SMS CHEERLEADING TRYOUT
Spring – 2022

Tryout registration link:

Found on the Cheer website
www.shawneemissionsouthcheer.com

CLINICS:

- Monday, March 7th
- 3-6 PM - SMS Auxiliary Gym (4-6PM for 8th graders)
- **Bus Transportation will be provided from Indian Woods to SMS both days. You will need to provide your own transportation home. Please have your ride arrive at South promptly at 6:00 so coaches are not kept waiting. We don't leave until every girl is picked up.**
- **Video of material will be posted on the SMS Cheer Website Saturday AM, March 5th so that you can practice at home.**

CHEER TRYOUT:

- Tuesday, March 8th
- Tryouts for High School girls will begin at 3:30 PM, review of material will be at 3 PM. 8th graders will begin tryouts at 4:30, review of material will be at 4 PM
- SMS Main Gym/Auxiliary Gym

TRYOUT ATTIRE:

- Dark colored shorts
- White short sleeved t-shirt
- Shirt must fit appropriately, no tank or low-cut tops
- Shirt must be tucked in
- Any appropriate tennis shoes/socks
- Hair pulled back in pony tail, away from face
- No jewelry, e.g., piercings, bracelets, watch, earrings

TRYOUT STATIONS:

1. Cheer – spirit in – (individually)
2. Sideline chant(s)– 1 or 2 – (individually)
3. Jump(s) – toe touch and either a hurdler or herkie – (individually)

4. Dance – (2 – 3 partners)
   * School Song – (individually) will write, recite or sing, prior to tryout
     Will be scored as a "plus" or a "zero"

EVALUATIONS:
The committee of judges will evaluate you in various categories, i.e.

- Appearance
- Facial expression
- Voice
- Motion technique/Strength/Endurance
- Jump(s)
- Memorization/Knowledge of cheer/sideline chant(s)/dance
- Rhythm/timing
- Synchronization
- Spirit/enthusiasm.

Participants will be assigned a number. The sequenced numbers will be used only for the first Cheer Station they are assigned. Participant may stand in line for any of the remaining 3 Cheer Stations. All participants will go to a total of 4 Cheer Stations.

Participants will stand quietly, while waiting for their turn.

Tryout evaluation will consist of three weighted scores: 10% teacher evaluation, 20% current cheerleading coach, if candidate was not a SMS cheerleader, evaluation will be completed during tryout clinic, and 70% score of judges at tryout. Results of cheer tryouts will be posted on the Cheer Website the evening of March 23rd.

PAPERWORK TO BE TURNED IN PRIOR TO TRYOUTS:
Hard copies of application and Expected Behaviors and Standards will be available, and the forms will also be on our website.

1. Cheerleading Application – signed and dated by you and your parents or guardians.
2. Attach a copy of your 1st semester grades (Only South 8th graders and students who are not currently in the SMS Cheer program need to do this)
3. "SMS Cheerleading Expected Behaviors and Standards 2022 – 2023" – signed and dated by you and your parents or guardians.

4. Teacher Recommendations: you will provide the link we give you to your teachers and they will submit recommendations. You must provide this link to ALL of your teachers. Teacher recommendations are 10% of your total score. Teacher Recommendation link: https://forms.gle/8Pf7Z3Aoe4ybmeZTA

****You do not need a completed physical form to tryout. Physical form will be needed prior to any practice or game if placed on a squad. Physical must be completed on May 1st or after, for the current year. First practice will begin shortly after tryouts.**

TRYOUT RESULTS:

We use highly qualified judges with college and/or high school cheer and dance experience. The judges' scores are tallied for each participant and entered into a computer program by an administrator. Cheerleaders are NOT arbitrarily chosen by the Cheer coaches. Any questions about cheer tryout results should be directed to Dr. John Johnson, SMS Athletic Director, NOT the coaches.

A list of the squads will be posted on the SMS Cheer Website sometime the evening of the tryout, March 8th.

HELPFUL HINTS:

1) Be sure you dress appropriately. Adhere to the list given earlier in this handout. Your hair should be neatly back from your face, no jewelry or bright nail polish. Your t-shirt should be a modest cut, not see-through or low-cut and be neatly tucked into your shorts. Wear soffe shorts or something similar—no tight-fitting (like Nike Pro) or short-shorts should be worn.
2) SMILE and show enthusiasm
3) Keep cheering/dancing even if you make a mistake. Be confident!
4) Judges are looking for confidence, enthusiasm, crowd appeal, and sharp motion technique.
5) Take advantage of the video that will be posted. Practice the material when you get home after the clinic.
6) Ask questions and seek help while at the clinic. The Senior Varsity cheerleaders will be available to help.
7) Relax and enjoy the experience! Have fun with it!

******Cheerleaders will need to enroll in the 7th Hour Cheer Class for the 2022 Fall semester, should they make a squad.

Below are important dates/information for those girls who make a squad:

Girls/parents will order their apparel online. Information for the online order process will be provided. A list of expenses will be provided prior to tryouts. Orders must be placed and paid for by April 22nd in order for you to have your shoes and practice wear in time for camp.

SUMMER CHEER CAMP
Camp is optional however the expectation is that all girls attend if possible. Cheers, chants, and dances will be learned, we work on stunting/designation of stunt groups, plus it's a great opportunity for the squads to get to know each other and bond.
UCA HOME CAMP: June 13th, 14th, 15th, 9AM-4PM
Location: Indian Woods Middle School

SUMMER CHEER PRACTICES
Practices will be held on Tuesday and Thursday mornings from 7-8:45 AM at South throughout the month of June. Summer practices include conditioning, practicing cheer material, and preparation for the fall sports season. These practices, although not mandatory, are vital in order to be prepared for the Fall season. Squads are encouraged to continue practicing on their own in July and the first part of August.

SUMMER WEIGHTS
Again, we can't make this mandatory, but we encourage ALL cheerleaders to participate in the summer weights program offered here at South. This weights class is run by highly qualified coaches and PE teachers in a safe environment. The cheerleaders have their own session, from 9-10AM Monday through Thursday, so we are not lifting weights with football players and other athletes. Participants pay an enrollment fee.

If you have any questions pertaining to Cheer Tryouts contact Head Coach Jackie Turner:
soturner@smsd.org
913-993-7628