

Dear Parents,

Your child has expressed a desire to try out for the 2023-2024 LHS 9th/JV/Varsity/Game Day and Competition Cheerleading Teams. We are excited that your child has chosen to pursue participation in this sport and look forward to this experience! Being a LHS Cheerleader is a large responsibility, in that students are expected to attend every practice and every game, as well as maintain their grades and meet all financial obligations. Please take the time to discuss with your child the commitment and responsibility of being involved in this program.

Requirements:

- 1) Prospective cheerleaders must meet school eligibility requirements, as well as attendance and behavior expectations. As leaders in both the school and community, LHS Cheerleaders are expected to maintain the leadership and integrity of this program and those involved. There is **no tolerance** for disrespect of self or others; We **expect** our cheerleaders to act appropriately and responsibly both in and out of school. Because of the extensive amount of time, we spend together, as well as the responsibility for each child that we personally must assume as coach, we must be able to trust that all participants will always conduct themselves accordingly.
- 2) You must have returned all previously equipment before trying out.
- 3) Current physical forms must be on file to participate. All physical forms are due by **March 15th**, or the prospective cheerleader may not tryout (per GHSA regulations). There is no way around this rule, and there are no exceptions, whatsoever.
- 4) All teacher recommendation forms, google forms, and Rank One forms must be turned in by **March 15th** to participate.
- 5) Prospective cheerleaders must attend every day of tryouts to participate. Missing a day will only impact the ability to learn material effectively unless you are involved in a spring high school sport.
- 6) Summer camp/choreography dates are **mandatory** for all cheerleaders. Having the schedule in advance will allow you to schedule vacations and other plans accordingly. ***If you cannot commit to the summer practices and schedule requirements, you should not try out.***
- 7) Being a LHS Cheerleader also carries a financial obligation for the parents and/or students. The total amount necessary will be available before tryouts.

Please review all the above considerations and requirements with your child as you make your final decision regarding cheerleading. If you have questions or concerns, please feel free to contact Coach Linsey Mathews (Linsey.S.Mathews@gcpsk12.org) with any questions. We look forward to meeting you and your cheerleader!

Cheerfully Yours,
LHS Cheer Coaching Staff

The coaching staff will be evaluating applicants throughout the tryout days and will select candidates based on (but not limited to) the following criteria:

<u>AREA</u>	<u>CRITERIA</u>
Ability to learn & Remember	Learns quickly and retains material.
Motions	Sharpness, correct levels, no bent wrists, etc...
Performance/ Showmanship	Ability to perform cheers/chants taught at tryouts, rhythm/dance ability, coordination, & facial expressions. Enthusiastic, strong voice projection, good facials; ability to lead crowd!!!
Jumps	Good height and form, proper timing in cheers and dance, can do multiple jumps with good form and height
Tumbling (if applicable)	Good height & form, proper timing when incorporated into material, level of difficulty, can do in combination with jump(s)
Stunting Skills	Level of difficulty, proper techniques, and form
Work Ethic	Positive attitude, works well with others, self-disciplined, responds appropriately to constructive criticism
Appearance	Short fingernails that are not painted, no jewelry, athletic shoes, t-shirt, and athletic shorts; hair should be neatly pulled up so that it does not rest on shoulders

Other criteria include:

- **PREVIOUS YEARS**
- Voice
- Flexibility
- Attitude and Teamwork
- **Teacher recommendations**

The needs of the team will be considered. Candidates will be placed on teams based on the judge's criteria. There is no set number of cheerleaders for each squad or set grade level.

Tryouts are closed to parents, friends, peers, & any spectator other than current senior cheerleaders, who will teach the cheer, chant, stunts, dance, etc. Formal tryouts will be closed to everyone.

Previous participation in the LHS cheer program does not guarantee a spot on one of our 2023-2024 squads.

Requirements for ALL LHS Cheer teams:

All cheerleaders are expected to:

1. Always conduct themselves properly. You are representatives of yourself, your family, your team, and your school.
2. Respect of coaches, boosters, and other cheerleaders is always expected, in and out of practice. Cheerleaders are expected to cooperate with all who are involved in cheerleading.
3. Attend all activities (fundraisers, practices, games, etc). Outside activities should not interfere with cheerleading. Work is not an excuse.
4. Participation on a cheerleading all-star team is acceptable; however, responsibilities to the LHS team must come first.
5. Failure to turn in money/fees on time will not be tolerated. Items will not be ordered until payment is processed.
6. Cheerleader must follow all rules as outlined in the LHS Student Handbook.

Fundraising:

All Cheerleaders and their parents are strongly encouraged to participate in fundraising. This should be a 100% group effort of everyone involved in the program. Fundraising is an integral part of the athletic program. Expenses raised in fundraising efforts help to offset costs for; banquet /competitions/ senior festivities/ team meals/spirit wear/bonding trip/et. **If a cheerleader chooses not to participate in fundraising efforts, then an additional fee will be charged to that cheerleader**

Spirit Squad Selection

Varsity Football/Game Day Squad:

All grade levels are eligible to try out for the Varsity Football/Game Day squad. We will be looking to fill 24-26 spots. Tumbling is NOT a requirement. Simple stunts will be required. This team will compete for a state championship. State for GAME DAY is usually in February. This is more focused and based on spirit for their school and sideline cheerleading. Practices during the summer are imperative for this team. Practices for Varsity Football will be on Fridays @ 4:15pm.

IMPORTANT NOTE: If you cheer for Varsity Comp or participate in another varsity sport during the same season, you will not be required to attend away games. There will also be circumstances where you can leave at halftime of home games.

9th/JV/ Varsity Basketball Spirit Sideline:

9th grade is for 9th grade students only. JV is for 9th-11th grade students. There is an opportunity to cheer 9th grade football, 9th grade basketball, JV football, JV basketball, and Varsity basketball. 9th grade and JV practices will be on Wednesday after school. Varsity basketball practice is TBD.

9th/JV/Varsity Spirit Team

<u>Item</u>	<u>Amount</u>	<u>Due Date</u>
Contract Fee	\$137.50	Online: April 15th-April 22nd <i>Tryout T-shirt</i>
May Payment	\$137.50	Online: May 15th-May 20th <i>Camp Clothes</i>
June Payment	\$137.50	Online: June 11th-June 17th <i>Camp Participation</i>
July Payment	\$137.50	Online: July 16th-July 22nd <i>Friday Shirt</i>
Total for Spirit Cheerleading	\$550.00	

Game Day Cheerleading (Additional Fee):

<u>Item</u>	<u>Amount</u>	<u>Due Date</u>
November Payment	\$100.00	Online: Nov. 27-Dec. 1
December Payment	\$100.00	Online: Dec. 18-Dec.22
January Payment	\$100.00	Online: Jan. 15-Jan. 19
Total for Game Day Cheerleading	\$300.00	
If you cheer Varsity Comp only additional	\$100.00	

- If you do an additional spirit squad from your first spirit squad, it is only an additional \$100.

Competition Squad Selection

Varsity Competition-

All grade levels are eligible to try out for the Varsity Competition squad. The selection process for the competition squad will be based on filling the positions required for a successful competition squad. As with any competition squad, it is imperative that every position be covered; therefore, the squad will consist of the following individuals: 4 flyers, 8 bases and 4 back spots.

The individuals who qualify for one of the above spots (provided tumbling requirements are met) will be one of sixteen squad members. GHSA only allows up to 16 individuals to perform at a given competition, therefore, every position is critical and squad chemistry is a must. ALL members of the Varsity Competition squad will attend practices, competitions, and fundraiser.

IMPORTANT NOTE: Alternates for the squad will be selected during tryouts. For competitions, they will compete with the JV Competition squad unless they are pulled up to fill/replace a spot on the Varsity floor. The only exception is if you are a SENIOR alternate who cannot cheer down on the JV Competition squad.

<u>Item</u>	<u>Amount</u>	<u>Due Date</u>
Contract Fee:	\$270.00	Online: April 13th <i>Tryout Shirt</i>
May Payment <i>(Optional fundraiser buyout fee)</i>	\$170.00 *\$300.00	Online: May 15 th - May 20th <i>Choreography Participation</i>
June Payment	\$170.00	Online: June 11th- June 17th <i>Practice Clothes</i>
July Payment	\$170.00	Online: July 16th -July 22nd <i>Friday Shirt</i>
August Payment Only for those who need a warm-up	\$70.00	Online: August 13th-August 19th
Senior Fee	\$75.00	Online September 10th-September 16th (Senior Events/Gifts)
<i>Optional(online)</i> <i>Shoes, Backpack</i>	TBD	Online with Varsity
Total "New" to Varsity Comp If you already have a warm-up	\$850.00 \$780.00	

- **Additional varsity cost will be two tumbling/stunting classes a week at Atlanta Jayhawks twice starting ASAP for \$80.00 a month. This will run through November.**
- Each cheerleader will be *required* to fundraise \$300 to go towards the Lanier Competition Cheerleading Program for the Championship at the Ranch or opt to do a buyout.

Junior Varsity Competition-

Grade levels 9th-11th are eligible to try out for the Junior Varsity Competition squad. The selection process for the competition squad will be based on filling the positions required for a successful competition squad. As with any competition squad, it is imperative that every position be covered; therefore, the squad will consist of the following individuals: 4 flyers, 8 bases and 4 back spots

The individuals who qualify for one of the above spots will be one of sixteen squad members. GHSA only allows up to 16 individuals to perform at a given competition, therefore, every position is critical and squad chemistry is a must. ALL members of the Junior Varsity Competition squad will attend practices, competitions, and fundraisers.

<u>Item</u>	<u>Amount</u>	<u>Due Date</u>
Contract Fee	\$110.00	Online: April 13th <i>Tryout Shirt</i>
May Payment <i>(Optional fundraiser buyout fee)</i>	\$110.00 <i>(\$300.00 Buyout)</i>	Online: May 15 th - May 20th <i>Choreography Participation</i>
June Payment	\$110.00	Online: June 11th- June 17th <i>Practice Clothes</i>
July Payment	\$110.00	Online: July 16th -July 22nd <i>Friday Shirt</i>
August Payment		Online: August 13th-August 19th
Warm-Up Needed	\$110.00	
No Warm-Up Needed	\$40.00	
<i>Optional(online)</i>		
<i>Shoes, Backpack</i>	TBD	Online with Varsity
Total for JV Comp		
New	\$550.00	
Returner w/WU	\$480.00	

- **Additional cost will be one tumbling/stunting class a week at Atlanta Jayhawks starting ASAP for \$50.00 a month. This will run through October.**
- Each cheerleader will be ***required*** to fundraise \$300 to go towards the Lanier Competition Cheerleading Program or they can opt to do a buyout.