

CHS Captain Application Information and Process

In order to be a CHS Cheerleading Captain, an individual must meet certain qualifications and complete the entire application process. The qualifications and application process are outlined below. If selected to be a CHS Cheerleading Captain for the 2022/2023 season, this position is a 1 year term.

For the 2022/2023 season, we do not anticipate having more than 2 captains. We will not have co-captains.

Qualifications

- Must have at least 1 year of Varsity experience and be an incoming Junior or Senior.
- Must have a GPA of 3.0 or higher.
- Must be in good standing with CHS Cheerleading Coach(es) and school administration.

Captain Job Description

The role of the captain is to collaborate with and assist the coaches in many aspects of managing the cheer team. Some of those duties may include:

- Setting goals for the year for the team
- Assisting with choreographing chants, cheers and dances
- Helping teach material to the other squad members and help run practices
- Communicating any information from the coaches to the rest of the squad. Oftentimes this means individually calling/texting every team member certain evenings to make sure they are aware of important meeting times, what uniforms should be worn, game day schedules, etc.
- Calling sideline and quarter break cheers, teaching new cheerleaders how gameday cheerleading works
- Helping to get the rest of the squad where they need to be at the right time during games and events
- Leading by example on and off the mat
- Serving as a mentor and positive role model for others on the squad
- Communicating with respect to all squad members and school staff
- Listening to the concerns of other cheerleaders about various aspects of the cheer program and providing advice on how to deal with issues as they come up
- Sharing concerns with the Coaches as they come up (in a respectful and collaborative manner)

Ultimately, the captain is the glue that holds our cheer squad together.

Once a captain is selected, she/he will find there are plenty of other miscellaneous responsibilities not listed above.

Although captains are expected to have many responsibilities on the squad, they are NOT given final say in any aspect of how the team is run. Coaches will maintain final say in things like what to wear, how practices are run, how many full outs will be completed in a practice, which events we attend, etc. Captains and coaches will collaborate highly in all these responsibilities (and many others) but captains are not in charge and will behave as such.

Cheer Captains are expected to go above and beyond the rules and expectations set out in the Cheer Contract. Their status does not give them a pass to be late to practice, wear jewelry, treat coaches or teammates with disrespect, or break any other rule they just don't like. In fact, we will hold our captains to a higher standard than the rest of the squad and expect them to be the exceptional leaders their role implies.

Although we encourage captains to share problems that they see in the squad, captains are NOT expected to participate in any form of discipline within the squad. Captains should be a trusted member of the team and leave the discipline to the coaches.

Application Process

Candidates for captain will have from **4/20 - 5/10** to complete the following items. Details for each item are outlined below.

- Recruit 3 teachers to complete our online recommendation form and share their contact information with the 3 teachers with coaches.
- Complete the Captain Application Form which is also online ONLY this year.

The teacher recommendation form and captain application form will both close for submissions on May 10, 2022 at 9 PM. ALL ITEMS MUST BE COMPLETED BY THIS DATE!

Coaches will be choosing the captain(s) for the team this season. We will consider the teacher recommendations and the application form in our decision which will be announced at the first practice.

Teacher Recommendations for Cheerleading Captain

You are required to have **three teachers** complete a teacher recommendation form. Different this year: coaches will send the form link to the teachers to complete as a Google form. Here's how this will work:

Step 1: You ask a teacher if they will be willing to give you a recommendation for cheer captain. You can explain that the recommendation will come as a Google form and will include about 10 questions asking them to rate your character qualities on a scale from 1 - 10.

Step 2: If they agree, let them know that we will be sending them a link for the recommendation form to their BVSD email address. Tell them the invite will come from either carrie.roswell@bvsd.org or kelly.nelson@bvsd.org. Please tell your teachers that the link to the form will arrive by 5/2, and the form needs to be completed by 5/10.

Step 3: You send an email to chscheer@bvsd.org with the names, BVSD email addresses, and subject(s) taught for the three teachers who have agreed to supply your recommendation.

******Please complete this step by 4/29.******

Step 4: We will send the teachers an email address with the link to complete your recommendation.

******We will complete this step by 5/2.******

Step 5: You follow up with your teachers to confirm they have completed your recommendation.

******Teachers need to complete this step by 5/10.******

Step 6: We will send you an email confirmation once ALL THREE teachers have completed their recommendations.

******The recommendation form will close for submissions on 5/10.******

Varsity Captain Questionnaire

You are required to answer the following questions. We have supplied the questions here for your preparations, but they must be submitted via a Google Form found here:

<https://bit.ly/chs-captain-app>

YOUR ANSWERS WILL ONLY BE ACCEPTED VIA THIS FORM. The form will open for submissions on 4/20. Do not turn your application in to us on paper.

*****Submissions will close on 5/10 at 9 PM*****

1. How many years of varsity cheer experience do you have? For the purposes of the captain application, we are only interested in your HS varsity experience, not All-Star.
2. What 3 characteristics are most important for members of the cheer team to possess?
3. What motivated you to tryout for the CHS Cheerleading team?
4. Are cheerleaders an important part of the athletic program? Why or why not?
5. How should cheerleaders represent their school and student body?
6. What is something the cheerleaders did last year that was effective?
7. What would you like to see implemented in next year's cheer program?
8. What would you do if a member of your squad had a bad attitude?
9. Give an example of a time you disagreed with a teammate in cheer or project partner in school (or another similar situation). How did you work through the disagreement?
10. Name two ways to get students interested in attending pep rallies.
11. What ideas do you have to get teachers and administrators involved in school spirit?
12. Why should a cheerleader maintain good grades?
13. How have you overcome adversity?
14. Name one personal goal you have for the 2022/2023 CHS cheer season.
15. Name one team goal you have for the 2022/2023 CHS cheer season.

You will also be asked to agree to the following at the end of the form:

1. I understand that in addition to these duties, I am expected to uphold all the rules and expectations in the Cheer Team Contract - to a higher level than my teammates. I agree that I am not exempt from the rules just because I am a captain.
2. I understand that I am to give input to the coaches in a respectful manner at all times. If I disagree with a decision made by coaches, I agree to address it with them outside of practices and events.
3. I understand that coaches have the final say in all aspects of the cheer program and I will accept their final decisions without badmouthing the coaches or the program. I will lead my teammates to accept final decisions as well.
4. I understand that I will be looked at as a leader who will set the tone for the entire team and the entire season, therefore I will do my best to maintain a positive attitude at all times, even when I am tired or don't want to be there.

As coaches, we understand that even captains have bad days, but we ask that you do your best to set it aside once you step on the mat.