

## DIAMOND BAR PEP SQUAD

### INFORMATION AND APPLICATION PACKET

#### IMPORTANT DATES TO REMEMBER

| DATE                                   | TIME        | ACTIVITY  |
|--|-------------|---|
| <b>Now –April, 19th</b>                | All Day     | Applications can be downloaded at the DBHS website  |
| <b>Wed, April, 10th</b>                | 6:00pm      | Parent/Student meeting  |
| <b>Mon, April, 22nd</b>                | 3:00pm      | Applications are due in the office to Miss Prenger  |
| Late applications WILL NOT be accepted |             |   |
| <b>April 29th –May 2nd</b>             | 3:30-5:30pm | Day Clinics in the Wrestling Room or Bball Courts<br>(8 min & under 10 points, 8:01-9 min 9 points, etc., etc.) |
| <b>Thurs, May 2nd</b>                  | 3:00-6:00pm | TRYOUTS in the Wrestling Room   |
| <b>Fri, May 3rd</b>                    | 3:30pm      | Results posted on the DBHS website  |
| <b>Fri, May 10<sup>th</sup></b>        | 2:15-6pm    | Fitting and Team outing   |
| <b>Sat, May 11<sup>th</sup></b>        | 8-12pm      | Applebee's Mandatory Breakfast  |
| <b>Wed, May 22<sup>nd</sup></b>        | 6pm         | Parent Meeting Room 210   |
| <b>Sat, June 1<sup>st</sup></b>        | 9-4:30      | USA Spring Training Clinic  |

All Cheer members will be required to attend tumbling class and Song members will be required to attend dance technique class during the summer months.

July practices two times a week

Summer Camps for JV Cheer, Varsity Cheer and Mascots, August 6-9

Pictures TBD

If you have any questions regarding the DBHS Pep Squad Program, please contact Whitney N Prenger at [wprenger@wvusd.k12.ca.us](mailto:wprenger@wvusd.k12.ca.us)

## DBHS PEP

### Cheer, Song, Mascot Tryout Procedure - Information

1. After school clinic will be held 3:30-5:30m April 29th – May 1<sup>st</sup> in the Wrestling Room and at the Basketball Courts, Diamond Bar High School. These practices are mandatory, material and assessments that you will need for tryouts will be taught, and you are responsible for attending every day.
2. Have 5 teachers from the 2012-2013 academic year complete the recommendation forms and return them to Miss Prenger no later than April 22nd (do not return them unless they are in a sealed envelope.) **ALL RECOMMENDATIONS MUST COME FROM YOUR CURRENT TEACHERS!** Recommendations **must** go to: current English, Math, PE/Sport and 2 of your choice. If in a PE/sport, you must have your coach complete a recommendation.
3. Turn in the application packet, questionnaire, and grade sheet with teacher signatures and your picture attached.
4. Parents or guardians read and fill out permission to participate and medical release. Return with your application packet.
5. Finals are to be held Thursday, May 2 from 3pm-6pm. Results will be posted on the DBHS website, Club and Activities, Pep page Friday, May 3 at 3:30pm.

**REMEMBER: APPLICATION SHEET, PARENT PERMISSION FORM, PICTURES, GRADE CHECK, TEACHER EVALUATIONS, WILL BE DUE ON MONDAY (or earlier) April 22nd.**

#### Attire for Clinic and Try Outs:

**No jewelry, piercings of any kind, no tattoos showing, bows are optional**

##### JV Cheer/Mascots:

- Black cheer shorts, plain white t-shirt or tank top, athletic sports bra, athletic shoes, hair pulled back in a pony tail, water

##### Varsity Cheer:

- Purple cheer shorts, plain white t-shirt or tank top, athletic sports bra, athletic shoes, hair pulled back in a pony tail, water

##### Varsity Song:

- Purple cheer shorts, plain white t-shirt or tank top, athletic sports bra, athletic shoes, hair pulled back in a pony tail, water

## DIAMOND BAR PEP INFORMATION

The Diamond Bar High School Pep squads are recognized as a sports activity. Today's cheerleader or songleader is an athlete with special talents which include gymnastics and dance. All members of the cheer and song squad compete in local, regional and national competitions, as well as performing the duties of crowd leading at a wide variety of sports events. They set an example for others in their school spirit, their leadership, and commitment to their studies. This program is not for the faint hearted - it is demanding both in time and talent and we expect you to maintain the highest GPA you are capable of and we'll nag when you receive a grade lower than a C.

This information packet is designed to answer questions about song, cheer and mascot and provide you with necessary information you need to participate in tryouts. If you have any questions or need clarification of any item please ask a coach or the advisor the week of cheer clinics --- or e-mail Whitney Prenger at [wprenger@wvusd.k12.ca.us](mailto:wprenger@wvusd.k12.ca.us).

1. If you are selected, you will enroll in 6th period class in the fall (a P.E credit for freshman and sophomores, an elective for juniors and seniors.)
2. You must have a physical (yes...even those returning) completed and on file at school no later than April 22nd. This is for your protection as well as a school rule. Cheerleading is a highly specialized and demanding physical activity, your safety as well as the safety of others depends upon your good health and abilities. Your daughter will not be able to participate in clinic until it is turned in. No exceptions!
3. There are four squads: **Varsity Cheer, Varsity Song, Junior Varsity Cheer and Mascot**. The Varsity Cheer Squad is composed of students grade 10-12. Varsity Song will be composed of students from 9-12th grade. The numbers will vary according to the results of tryouts. Junior Varsity Cheer is for 9-11th grade only. Mascots will be composed of students from 9-12<sup>th</sup> grade.
4. Students will be required to attend all fundraising activities to help support the program. **OUR FIRST FUNDRAISING ACTIVITY WILL BE THE APPLEBEES PANCAKE BREAKFAST MAY 11th, 8am-12pm.**
5. After school practice is **MANDATORY** and **work schedules, doctor appointments, haircuts, homework and life in general must be planned around cheer and song schedules**. Football games, basketball and other sports as assigned are mandatory. *Failure to attend practice or assigned games will result in benching, lower grades and possibly removal from a competition squad.*
6. May, June technique and July summer practice, fundraisers, and summer camp are mandatory. Try to plan family vacations during June.
7. **Cheer, Mascot and Song Camp is August 6-9, Knott's Resort Camp, Buena Park**
8. Everyone in song, cheer and mascot must plan to practice after school and sometimes weekends and evenings. We work around coach's schedules.

## PARENT PERMISSION INFORMATION

Dear Parents,

It is imperative that you understand the commitment that Pep involves. The Diamond Bar High School Pep Program is treated as a sports activity. It is therefore, **highly competitive** and the overall commitment expected from both parents and students is tremendous. In order to reach the goals of the Pep program, it is imperative that all candidates understand exactly what you are committing to.

Please take the time to read the following conditions, rules and expectations. If both parent and student agree to the following terms, please sign (both parents where applicable) along with your student, and return the “parent permission to participate” which is attached to this letter. In order for your student to be allowed to try out, the permission form must be on file no later than April 22<sup>nd</sup>.

Diamond Bar High School Pep members are expected to be excellent examples of good sportsmanship, integrity, leadership, school spirit and academic excellence. **We have a no tolerance rule for alcohol, drugs and tobacco or fighting.** If any member of the program is caught in uniform or at a Pep or school function using alcohol, drugs or tobacco, that member will be removed from the squad for the remainder of the year. Suspension from school for any reason, including a violation of dress code, will also result in either suspension from the team or immediate removal from the squad. Pep members are expected to be leaders in all areas of school life.

**1. We understand the decision of the judges is final and NOT negotiable after tryouts.**

**2 We understand** that there is the potential for injuries in Pep and we agree to provide the necessary insurance policy and copy of the insurance card.

**3. We understand** that there are **several major fundraisers** and we will be expected to participate. We also understand that further mandatory fundraisers will be added if necessary.

**4. We understand** that making one of the squads does not mean you automatically become a member of the competition squad. Coaches and advisor reserve the right to determine the size of the squad that will compete. Some students may be designated as alternates. Alternates will be required to maintain their skills, attend all practices, games and competitions.

**5. We understand** that the coaches with the (advice and consent of the advisor) will determine the number of members that will compete on any competition squad.

**6. We understand** that our daughter may make a Varsity team; however, by the time competition season begins, coaches have the right to select a team that may include members of the Junior Varsity replacing members of the Varsity to provide the team with the best possible chance of success. This will not impact your child’s participation in football, basketball, pep assemblies, etc. Once you have made Varsity, you remain a Varsity member even if you are not competing with the Varsity on a competition team.

**7. We understand and agree that coaches and the advisor will not enter into any discussion with parents regarding coaching decisions about selection for the competition squads.** We make every attempt to talk with parents on an individual basis if problems arise; however, once decisions are made they are final.

8. **We understand** that the coaches and advisor will be happy to discuss our daughter's strengths and weaknesses, with her, in order to help your daughter increase her skills. We also understand that the coach and advisor have to consider the team as a whole rather than each individual.

9. **We understand** everyone may not be on a competition squad; however, everyone is responsible for all fundraising events scheduled throughout the year.

10. **We understand** that our season begins in May (plan your vacations in June) to prepare for camp in August and continue throughout the academic school year. Practices are long and demanding, sometimes involving evenings, vacations and weekends. Your child needs your help in developing time management skills in order to maintain her grades.

11. **We understand** that Pep must become the 1st priority in terms of co-curricular activities. Jobs, other clubs, organizations, etc., must be arranged around practice and activities for Pep. Failure to do so may result in her removal from a competition squad, being benched for activities, and lowering of grades.

12. **We understand** that if our daughter misses a practice for an unexcused reason she may be benched for the following activity and her grade will reflect the absence. Unexcused summer practices will result in removal from the program.

13. **We understand** that our daughter is expected to be in the Pep period each day for roll and her failure to do so will result in an absence and absences from class may result in a lower grade. We understand that we can expect a grade of A for participation in cheer, but it is not automatic. Absences from practice and attitude issues may affect our daughter's grade.

14. **We understand** that Junior Varsity is not Varsity. JV cheer is expected to cheer for freshman football, JV football, JV basketball, and other games as assigned.

15. **We understand** that Varsity Cheer, Varsity Song and Mascots will be required to cheer for Varsity football and basketball games, wrestling, soccer, girls' basketball, volleyball, and any other games assigned.

16. **We understand** that if our daughter is selected this year, she will still have to try out again next year and her position on the squad is NOT guaranteed. Dedication, improvement, attitude, and talent all play a part in whether or not she returns. A bad attitude in the classroom will almost guarantee that she will not be returning; a bad attitude at practice will probably assure it.

17. **We understand** that teams are chosen on a basis of grades, teacher recommendations, talent and overall team needs.

18. **We understand** that we must have an up to date physical in by April 22nd in order to try out and continue practice for the year.

Competition is growing tougher every year; therefore we cannot guarantee a place on the squad even though they have been on the squad for the past year. We bring in outside judges to make scoring as objective as possible. The overall score includes teacher recommendations and GPA, talent alone will not determine who makes the squad. **We are looking for young women who can represent Diamond Bar High School as excellent Pep members and excellent role models for the student body.** Pep students must prioritize their activities prior to trying out. While song and cheer are considered competition squads, cheering for school activities and representing Diamond Bar is a first priority.

## Donations and Fundraisers

Your daughter has indicated an interest in becoming a member of one of Pep program here at Diamond Bar High School. Fundraising will be done to cover the cost of our coaching, miscellaneous supplies, music and choreography for the year. If the fundraising does not cover the cost of coaching, our program suffers a great loss. Each individual expense must be donated to Diamond Bar High School to cover any costs before our program can participate in events and special activities including, competition, banquets, community events, etc.

|                             |             |
|-----------------------------|-------------|
| Summer program              | \$175.00    |
| Walk-on Staff/ Choreography | \$250       |
| Competition Entry           | \$300-400   |
| Pep Rally Costumes          | \$50        |
| Uniform                     | \$600-1,500 |
| Summer Camp                 | \$350       |
| Music/Poms                  | \$50        |

### Tentative Costs

Traditionally, it costs anywhere from \$500-\$2,000 to participate in Pep for the year. Returning members will need to donate less according to the uniforms and costumes they already own. All Pep members are expected to participate in all fundraisers until the program expenses are donated/ fundraised. Please take the time to seriously consider if this program is best for you and your family before committing to try out. Our school cannot incur the costs of the Pep program. A donation and fundraising schedule will be given at the first team meeting.

They will include events such as Bunco, Pancake Breakfast, Graduation Leis, Youth Camps, Bingo, Ewaste, Clothing Drive, Restaurant Fundraisers, Food Fair, Powder Puff, Business Sponsorships

Please take the time to re-read this, keep it for your records; once you sign and return the attached permission form, I will hold you responsible to the agreed upon items. If you have questions, I'll be at the clinics and tryouts. I can also be reached by e-mail: [wprenger@wvusd.k12.ca.us](mailto:wprenger@wvusd.k12.ca.us)

Sincerely,

Whitney N Prenger

DBHS Pep, Advisor

Candidates Name \_\_\_\_\_

## PARENT PERMISSION TO PARTICIPATE

We have read, understood and had the opportunity to ask any questions regarding the rules, regulations and expectations of becoming a member of the 2013-2014 Diamond Bar High School Pep program.

We also understand that all decisions of the judges at tryouts are final. All participation numbers of students who make the squad will be posted on the Diamond Bar Pep website on Friday at 3:30pm. If we do not see our daughter's number, we will know that our daughter did not make the program. The first meeting for all parents and cheerleaders for next year will be held Wednesday, May 22 at 6pm.

### **MEDICAL INSURANCE:**

INSURANCE COMPANY: \_\_\_\_\_ POLICY # \_\_\_\_\_

FAMILY DOCTOR: \_\_\_\_\_ PHONE # \_\_\_\_\_

Relative or friend to contact in case of emergency \_\_\_\_\_ PHONE# \_\_\_\_\_

Allergies/ prescription drugs/ corrective lenses/ current medication \_\_\_\_\_

The undersigned hereby authorize Song/Cheer Advisor or Coach to act as agents for the undersigned and to consent any x-ray, anesthetic, medical, dental or surgical diagnostic, treatment or hospital care for the above named minor which is deemed advisable by and to rendered under the general or specific supervision of any physician and/or surgeon licensed under the Provision of Medical Practice Act or any dentist licensed under the Dental Practice Act. We the undersigned also accept full responsibility; financial liability for any such care as outlined above or for emergency rescue vehicles as may be needed. We the undersigned also agree to release Diamond Bar High School, the Advisor and coaches of all liabilities associated with our child's participation in this program. The undersigned also acknowledges that the above named minor must have his/her own travel/accident/medical insurance. The company and policy number must be listed. Students without insurance will not be allowed to participate in the program.

**We/I give permission of our daughter to tryout.**

Signed \_\_\_\_\_

**(Mother/guardian)**

Signed \_\_\_\_\_

**(Father/guardian)**

Signed \_\_\_\_\_

**(Student)**

\_\_\_\_\_

**(Date)**

## **DIAMOND BAR HIGH SCHOOL PEP**

The following skills and expectations are part of the tryout process. If you have questions, please talk to a coach or the advisor the week of clinic/tryouts.

### **VARSITY CHEER**

- Standing back handspring or round off back handspring (minimum gymnastics, requirement). Points are awarded to those with more advanced gymnastics skills.
- Perform and execute an elite jump combination including but not limited to a Toe Touch, Pike, Front Hurdler.
- The ability to either fly, base, or back spot at an elite level. The coaching staff will make the final decision of which position(s) your child tryouts for based on the needs of the team.
- Sharp, consistent cheer/dance motions
- Elite performance skills: eye contact, smile, enthusiasm, confidence, showmanship, etc.
- GPA: minimum of 2.0, 2.5 or above is preferred.
- Positive teacher recommendations- Good attitude – willing to take directions.
- Crowd involvement and performance of tryout routine at an elite level during crowd leading and performance of skills.
- 10 minute mile

### **JUNIOR VARSITY CHEER**

- Perform and execute an elite jump combination including but not limited to a Toe Touch, Pike, Front Hurdler.
- The ability to either fly, base, or back spot at an elite level. The coaching staff will make the final decision of which position(s) your child tryouts for based on the needs of the team.
- Sharp, consistent cheer/dance motions
- Superior performance skills: eye contact, smile, enthusiasm, confidence, showmanship, etc.
- GPA: minimum of 2.0, 2.5 or above is preferred.
- Positive teacher recommendations- Good attitude – willing to take directions.
- Crowd involvement and performance of tryout routine at and superior level during crowd leading and performance of skills.

### **VARSITY SONG**

- Dance experience
- Toe touch, pike and other jumps, kickline
- Leaps: scissors, side (2nd), center split
- Turns: 5 pirouettes, advanced second turn combos, fouette, double leg hold turns
- Flexibility, splits, leg hold (right and left)
- Performance of tryout routine
- Sharp Clean Motions
- Performance skills: eye contact, smile, enthusiasm, confidence, showmanship
- GPA: minimum 2.0, 2.5 or above is preferred
- Positive teacher recommendations-Good attitude—willing to take direction
- 10 minute mile



## PEP SQUAD APPLICATION

### Personal Information

Name: \_\_\_\_\_ HomePhone: \_\_\_\_\_

Parent(s) Names: \_\_\_\_\_

Parent Cell Phone: \_\_\_\_\_ Student's Cell Phone: \_\_\_\_\_

Parent(s) email: \_\_\_\_\_ Student's email: \_\_\_\_\_

Home Address: \_\_\_\_\_

Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_ Height: \_\_\_\_\_ Weight: \_\_\_\_\_ Grade: \_\_\_\_\_ GPA: \_\_\_\_\_

I am interested in trying out for:

Junior Varsity \_\_\_\_\_ Varsity Cheer \_\_\_\_\_ Varsity Song \_\_\_\_\_ Mascot \_\_\_\_\_

### Experience

Check all that apply. When indicating the skills that you have, check only those you can do on your own consistently on all surfaces.

I have been training in gymnastics/tumbling for \_\_\_\_\_ (years/months) at \_\_\_\_\_

(Name of facility). I can execute the following skills consistently on any surface.

**Standing Tricks:** Back handspring \_\_\_\_\_ Back handspring tuck \_\_\_\_\_ Standing Tuck \_\_\_\_\_ Toe Touch Tuck \_\_\_\_\_

**Running Tricks:** Round off Tuck \_\_\_\_\_ Round off Handspring (ROHS) \_\_\_\_\_ ROHS Tuck \_\_\_\_\_ ROHS Layout \_\_\_\_\_

ROHS Full \_\_\_\_\_

I have had the following related cheer experience (indicate all Pop Warner, All Star, and related experience)

\_\_\_\_\_

I have the following leadership experience (indicate any involvement with ASB, clubs, in and/or outside of school activities)

\_\_\_\_\_

Write down a summary of why you feel you are qualified for a position on the DBHS pep squad

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Candidates Name**\_\_\_\_\_

# PEP APPLICATION QUESTIONNAIRE

Answer each question fully. **Please either type on a separate page or write neatly.** This is another opportunity to impress!

1. Why do you want to be a Diamond Bar Pep member? What do you have to offer the DBHS Pep program?
2. List your background experience and personal qualities that you feel will enable you to be a superior representative for the Pep program.
3. Describe two of your personal strengths and two of your personal weaknesses. Please do not list. Explain your response.
4. Why is it important for a Pep member to be a good student?
5. Being on Pep requires a lot of time, energy, and commitment. Why do you feel you have the dedication necessary?

Candidate's Name \_\_\_\_\_

### GRADE CHECK

| SCHEDULED CLASS | LAST REPORT CARD GRADE | TEACHER'S SIGNATURE | HAS TEACHER<br>RECEIVED<br>CONFIDENTIALITY<br>FORM? |
|-----------------|------------------------|---------------------|---|
| 0               |                        |                     |   |
| 1               |                        |                     |   |
| 2               |                        |                     |   |
| 3               |                        |                     |   |
| 4               |                        |                     |   |
| 5               |                        |                     |   |
| 6               |                        |                     |   |

**ALL APPLICATIONS MUST BE FILLED OUT COMPLETELY AND RETURNED TO THE ACTIVITIES OFFICE NO LATER THAN  
3:00PM- MONDAY, APRIL 22ND**

**LATE APPLICATIONS WILL NOT BE ACCEPTED**

PLACE CURRENT PHOTO HERE

\*\*\*\*\*CONFIDENTIAL\*\*\*\*\*

Print Teacher Name; \_\_\_\_\_ Teacher Signature \_\_\_\_\_

Dear Faculty Member,

\_\_\_\_\_ is planning to try-out for the 2013-2014 DBHS **Pep program**. So that I can have a clear idea of your perception of this student's maturity and sense of commitment, please rate him/her on a scale of 1-5, (5 is perfect). Add any comments that you feel might be appropriate for my knowing more about him/her. Thank you for your time. \*Please fill this form out in private and return to Whitney Prenger's mailbox in the front office at DBHS.

**Due April 22nd, 2013 THANK YOU!**

| CHARACTER:                   | RATE 1-5: | COMMENTS: |
|------------------------------|-----------|-----------|
| Courtesy to Peers and Adults |           |           |
| Attendance/ punctuality      |           |           |
| Dependability                |           |           |
| Leadership Capabilities      |           |           |
| Ability to follow directions |           |           |
| Attitude                     |           |           |

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Print Teacher Name; \_\_\_\_\_ Teacher Signature \_\_\_\_\_

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Print Teacher Name; \_\_\_\_\_ Teacher Signature \_\_\_\_\_

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| Attitude                     |           |           |

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| Attitude                     |           |           |

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| Leadership Capabilities      |           |           |
| Ability to follow directions |           |           |
|                              |           |           |