required Forms to submit**
 - 1-completed Application Pages 1-3
 - 1-Letter of Recommendation
 - 1-Unofficial Transcripts (Copies)
 - 1-Recent Copy of your California Picture ID, ELAC ID, or High School ID (with current picture)
- 4. After the application is received and cleared by the ELAC Cheer Coach, you will be allowed to participate in tryouts.**
- 5. Performance Attire/Preferred Attire:**
 - Appropriate Athletic attire, NO Jewelry/Cover tattoos
 - Female: Black running shorts (tights preferred), Male: Appropriate Athletic attire, Black basketball/loose Shorts
 - White short-sleeve t-shirt (no printing on shirt preferred)
 - Rubber soled shoes
 - Hair pulled back in a high ponytail for long hair (female) & pulled back low (male), half up for shoulder length hair (female), & pulled back (male), nicely styled for short hair -
 - Girls: Performance make-up /lip stick
 - NO Jewelry
 - No tattoos, stickers, or painting on body (cover up body tape, band-aid, or make-up is allowed)
- 6. Learn and practice tryout material**
- 7. Participate in Tryouts on Thursday February 8, 2024, 5:00pm**
- 8. Receive confirmation about tryout results within 15-30 minutes after the end of tryouts 6:45pm in-person**

Extra Material to Help with Tryouts

- **Show SPIRIT, ENERGY, ENTHUSIASM**
- Smile! Smile! Smile! Jump! Jump! Jump! Rally! Rally! Rally!
- Expected jumps: Toe Touch, Hurdles, Hurkies, Pikes, Tumbling
- Examples of Words/phrases to Rally
 - Go Huskies, Green & White, Big Green, Help us Out, You Say, Louder,
 - Way To Go, ELAC, E-L-A-C, All Right Huskies, Pump it Up, Keep It Up...
- Be loud, use your diaphragm
- Use Clear/Clean/Cut words
- Use Sharp Motions, lead with wrist or fist - Perform to the best of your ability!
- Have FUN!

- **Remember:** You are representing East Los Angeles College (ELAC) Huskies (Green and White)

More material to learn during tryouts.

Audition Rule #1

Don't think you can wing it, you MUST practice!

*"We are what we repeatedly do. Excellence, then is not an act, but a habit"-
Aristotle (who knew a fair bit about being awesome)*

Good Luck on Tryouts Future ELAC Cheerleaders!

Go Huskies!!

Coach Zepeda