



Lanier Cheerleading

2020-2021

Team	Tryout Material Clinic	Official Tryout Days
Spirit	<p>March 9th-11th 4:30pm-6:30pm</p> <p>Check in @ the Commons Tryout in the main gym <i>Attire: Any proper athletic clothing and cheer shoes. No jewelry, no painted or long nails and hair pulled up and out of your face.</i></p>	<p>March 12th 3:30-4:30 (12th & 11th) 4:30-6:00 (10th & 11th)</p> <p>Check in @ the Commons <i>Attire: Black on black, bow & cheer shoes. No jewelry, no painted or long nails and hair pulled up and out of your face.</i></p>
Competition	<p>March 9th-11th & 16th-19th 4:30pm-6:30pm</p> <p>Check in @ the Commons Tryout in the main gym <i>Attire: Any proper athletic clothing w/cheer shoes. No jewelry, no painted or long nails and hair pulled up and out of your face.</i></p>	<p>March 20th (4:30pm-7:00pm) ALL</p> <p>Check in @ the Commons <i>Attire: Black on black, bow & cheer shoes. No jewelry, no painted or long nails and hair pulled up and out of your face.</i></p>

Results will be posted March 21st for ALL teams.

Completed Tryout Packet must be turned in online and physicals to Room 710 on or before Wednesday, March 6.

IF YOU HAVE ANY QUESTIONS, PLEASE CONTACT:
Coach Mathews: Linsey.S.Mathews@gcpskl2.org

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

AREA	CRITERIA
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 finger nails 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
- **Competition: MILE RUN** (Varsity: UNDER 11 mins. JV: Under 12 mins.)

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.

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 2020-2021 squads.

Requirements for ALL LHS Cheer teams:

To be eligible to participate in tryouts:

1. You must have earned 2.5 credits from the previous semester and must be on track for graduation. Transfer students must complete a Form B and must be transfer eligible.
2. You must have a valid Gwinnett County/GHSA Physical Evaluation Consent and proof of insurance turned in to the coaches and LHS.
3. You must complete the tryout packet and attend all tryout dates unless otherwise discussed and excused by one of the coaches.
4. You must have returned and paid for all equipment from the previous season.

Tryout Attire:

Students trying out are **expected** to wear proper attire each day to tryouts.

- * Hair must be pulled back each day.
- * **Athletic shoes** (cheer shoes if you already have them)
- * No jewelry of any kind
- * No long fingernails (should not extend past fingertips)
- * ***For the final day, please wear black on black with a bow.***

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.

All cheerleaders are expected to:

1. Conduct themselves properly at all times. You are representatives of yourself, your family, your team, and your school.
2. Respect of coaches, boosters, and other cheerleaders is expected at all times, 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.

Other Important Information:

Each cheerleader is expected to attend each day of tryouts. If you participate in a spring sport you need to speak to Coach Mathews immediately so that proper arrangements can be made concerning tryouts.

Results will be posted on the cheerleading webpage (www.laniercheer.com) by Saturday, March 21st.