



## FOLSOM YOUTH FOOTBALL & CHEER (FYFC)

### CHEER INSTRUCTOR APPLICATION

Please mail to Tiffany Frazier @ P.O. Box 798, Folsom 95763

#### INFORMATION

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone - Home: \_\_\_\_\_ Cell: \_\_\_\_\_ E-Mail: \_\_\_\_\_

#### CHEER/INSTRUCTING EXPERIENCE- LIST MOST CURRENT FIRST

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#### DIVISION OF INTEREST

Rank your choices in order of preference:

\_\_\_\_\_ Mighty Mite

\_\_\_\_\_ Jr. Midget

\_\_\_\_\_ Jr. Pee Wee

\_\_\_\_\_ Midget

\_\_\_\_\_ Pee Wee

\_\_\_\_\_ Competition Squad (Nov-Feb)

#### RECOMMENDATION

Please include a teacher's recommendation with your application. The recommendation must be from a core class teacher: History, Math, Science, or English.

Teacher's Name: \_\_\_\_\_ Class: \_\_\_\_\_

Do you have any commitments or future commitments that might interfere with your ability to instruct a squad (job, family, school, clubs)? Please specify.

I have read the responsibilities and expectations for instructors. I agree to these expectations, and commit to fulfilling them to the best of my ability.

\_\_\_\_\_  
Your Signature

\_\_\_\_\_  
Parent's Signature

(See back for expectations and responsibilities)

## INSTRUCTOR EXPECTATIONS & REPONSIBILITIES

### RESPONSIBILITIES

- \* Prepare a cheer and dance for Tryouts.
- \* Attend clinic prior to tryouts to teach the routine
- \* Attend tryout day to help and support girls trying out.
- \* Teach your squad sideline cheers, line dances.
- \* Teach your squad a hello cheer and halftime routine.
- \* Create a competition routine and teach it.
- \* Work with the coaching staff to make sure the girls have the best possible experience and that everyone is given the respect they deserve.

### TIME

- \* Sat or Sunday meetings to get ready for the season TBD
- \* Monday-Thursday attendance during clinic, 5-7:30pm.
- \* Saturday attendance on tryout day, starting 30 minutes prior to your squad tryout time
- \* July-Nov practice 3-4 nights per week.
- \* Saturday games, starting in Mid August and continuing through playoffs/championships.
- \* Attendance at squad activities (sleepover, parties)
- \* We allow you to miss Jr. cheer for school events, but expect you to be at all other practices, games, competitions, etc. If you have a part time job, it cannot interfere with our program.

### ATTIRE

You must wear cheer shoes, stretchy shorts, tank tops or t-shirts at practice; Hair in a pony at all times at games & practices, game day attire, which will be provided by FYFC, at games and competition. Folsom High or Midget Cheer warm ups at games.

### ATTITUDE

We want instructors with great attitudes, patience and a willingness to commit hours of dedication to our squads. FYFC is a member of the SFC and is bound by guidelines established by the SFC, in addition to the FYFC by-laws, handbook and code of conduct.

**NOTE:** Preference is given to current/former Folsom High School cheerleaders. Although past instructing may be considered, past attendance and commitment will also be considered. You must be a minimum of two years older than the girls you instruct.