

February 20, 2018



Dear Parents and Cheerleaders:

Welcome to Grayson High School Cheerleading! We are a program that prides itself in athleticism, commitment, leadership, and promoting school spirit. The purpose of GHS Cheerleading is to promote and uphold team spirit for those we encounter, to develop good sportsmanship by example, to promote good relations in the community, and to support the high school athletic teams. The organizational goal is to work in harmony with the coaches, faculty, athletic programs, student body, and the community of Grayson. The overarching goal is to provide valuable learning experiences, which will help the students become better citizens. Participants must understand the impact their behaviors can have on others based on their role as a student athlete. Therefore, high levels of leadership and character must be exhibited at all times. We expect a lot from the student-athletes that participate in our program. Please read the enclosed materials and check all of the following to make sure that you have them ready to turn in **by Thursday, March 15<sup>th</sup>, 2018** to Joanna Root in room A1.334 (Media Center) or to the front desk/community school at Grayson. (The front office closes at 2:50pm each day.) **No late packets will be accepted!!** No one will be allowed to tryout unless all forms have been submitted and confirmed. The athletic physical form may be picked up in the front office of GHS. **All physicals must be turned in using the official Gwinnett County cardstock form, and must have the physician's stamp, insurance information, and parent signature in order to be considered complete.**

**Forms to be turned in:**

- Athletic Physical Form- must be good through March 30<sup>th</sup>, 2018!!!
- Parent Permission Form
- GHS Cheerleading Application
- Discipline Sheet
- Athletic Information Sheet
- Alternate Transportation Liability/Video-Photo Release
- Financial Commitment Form
- Inherent Risk Form
- Concussion Awareness Form
- Cheerleading Policies and Expectations Signature Page

**This packet contains important information!!! Please keep it with you to refer back to once your daughter is selected for a squad.**

If you have any questions, feel free to contact me at [Joanna\\_Root@gwinnett.k12.ga.us](mailto:Joanna_Root@gwinnett.k12.ga.us) or 770-554-7118.

Sincerely,

Joanna Root  
Head Cheerleading Coach  
Grayson High School



# Cheerleading Tryout Schedule and other information

## Eligibility:

Everyone wishing to try-out for cheerleading at Grayson High School must meet the following requirements:

1. You must be **academically eligible**. If you are a sophomore, junior, or senior, you must have passed 5 out of 6 classes in the previous semester.
2. You must have a **current physical on file** with the high school. The physical must be good through March 30<sup>th</sup>, 2018. Upcoming 9<sup>th</sup> graders will need to turn in a physical to GHS.
3. You must clear up any unpaid money to Cheers from the previous year.
4. You must fill out the attached documents and return to Coach Root's room A1.316 or to the box in the front office at Grayson High School no later than Thursday, March 15<sup>th</sup>, 2018.

## Spirit Squad Try-out Dates

March 26 - March 29, 2018

Rising 10<sup>th</sup> Graders – 12<sup>th</sup> Graders 2:30-4:30pm in the auxiliary gym

Rising 9<sup>th</sup> Graders 4:30-6:30pm in the auxiliary gym

**Rising 9<sup>th</sup> graders:** Please have a ride at Grayson High School each day of tryouts no later than 6:30pm.

On the final day of tryouts, your daughter will be free to leave after she completes her tryout.

Each cheerleader is expected to attend every day. Final squad selections will be made on Friday, March 30<sup>th</sup>. If a cheerleader is not present on this day, he/she will not be selected for GHS cheerleading. **If you participate in a spring sport, you need to speak to Coach Root immediately so that proper arrangements can be made concerning tryouts.**

**All try-out results will be posted on [www.graysoncheerleading.net](http://www.graysoncheerleading.net) by 9 pm on Friday, March 30<sup>th</sup>, 2018.**

**Tryout Location:** Grayson High School Auxiliary Gym

## Tryout Attire:

Upcoming Freshman:	Blue shorts and white shirt
Upcoming Sophomores:	Gray shorts with white shirt
Upcoming Juniors and Seniors:	Green shorts with white shirt

## Tryout Expectation:

- \*\*Shorts should not be rolled down
- \*\*Shirts should have no words (no cheer wear and midriff should not show)
- \*\*Athletic shoes and socks (cheerleading shoes if you are a flyer)
- \*\*No jewelry of any kind!!!
- \*\*Hair must be worn off the shoulders and up in a ponytail
- \*\*No long fingernails (they may not extend past your fingertips!)

### **Tryout Guidelines:**

The below criteria will be used to evaluate you during tryouts. Become familiar with them. Your evaluation actually starts the very first day – ATTITUDE, appearance, form, timeliness, following instructions, etc. Athleticism and stunting will be judged on Monday, Tuesday, and Wednesday. During the final tryout day (Thursday), you will do a toe touch and a jump of your choice (Pike, Hurdler-left or right, or Double Toe Touch). You will perform the cheer, chant, and dance. If you have any tumbling, you will have the opportunity to show your skill in this area. Tumbling is NOT a requirement for spirit cheerleading.

1. **Motions:** We will drill motions at tryouts, and we expect you to be working on your sharpness and form.
2. **Jumps:** We will require several jumps at tryouts. Work on your height and form, in addition to Smooth prep, execution, and landing. You will be doing toe touches, front hurdlers, and pikes for tryouts.
3. **Spirit:** You need to be loud, enthusiastic, confident, and supportive of other cheerleaders.
4. **Stunting:** Work to do your best with stunting. We expect more at each level. Work to be flexible in what position you stunt in and with whom you stunt with. You should display correct form, confidence, and teamwork.
5. **Chant/Cheer/Dance:** You should have sharp, precise movements that are synchronized with other members. You should be energetic and full of enthusiasm. It is important to display correct rhythm and timing during the cheer and chant, you should have loud, audible voice projection.
6. **Knowledge:** You need to confidently exhibit cheers, chants, jumps, motions, and the dance. You should know the sequence and precision of movements. In addition, you should not look around to others for help.
7. **Strength and Stamina:** Athletes are expected to be in shape and able to complete a practice. We encourage strength training and aerobic workouts.

**In addition, cheerleaders will be judged on academics and discipline.**

### **Expenses for Freshmen and JV Spirit Cheerleaders ONLY:**

#### **Required for ALL**

Uniform Rental	\$ 110.00
Squad T-Shirt/Hoodie	\$ 60.00
Cheer Shoes	\$ 90.00
Camp/Practice Clothes	\$ 150.00
Summer Cheer Camp	\$ 325.00
Game Day Supplies	\$ 115.00 (for items during the season such as meals, bows, snacks, etc.)
Banquet Fee	\$ 50.00
Cheer Dues	\$ 150.00
Fundraising	\$ 250.00
<b>TOTAL</b>	<b>\$ 1300 (plus additional items)</b>

#### **Additional Items**

Raincoat	\$ 12.00 (required for Football girls only)
Sparkly Bloomers	\$ 25.00 (required for those new to the program)
Duffle Bag	\$ 30.00 (required for Freshmen and JV girls new to program)
Warm up	\$ 115.00 (required for Freshmen and JV girls new to program)
Poms	\$ 40.00 (required for Freshmen and JV girls new to program)
Backpack	\$ 35.00 (optional)
Cheering both squads	\$ 50.00 (required if you cheer football and basketball-to cover meals)

### **Expenses for Varsity Spirit Cheerleaders ONLY:**

#### **Required for ALL**

Uniform Rental	\$ 110.00
Squad Shirts/Hoodie	\$ 100.00
Cheer Shoes	\$ 90.00
Camp/Practice Clothes	\$ 150.00
Summer Cheer Camp	\$ 425.00 (This include a retreat during the summer)
Game Day Supplies	\$ 165.00 (items during the season such as meals, bows, tie, snacks, etc.)
Jersey	\$ 40.00
Banquet Fee	\$ 50.00
Cheer Dues	\$ 150.00
Fundraising	\$ 250.00
<b>TOTAL</b>	<b>\$ 1530 (plus additional items)</b>

#### **Additional Items**

Raincoat	\$ 12.00 (required for Football girls only)
Sparkly Bloomers	\$ 25.00 (required for those new to the program)
Poms	\$ 40.00 (required for those new to the program)
Megaphone	\$ 40.00 (required for juniors and seniors new to the program)
Varsity Warm-up	\$ 130.00 (required for Juniors and new Seniors)
Duffle Bag	\$ 30.00 (optional)
Backpack	\$ 35.00 (optional)
Cheering both squads	\$ 85.00 (required if you cheer both squads-to cover team meals)
Senior Cheerleaders	\$ 135.00 (required for FB or BB only seniors: sign at game, tiara, sash, senior week events)
Senior Cheerleaders	\$ 185.00 (required for FB and BB seniors: sign at game, tiara, sash, senior week events)

**The booster club (Cheers) is offering the option of making three payments for your cheerleading costs.**

- **The first payment of \$500 will be due on April 12<sup>th</sup>.**
- **The second payment of \$500 will be due on May 10<sup>th</sup>.**
- **The remaining balance must be paid by June 11<sup>th</sup>.**
- **You may pay with credit card, cash, or check (made out to CHEERS Inc.).**

**SPIRIT CHEERLEADING FUNDRAISING:**

You will be paying a \$250 fundraising fee as part of your cheer costs.

We will be offering you the opportunity to earn up to \$200 of the fundraising money back through the cookie dough fundraising program.

**The Cookie Dough Fundraising information will be discussed at the CHEERS Booster meeting on Thursday, April 12<sup>th</sup> 2018.**

In addition, cheerleaders will be able to earn up to \$50 back by selling tickets for our annual GAA cookout. Tickets will be distributed on July 19<sup>th</sup>.

**UNIFORM/CAMP CLOTHES FITTINGS:**

There will be a camp clothes and uniform fitting on **Thursday, April 12<sup>th</sup>, 2018** in the media center for **all cheerleaders**. You must attend during the appropriate time scheduled. **This is mandatory!!!**

- Seniors 2:30pm
- Juniors 3:30pm
- JV 4:30pm
- 9<sup>th</sup> 5:30pm

**\*\* There will be a program social at 7:00pm on Thursday, April 12<sup>th</sup> for all cheerleaders and their parents in the commons area.**

**This is a mandatory meeting!!!**

**Important Program Dates**

- |   |                               |
|---|-------------------------------|
| • <b>Uniform Fittings and Social</b>                        | <b>April 12</b>               |
| • <b>First Booster Meeting – 1<sup>st</sup> payment due</b> | <b>April 12 - commons</b>     |
| • <b>Cookie Dough Order Due/Pick Up Skort</b>               | <b>April 26 -lecture hall</b> |
| • <b>Grayson Day Parade</b>                                 | <b>April 28</b>               |
| • <b>Camp Meeting – 2<sup>nd</sup> payment due</b>          | <b>May 10-lecture hall</b>    |
| • <b>Relay for Life</b>                                     | <b>May 11</b>                 |
| • <b>Scrimmage game (Varsity will cheer)</b>                | <b>May 18</b>                 |
| • <b>Varsity Retreat</b>                                    | <b>June 4 and 5</b>           |
| • <b>Final Payment Due</b>                                  | <b>June 11</b>                |
| • <b>Summer Camp</b>  | <b>July 19 and July 20-22</b> |
| • <b>Football Pictures</b>                                  | <b>July 19 (around 7pm)</b>   |
| • <b>GAA Camp</b>   | <b>July 23 – July 26</b>      |
| • <b>Cheer Boot camp (Football only)</b>                    | <b>July 24 (9am -1 pm)</b>    |

**OTHER IMPORTANT NOTES:**

- There may be additional practices/banner paintings scheduled by your coach. If you make the team, you will receive a game and practice calendar at the first CHEERS meeting on May 10<sup>th</sup>.
- All cheerleaders are expected to attend cheerleading camp and GAA camp during the summer. It is an important bonding time for the squads and the relationships that develop from camp are an integral part of having a successful year together. Please make every effort to make this a priority for your summer. We have given you plenty of advanced notice in order to insure that each girl will be able to attend.