Permission slips must be turned in **before** participating in tryouts. Slips need to be turned into Miss Dalzell in room A140 or to the main office.

The undersigned give permission for your child to participate in the cheerleading program, realizing fully the responsibilities and duties involved. We also accept full responsibility and will not hold the school or its staff accountable for any injuries, damages, or losses which may occur at tryouts/practices/games or any other cheerleading events.

**The clinic days will be Monday, September 11th from 2:30 - 4:00**

**Tuesday, September 12th from 2:30 – 4:00**

**The try-outs will be held on Wednesday, September 13th from 2:30 - 4:15**

\*If you are on girls’ volleyball please let me know so we can arrange for you to try-out first before your game that day\*

\*Try-outs will be recorded \*

**\*\*Students are responsible for having their own ride home each day\*\***

Student’s Printed Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Grade Level: \_\_\_\_\_\_

Home Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Cell Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Current Grades:**

LA: \_\_\_\_\_ Reading: \_\_\_\_\_\_ Math: \_\_\_\_\_\_ Science: \_\_\_\_\_\_ Social Studies: \_\_\_\_\_\_

**Please specify any experience in the following areas (if none put none, it is not required):**

Cheerleading (years on a team): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Dance (years of experience): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Tumbling (highest tumbling pass / standing): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Stunting (position – flyer, base, back-spot, front-stop):\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Any questions contact Miss Dalzell at: [ddalzell@arbor145.org](mailto:ddalzell@arbor145.org)

**Tryouts:**

* A cheer routine and jumps will be taught for tryouts. The cheer and jumps will be posted on my website: <http://dalzell.weebly.com/>. Students trying out are expected to be able to remember the cheer and the correct jump formation for the day of tryouts. On the clinic days we will go through the following things: ability to perform taught cheer, jumps, tumbling, spirit, and appearance. The girls will have until Wednesday, September 13th to master the cheer and jumps. The day of try-outs it is highly encouraged for the girls to wear black shorts and a blue, black or white t-shirt. Their hair should be completely up with no jewelry on.

**Practices:**

* Practices will be held 2 – 4 times per week starting immediately; a calendar will be provided for the students who make the squad. **No one can practice until an updated physical is on file and all the required paperwork is turned in.** Practices will run through December. Games will begin in January, right after winter break.

**APMS Cheerleader Requirements & Expectations:**

* Minimum 2.0 GPA to cheer, passing all classes - Grades will be checked regularly
* All cheerleaders have to abide by the athletic code
* Attendance at all practices, no exceptions (No practice, no game that week)
* If for any reason someone misses 3 unexcused practices they will be asked to leave the team.
* Since our cheerleaders are a representation of our school, they should remain out of trouble, without detentions or suspensions throughout the season; failure to do so will result in a missed game or further consequences.

**Pricing**: Families are financially responsible for the following fees in order to participate

* Uniform Fees (bodysuits, bows, shoes, socks, warm-ups) approximately $150
* Activity Fee for APMS $40
* Miscellaneous Fees ( sweatshirts, t-shirts, team parties)

**\*\*IF your child is to make the team there will be an informational parent meeting where all the fees will be further discussed & paperwork will be filled out!\*\***

**\*\*The team will be posted outside of the science labs on Friday, September 15th \*\***

**Judging Sheet**

# \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Jumps (Correct form – Start flat footed, correct arm motion, pointed toes, and then land as straight legged as possible)**

**NOTES**

Toe Touch (10) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Pike (10) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Double Toe (10) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Hurdler (10) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Cheer (correct words, did not sing the words, loud, enthusiastic, and sharp tight motions throughout the entire cheer)**

**NOTES**

Voice/Projection (20) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Motion Placement (20) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Overall Impression / Potential (Wore school colors, hair completely tied back, no jewelry, enthusiastic, smiling, energetic, spirited after cheer)**

**NOTES**

Spirit/Energy (20) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Tumbling (Extra points - - - Not necessary to make the team)**

Standing Back Hand Spring (5) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Other Standing Tumbling (5) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Running Tumbling Pass (5) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**TOTAL: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_/100 (115 with extra points)**