

CCSF Rams Cheerleaders Introduction and Questionnaire For the 2009 Season

Hello,

Thank you for your interest in joining the CCSF Rams Cheerleaders for the Fall 2009 cheerleading season. We will be attending cheer camp from August 6th thru the 9th at UC Santa Barbara and hold a 4-5 day summer session from August 11-15th on the Ocean Ave. Campus in the Wellness Center. (rooms numbers to be announced). The first day of practice will be on the first day of school and continue until the end of the semester in December. Practices are held Mondays, Wednesdays and Fridays from 2-4pm. We will be cheering for football season that starts in August and goes through to December. Those interested need to enroll in **PE 537 and PE 17 dance production** for the Fall 2009 semester.

The CCSF Rams Cheerleading squad started as a small club in 2001. Since then, we have improved a great deal and each semester we pride ourselves on working hard and making each semester better than the last. We currently hold club status under the Physical Education/Dance Department and the ICC (Inter-Club Council). While we are not under the inter-collegiate athletics, we do have certain education requirements you must maintain to continue being on the squad. You must be enrolled in at least **6 units** and maintain no less than a **2.0 G.P.A.** for Fall 2009.

Being a City College Cheerleader is a big time commitment and requires dedication and of course, lots of SPIRIT. You must be able to attend all practices, which will be held every Mon., Wed., and Fri. from 2-4pm. You must also attend all games and have some flexibility to possibly travel for away games. The Rams Cheerleaders perform half-time routines, usually hip-hop with stunts. Our team does work on group stunts and any tumbling each cheerleader can do! The games are usually held every Saturday with a few exceptions. On game days you should expect to be there from 11a.m. to about 4 or 5pm.

If you meet all the above requirements, and believe you have the time and dedication to call your self a Rams Cheerleader, please fill out the questionnaire below and either print it up and contact me to meet on campus somewhere or email it back to me. They must be completed and turned in no later than **Monday April 27th, 2009**. We wish you lots of luck and will see you in May.

Sincerely,

Paula Plessas
Coach/Advisor

Rachel Simpson
President

And all of the CCSF Rams Cheerleaders!!!!

** To read more about the squad and the program please visit
www.ccsf.edu/ccsframs/cheerleading **

Contact Email: ccsframs@gmail.com

CCSF Rams Cheerleading Questionnaire

(Please answer these questions in 10pt font and not bolded)

Name: _____

* Do you have any cheerleading or dance experience? If so, please describe.

* Do you have any special talents? (Ex. Tumbling, jumps, stunting, kicks ect...)

* If chosen, can you make a commitment to attend all practices and games as stated above? Also, will you be able to attend away games if necessary?

* We will be attending Cheer Camp Aug. 6th thru the 9th at UC Santa Barbara. We will also be holding a summer session that is 4-days long and each day will be about 4 or 5 hrs long. If chosen, will you be able to attend?

* As CCSF Rams Cheerleaders, we are expected to volunteer and participate in campus wide events. If chosen, would you be interested and able to attend?

* We also do a lot of fundraising outside of practice and both on and off of campus. If chosen, would you be interested and able to participate? Would you contribute any ideas?

* As cheerleaders, we practice and perform stunts. If chosen, would you be willing to participate in all stunts? If you have no experience would you be willing to learn? This can include basing, flying, back/front spotting and spotters.

* We are often asked to perform at special events on campus. These performances will be held outside of practices and games. If chosen, would you be interested and able to attend?

* As stated in the introduction, we have certain educational standards you must maintain. If chosen, would you be able to balance cheerleading and maintaining your educational requirements?

* Do you plan on working in the Fall? If so, will you be FT or PT. How many hours a week will you work? Do you have a set schedule or does your job allow some flexibility? If you know your schedule please attach it with this questionnaire.

* What is one thing you believe you could bring to the squad that would help us in going above and beyond?

*Tell us one thing about yourself that you think is unique?

** As Rams Cheerleaders, we represent City College in everything we do both in and out of practice. If chosen, you will be expected to represent the squad and City College both positively and respectfully At All Times. **

Do not let these questions intimidate you or affect your decision to try-out for the squad. These questions do not automatically determine if you will or won't make the squad. We are asking these questions so we can get to know you a little better and let you know what to expect if you make the squad. Just answer them to the best of your ability. We look forward to seeing you in May and wish you lots of Luck!!!!

Try-outs for Fall '09

Mon. May 4th 2-4pm

Wellness Center 3rd floor rm:307

Wed. May 6th 2-4pm

Wellness Center 2nd floor rm: 207