

# **DON LUGO HIGH SCHOOL SPIRITLEADERS**



**PARENT INFORMATION MEETING 2025**

# SPIRITLEADER BASICS



- **ALL PRACTICES DURING THE SCHOOL YEAR TAKE PLACE AFTER SCHOOL AT DLHS. WE WILL TRY TO GET ATHLETIC PE AGAIN.**
- **IF SPIRITLEADERS CHOOSE TO WORK - PLEASE SCHEDULE WORK AFTER 5:30 PM.**
- **SPIRITLEADERS ARE REQUIRED TO CHEER AT ALL FOOTBALL GAMES, ALL BASKETBALL GAMES, HOME WRESTLING MATCHES AND OTHER GAMES AS CALLED UPON.**
- **SPIRITLEADING IS A YEAR ROUND ACTIVITY. CHEERLEADERS CANNOT COMMIT TO THEIR SQUAD AND PROGRAM AND PARTICIPATE IN A WINTER SPORT AT DON LUGO.**

# COMMUNITY INVOLVEMENT

- **WE ARE VERY INVOLVED IN OUR COMMUNITY. PLEASE NOTE THAT WE ARE INVITED TO SPECIAL EVENTS AND WE EXPECT SPIRIT TO BE A FULL SQUAD THERE.**
- **JR SPIRIT CLINIC (MANDATORY FUNDRAISER)**
- **BREAST CANCER AWARENESS 5K RUN (OCTOBER)**
- **CHINO CHILDREN'S CHRISTMAS PARADE (2<sup>ND</sup> SATURDAY IN DECEMBER)**
- **RUN FOR RUSS 5K (FIRST WEEKEND IN FEBRUARY)**





# WHAT ABOUT ALL STARS?

- **SPIRITLEADERS ARE ALLOWED TO PARTICIPATE ON ALL-STAR TEAMS, HOWEVER, PLEASE BE AWARE OF OUR PRACTICE SCHEDULES. IT IS VERY DIFFICULT TO ACCOMMODATE VARIOUS ALL STAR TEAM SCHEDULES. WE SHOULD BE FIRST IN PRIORITY.**
- **WE WILL BE COMPETING AT 3-4 COMPETITIONS THIS COMING YEAR!**



# ***HOW MANY SPIRITLEADERS WILL YOU TAKE?***

- **IT DEPENDS ON THE JUDGES' SCORES AND THE AMOUNT OF CANDIDATES. HOWEVER, WE ARE ALWAYS LOOKING FOR:**
- **12-18 VARSITY CHEER**
- **12-18 JV CHEER**
- **SOPHOMORES ARE ABLE TO TRY OUT FOR VARSITY. IF THEY DO NOT MAKE THE SCORE CUT, THEY WILL BE MOVED TO JV.**

# REQUIREMENTS AND QUALIFICATIONS

- PLEASE GO TO [WWW.DONLUGO.COM](http://WWW.DONLUGO.COM) AND FIND SPIRITLEADERS UNDER ACTIVITIES
- THIS IS VERY IMPORTANT! OUR CONSTITUTION IS UPDATED EVERY YEAR.
- BOTH THE SPIRIT CANDIDATE AND PARENT MUST UNDERSTAND THE TIME COMMITTMENT AND BOOSTER DONATION NEED. OUR PARENT BOOSTERS ARE VERY INVOLVED.

# ACTUAL TRY-OUTS AND CLINIC

**APRIL 7-10**

- ***MONDAY APRIL 7 3:45- 5:30 SMALL GYM/CHEER ROOM***
- ***TUESDAY APRIL 8 3:45- 5:30 SMALL GYM/CHEER ROOM***
- ***WEDNESDAY APRIL 9 3:45- 5:30 SMALL GYM/CHEER ROOM***
- ***THURSDAY APRIL 10- TRY OUTS!***

## **AT THE PRE TRY OUT CHEER CLINIC MARCH 20 FROM 4-6 PM:**

- **EACH CANDIDATE WILL LEARN MOTION PLACEMENT, JUMP SKILLS AND PRELIMINARY STUNTING. AT THE TRY OUT CLINIC CANDIDATES WILL LEARN A GAME ACTION CHEER; DANCE CHOREOGRAPHY AND SHOW STUNT, JUMP AND TUMBLING SKILLS.**
- **TUMBLING SKILLS CAN INCLUDE: ROUND OFFS, FRONT ROLLS, CARTWHEELS, ROUND OFF BACK HAND SPRINGS, STANDING BACK HAND SPRINGS OR ANY FORM OF ADVANCED TUMBLING THAT THE CANDIDATE IS COMFORTABLE PERFORMING.**



- **THERE IS NO SKILL REQUIREMENT FOR TRYING OUT, HOWEVER, CHEER CANDIDATES ARE ENCOURAGED TO HAVE AT MINIMUM**
  - **A LEVEL TOE TOUCH**
  - **DYNAMIC MOTIONS**
  - **FACIALS**
- **CANDIDATES CAN SUCCESSFULLY MAKE THE SQUAD AND WORK ON TUMBLING SKILLS DURING THE YEAR, HOWEVER, THEY SHOULD KNOW THAT TUMBLING SCORES ARE BASED ON THE LEVEL OF DIFFICULTY DURING THE TRY-OUT.**
- **CANDIDATES WILL TRY-OUT ON A MAT. CANDIDATES MAY NOT ASK FOR A “SPOT” DURING TRY-OUTS.**

# GRADE REQUIREMENT

- **STUDENTS MUST HAVE A 2.0 GPA. PART OF THE GPA IS A PART OF THE OVERALL SCORE.**

- 10 POINTS POSSIBLE
- 4.0-3.50 = 20 POINTS
- 3.25-3.49 = 16 POINTS
- 3.0 - 3.24 = 12 POINTS
- 2.75-2.99 = 8 POINTS
- 2.50-2.74 = 4 POINTS
- 2.25-2.49 = 2 POINTS
- 2.0 - 2.24 = 0 POINTS

# APPLICATION

**SPIRITLEADER CANDIDATES WILL FILL OUT THE ONLINE APPLICATION AND SUBMIT BY: APRIL 4, 2025 AT 4 PM.**

- **TURN IN THE PAPER CODE OF CONDUCT, GRADES AND 2 TEACHER EVALS AND TURN IT IN TO THE ASB OFFICE OR THE FRONT DESK AT LUGO BY APRIL 4 @ 4 PM.**

# ONLINE APPLICATION

## DLHS SPIRITLEADER APPLICATION 2024-2025

Please fill out the entire application. If certain columns are not applicable (student cell information for example) please mark with an X. Please make sure all email addresses are correct. DLHS is not responsible for candidates not receiving information due to incorrect emails.

Student Candidate's First Name

Short answer text

Student Candidate's Last Name

Short answer text

Current grade: \*

☐ 9th grade (freshmen)





# **LETTER OF INTENTION: WHY DO YOU WANT TO BE A DON LUGO SPIRITLEADER?**

## **LETTER OF INTRODUCTION**

- **PLEASE INTRODUCE YOURSELF WITH A LETTER AND/OR PRESENTATION. (THINK GOOGLE SLIDES)**
- **PLEASE ANSWER THE FOLLOWING:**
- **WHAT QUALITIES YOU POSSESS TO BE A STRONG ASSET TO THE DON LUGO SPIRITLEADER PROGRAM?**
- **WHAT EXPERIENCE DO YOU HAVE AS A PERFORMER?**
- **WHY DO YOU WANT TO BE A DON LUGO SPIRITLEADER?**
- **PLEASE DESCRIBE WHAT TEAM WORK AND A STRONG WORK ETHIC MEANS TO YOU.**
- **YOU MAY ADD ANY PICTURES IF YOU WOULD LIKE.**

# **DONATION REQUESTS**

- **SPIRITLEADING IS NOT FUNDED BY DLHS ASB, ATHLETICS OR DISTRICT PROGRAMS. IT IS NOT A TITLE IX PROGRAM. ALL PROGRAMS AT DLHS ASK FOR DONATIONS FOR ITEMS NEEDED FOR STUDENTS.**
- **NOT ALL ITEMS ARE NEEDED EVERY YEAR. MEGAPHONES, SWEATS**
- **UNIFORM (NEW UNIFORMS WILL BE ORDERED ON A 2-4 YEAR ROTATION)**
- **CHOREOGRAPHER/COACH FEES**
- **SHOES**

# DONATIONS AND PAYMENT SCHEDULE/DATES

(PROPOSED- WILL HAVE UPDATED SCHEDULE AT WELCOME PARENT MEETING)

ALL UNIFORM AND OR CAMP PAYMENTS WILL BE PAID TO VARSITY/UNITED SPIRIT ASSOCIATION OR DON LUGO HIGH SCHOOL ASB.

1. APRIL- PAYMENTS DUE TO VARSITY FOR DEPOSITS OF CAMP AND UNIFORM (\$500)
2. MAY- PAYMENT TO ASB (\$500)
3. JUNE- PAYMENT TO ASB (\$350)
4. AUGUST- FINAL PAYMENTS
5. SEPTEMBER -CHOREOGRAPHY
6. OCTOBER-CHOREOGRAPHY

# PLEASE SEE ESTIMATED SHEET IN PACKET. THIS IS HOW MUCH WE APPROXIMATELY HAVE TO RAISE.

- UNIFORM 450.00
- SHOES- 145.00 (ONE COMPETITION AND ONE GAME) RETURNERS CAN USE THEIR COMP SHOES AS GAME SHOES FOR THE FOLLOWING YEAR)
- SWEATSHIRT 30.00
- MEGAPHONE: 42.00 (ARTWORK NOT INCLUDED)
- SWEATS: 125.00
- PRACTICE/CAMPWEAR: 130.00
- VARSITY BOX 150.00
- *CAMP (OPTIONAL) (JULY 8-11) USA CAMP* 550.00
- COMPETITION FEES 200.00
- HAIRBOWS (INCLUDES COMP BOW) 20.00
- BACKPACK 50.00
- FALL CHOREOGRAPHY DONATION REQUEST -\$150
- WINTER CHOREOGRAPHY DONATION REQUEST- \$150



# **CAMP OPTIONS**

- **CAMP IS OPTIONAL. HOWEVER SPIRITLEADERS WHO DO NOT ATTEND ARE STILL REQUIRED TO LEARN MATERIAL FROM CAPTAINS AND OTHER SQUAD MEMBERS BY THE WEDNESDAY BEFORE THE FIRST FOOTBALL GAME. IT IS A GREAT BONDING EXPERIENCE FOR ALL THE SPIRITLEADERS THAT THEY DON'T WANT TO MISS OUT ON!**
- **TENTATIVE DATE: CAMP FOR ALL SPIRITLEADERS JULY 22-25**
- **CAMP DEPOSITS WILL BE PAID TO USA/VARSITY**

# **HOW TO APPLY**

- **STEP 1: MAKE SURE THAT ALL INFORMATION HAS BEEN READ AND AGREED TO BY THE SPIRIT FAMILY. CHECK OUT ALL OF OUR INFO AT [WWW.DONLUGO.COM](http://WWW.DONLUGO.COM)**

# **ONLINE APPLICATION: STEP 1**

- **GO TO [WWW.DONLUGO.COM](http://WWW.DONLUGO.COM) AND CLICK ON THE LINK UNDER ACTIVITIES AND “DON LUGO SPIRITLEADERS” OR USE THE QR CODE AND FILL OUT THE ONLINE APPLICATION. YOU WILL UPLOAD GRADE REPORTS AND YOUR LETTER OF INTRODUCTION.**

# STEP 2

- **TURN IN YOUR CODE OF CONDUCT, AND TEACHER EVALUATIONS TO THE SPIRIT BOX IN THE DLHS FRONT OFFICE BY APRIL 4, 2025 OR THE ASB OFFICE..**
- **YOU MAY PUT IT ALL IN ONE ENVELOPE, OR JUST CLIP IT ALL TOGETHER. PLEASE DO NOT STAPLE.**



# **MORE ABOUT TEACHER EVALUATIONS**

- **EACH CANDIDATE MUST TURN IN TWO EVALUATIONS.**
- **MUST BE IN A SEALED ENVELOPE WITH TEACHER SIGNATURE ON THE BACK.**
- **SAY A “THANK YOU” TO THE TEACHER**
- **IF YOU ARE CURRENTLY IN THE PROGRAM, THE DLHS STAFF MUST FILL OUT ONE OF YOUR EVALUATIONS.**

# **NEW INFO ABOUT PHYSICALS**

- **PHYSICALS CANNOT BE TURNED IN UNTIL MAY 13. OUR SCHOOL ATHLETIC TRAINER WILL PROVIDE MORE INFORMATION TO OUR NEW SQUADS ABOUT WHERE TO GET A PHYSICAL OR WHEN TO SCHEDULE A PHYSICAL WITH YOUR FAMILY PHYSICIAN.**

# CLINIC AND TRY-OUTS

- **ALL SPIRITLEADER CANDIDATES ARE REQUIRED TO WEAR EITHER DON LUGO P.E SHIRTS AND SHORTS (EIGHTH GRADERS MAY WEAR THEIR MIDDLE SCHOOL P.E SHIRTS AND SHORTS) OR BLACK, BROWN OR GRAY SHORTS WITH EITHER A WHITE, GRAY, BROWN, BLACK OR GOLD SHIRT.**
- **NEW THIS YEAR! CANDIDATES MAY PURCHASE THE SPIRIT PACK OFFERED BY OUR BOOSTERS FOR \$25**
- **HAIR NEEDS TO BE PULLED AWAY FROM YOUR FACE AND KEEP IT NEAT. (PONYTAILS ARE RECOMMENDED)**
- **ABSOLUTELY NO GLITTER OR JEWELRY IS ALLOWED. IT IS A SAFETY HAZARD FOR SOME AND COULD POSSIBLY DETRACT FROM YOUR PERFORMANCE. WHILE THE ACNE PATCHES ARE POPULAR PLEASE DO NOT WEAR ANY THAT MAY DISTRACT FROM YOUR FACIALS.**
- **ATHLETIC TENNIS SHOES**
- **RETURNING CANDIDATES SHOULD NOT WEAR ANYTHING THAT SHOWS YOU HAVE BEEN A PART OF THE PROGRAM.**

- **PLEASE TUCK IN YOUR SHIRT. YOU ARE JUMPING, ROLLING AND MOVING AROUND A LOT, AND WE DO NOT WANT TO "FLASH" ANYONE, ESPECIALLY THE JUDGES AT TRYOUTS.**
- **PLEASE BRING A WATER BOTTLE. CELL PHONES SHOULD BE PUT ON "SILENT" OR TURNED OFF AND SHOULD NOT BE A DISTRACTION TO THE CLINIC CANDIDATE OR OTHERS. WE POLITELY ASK THAT CELL PHONES ARE NOT TO BE BROUGHT OUT DURING THE DURATION OF CLINICS, INCLUDING BREAK TIMES.**
- **TRY-OUTS AND CLINIC ARE CLOSED TO SPECTATORS. PLEASE NO RECORDING OF INSTRUCTIONAL MATERIAL.**
- **WEARING CLOTHING THAT SHOWS YOU HAVE BEEN A PART OF DON LUGO CHEER BEFORE IS NOT ALLOWED.**



# DON LUGO CHEER

## SPIRIT PACK



**\$25**

DON ANTONIO LUGO HIGH SCHOOL

[donlugospirit@gmail.com](mailto:donlugospirit@gmail.com)

Deposit to Checking ...4401



**zelle**

# BOOSTER SPIRIT PACK

# JUDGING

- **3-4 JUDGES WILL BE HIRED WHO HAVE CHEER EXPERIENCE AND HAVE WORKED WITH PROFESSIONAL ORGANIZATIONS SUCH AS CHEERPROS, JAMZ AND THE UNITED SPIRIT ASSOCIATION.**
- **EACH CANDIDATE WILL BE SCORED ON A 1-100 POINT SCALE.**
- **THE 3-4 JUDGE SHEETS WILL BE TOTALED TOGETHER FOR 300/400 POINTS POSSIBLE.**

# **TOTAL POINTS FOR TRY-OUT SCORE**

- **CLINICS - 60 POINTS POSSIBLE**
  - **( 20 POINTS A DAY-INCLUDES  
PRELIMINARY STUNTING SCORE)**
  - **SPIRIT STAFF SCORE**
- **TEACHER EVALUATIONS - 30 POINTS**
- **LETTER OF INTENT-40 POINTS**
- **REPORT CARD - 20 POINTS POSSIBLE**
- **JUDGES AT TRYOUTS - 100 POINTS POSSIBLE  
PER JUDGE**

- **FINAL SQUAD NUMBERS ARE ALSO DEPENDENT ON THE NUMBER OF CANDIDATES TRYING OUT. THE SPIRIT STAFF AND THE DLHS ADMINISTRATION MAKE THE FINAL PLACEMENT DECISION. IT IS FINAL UPON POSTING. NEW SQUAD LISTINGS WILL BE POSTED BY MIDNIGHT ON APRIL 11, 2024 ON THE FOLLOWING WEBSITE:**

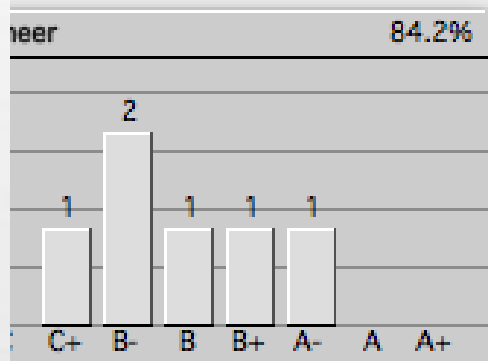
- **[WWW.DONLUGO.COM](http://WWW.DONLUGO.COM)**

- **NEW SQUAD MEMBERS WILL BE LISTED ACCORDING TO THEIR TRY-OUT NUMBER.**

Seating	Student	Assignment	Standard
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8 of 8 Assign. Clinic Evaluations 2/16/15 Judge 1 Try-Out 2/16/15 Judge 2 Try-Out 2/16/15 Judge 3 Try-Out 2/16/15 Teacher Eval 1 Evaluations 2/16/15 Teacher Eval 2 Evaluations 2/16/15 Report Card Evaluations 2/16/15 Essay Evaluations 2/16/15			▼	15	100	100	100	20	20	10	50
Students	Miss..	Overall		13	90	87	88	20	20	8	50
		91.6 A-		10	87	83	80	20	20	9	50
		87.9 B+		15	77	75	80	20	17	8	50
		84.7 B		10	85	88	90	10	20	8	35
		81.5 B-		15	80	80	80	18	12	4	45
		80.7 B-		15	70	70	70	20	20	5	45
		78.5 C+									



CANDIDATE #

JUDGE

**Entrance/Showmanship** \_\_\_\_\_/20

Facials/Confidence/posture

Enthusiasm/Energy/voice projection

Audience Appeal/Personality

**Sideline** \_\_\_\_\_/20

Strength of motions, angles

Voice Projection

Timing/ Rhythm

Crowd Interaction

**Jumps** \_\_\_\_\_/20

**Gymnastics/Tumbling** \_\_\_\_\_/20

Back-Handspring

Tumbling Pass/tuck

Round-off

**Dance** \_\_\_\_\_/20

Rhythm/Timing/Style

Sharp Motions/Technique

Knowledge of material

TOTAL: \_\_\_\_\_/100

Scoring Key:

Superior/Yes: 18-20

Outstanding/Maybe: 15-17

Below Average/No: 0-14

WOULD YOU TAKE THIS CANDIDATE ON YOUR SQUAD?



# RESULTS

- **SQUAD RESULTS WILL BE POSTED ACCORDING TO THE CANDIDATE'S TRY-OUT NUMBER AND WILL BE ON [WWW.DONLUGO.COM](http://WWW.DONLUGO.COM) AFTER BY MIDNIGHT ON APRIL 11. (LET'S FACE IT... IT WILL BE EARLIER BUT DEFINITELY AFTER SCHOOL). 😊**



# FINALLY...

- **WE ARE VERY PROUD OF OUR PROGRAM AND HOPE THAT YOU WANT TO BE A PART OF OUR GREAT TEAM! WE ARE READY TO GROW!**
- **REMEMBER TO CHECK OUT THE MATERIAL ONLINE, INCLUDING CALENDARS!**
- **THANK YOU AND GOOD LUCK!**

**ANY QUESTIONS LATER ON PLEASE EMAIL**

**FARRAH\_RIGOWITT@CHINO.K12.CA.US**