

***Worthington Middle School Cheerleading Overview***  
**2022-2023**

***Coaching Staff-***

**Aimee Beckert- KMS Coach**

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**Maggie Yan- Worthingway Coach**

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***Tryout Information***

<b><i>Football Season</i></b>
<p><u>What-</u> Football Cheerleading Tryouts <u>When-</u> May 19, 2022 <u>Where-</u> KMS Main Gym <u>Time-</u> 4:00 pm -7:00 pm</p> <p><u>Attire-</u></p> <ul style="list-style-type: none"><li>● White Shirt</li><li>● Red or Blue Shorts</li><li>● White Socks</li><li>● Cheer Shoes or Tennis Shoes</li><li>● Bow or Ribbon</li><li>● No Jewelry</li></ul> <p><u>Other Info-</u></p> <ul style="list-style-type: none"><li>● Must have valid physical on file</li><li>● Must attend clinics in order to tryout.</li><li>● Must have 1 teacher recommendation letter (teacher must send letter to Coaches Maggie or Aimee prior to the day of tryouts)</li></ul>

## ***Important Notes About Tryout Dates***

Cheerleaders are expected to attend all clinic days in order to be considered for a position on the team.

If you have a vacation planned already or a situation you are unsure about, cheerleaders should reach out to Coaches Maggie or Aimee at least **2 WEEKS** prior to tryouts in order to make arrangements for an alternate tryout time that will occur before tryouts.

Once tryouts have been done, there will be no additional tryouts. No exceptions.

## ***Clinics Overview***

- Coaches Introduction/Overview
- Warm Up/Stretch
- Jumps (go over counts and correct form for jumps)
- Timed Run
- Review Chant #1 & #2, Cheer, & Dance
- Put in tryout groups

## ***Cheerleader Expectations at Tryouts***

- Come with a positive attitude
- Follow dress code expectations
- Have some knowledge of required material
- Demonstrate good sportsmanship and respect
- Be open to feedback from coaches
- Be coachable
- Have fun!

*\*Closed Tryouts- Coaches, Athletes, and judges are the only ones permitted to remain in the tryout area\**

## ***Tryout Evaluation & Scoring Information***

Cheerleaders will be scored on jumps, jump technique, motion technique, memorization of material, tumbling, tumbling technique, attitude, coachability, leadership, and spirit.

A teacher letter of recommendation is required in order to try out. Teachers should send the letter directly to Coaches Maggie or Aimee.

Cheerleaders will be evaluated by the coaches and evaluators and scored based off of a 56 point scoresheet. Decisions made by the coaches/evaluators are final. A copy of the scoresheet will not be given out prior to tryouts. All questions regarding tryouts need to be asked prior to the first day of tryouts. ***Results will be emailed out within 48 hours.***

There is no set skill requirement in order to make the team. Cheerleaders will be scored on a scoresheet and will need to receive a certain score in order to make the team. While tumbling is not a requirement, having tumbling will help to improve your score. We are also looking for cheerleaders who display excellent spirit, character, attitude, responsibility, and strong motions who can demonstrate responsibility and leadership to be a cheerleader.

Students making the squads will need to practice and exhibit the same skills displayed at tryouts throughout the season in which they cheer on the track. ***If the cheerleader cannot practice and exhibit the skills they performed during tryouts, then they will be ineligible to cheer.***

Being a cheerleader is a privilege, not a right. We expect all our cheerleaders to promote positive leadership in our school, respect all teachers, athletes, coaches, and school administration, along with promoting school spirit in a positive manner. Coaches reserve the right to remove a cheerleader at any time if a cheerleader is unable to fulfill these roles.

## ***Team Information***

### **Football Cheer-**

- # of cheerleaders
  - 16-20

***\*\*The maximum number of athletes per team does not have to be filled. Athletes' team placement is determined by score at tryouts.\*\****

## ***Final Forms***

For everyone planning to attend tryouts, you must have a valid physical on file and all forms should be completed on Final Forms. If your physical expires over the summer or during the season, please upload physical forms in Final Forms or they can be turned in to Coaches Maggie or Aimee at one of the optional Summer practices or at regular season practice.

<https://www.finalforms.com/>

## ***Additional Information***

**Spirit Store-** We will open an online store with several different spirit wear items for family, friends, cheerleaders, etc. to purchase. This will include additional uniform items if extras are desired.

**Parent/Guardian Volunteer Expectations-** We are hoping and encouraging each parent/guardian of each cheerleader to sign up/help with halftime snacks and water.

## ***Mandatory Events For All Cheerleaders***

Being a part of the MS cheerleading program is a time commitment and responsibility. Since this is a tryout sport and cuts do occur, attendance and participation is very important.

### **1. Practices**

Cheerleaders are required to be at **ALL** practices.

### **2. Games**

Cheerleaders are required to be at **ALL** games.

### **3. Weekly Tumbling Class**

A weekly tumbling class will be set up for our cheerleaders. Continuing to build tumbling strength and skill is an important part of cheerleading. The class will be once a week

through an outside gym. Sessions will be paid for to the gym directly. These classes are highly encouraged but not mandatory.

#### **4. Weekly Grade Checks**

Weekly grade checks will be conducted every week on Wednesday. If a cheerleader has a D or F in class, they will not be allowed to cheer at the game. Cheerleaders will still be expected to dress for the game and will sit with coaches during the game. An opportunity to show coaches grade improvement will be given prior to the game.

### ***Optional (but encouraged) Events For All Cheerleaders***

#### **1. Cheer Camp (TBD)**

Camp is *not* a mandatory requirement. Camp may be offered to those who would like to participate depending on how many cheerleaders are interested and availability of camp schedules.

#### **2. High School Football Games**

Attendance at high school games are not required but encouraged. Cheerleaders are not allowed to wear uniforms but encouraged to wear spirit gear at the games. Learning the game of football and watching the older cheerleaders will develop their skill.