

# Lakota East 9 – 12 Sideline Cheerleading Try-Outs

(Football and Basketball)

**YOU MUST have all “paperwork” and be in Final Forms by the first day of tryouts.**

**See the checklist page at the end of this packet for what to complete.**

**The “Paperwork” is in a Google Form – QR code for this Google Form will be provided at the informational meeting on March 14<sup>th</sup>.**

**If we do not have your paperwork by the first day of tryouts  
you will be unable to try-out - Especially a current physical - NO EXCEPTIONS**

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## **Mandatory Informational Meeting:**

**Tuesday, March 14<sup>th</sup> 6:00 – 7:00 in Café at East Main Campus**

**Each person interested in trying out and one parent MUST attend.**

## **Tryouts will be at the East Main Campus – Aux. Gym**

**Tuesday, March 28<sup>th</sup>: (9 – 12) 3:00 – 3:30 – Check – In and receive your number We will need to make sure you have all the correct paperwork on file**

**Tuesday, March 28<sup>th</sup>: (9-12) 3:30 - 6:00**

**Wednesday, March 29<sup>th</sup>: (9-12) 3:30 - 6:00**

**Thursday, March 30<sup>th</sup>: (9-12) 3:30 - 6:00**

**You may leave after you have been judged**

**Squad Placement will be sent out via e-mail Saturday, April 1<sup>st</sup> by 3:00pm.**

**For the 2023 – 24 Cheerleaders, there will be a Mandatory Meeting for each cheerleader and a parent on **Tuesday, April 4<sup>th</sup> 6:00.****

**At this meeting, we will be discussing summer commitments, cheer camp, and how to order camp wear and shoes.**

**Any questions or concerns please contact Leah Hedrick at**

**[lakotaeastcheer@gmail.com](mailto:lakotaeastcheer@gmail.com)**

Dear Parent(s) and cheerleader candidate:

Welcome to the Lakota East cheerleading program. You have expressed a desire to become a member of a sideline cheerleading squad. If selected, there are certain responsibilities and obligations which the parent and student must assume to qualify and remain a member of the squad.

**You have been given a cheerleading information packet including a copy of cheerleader expectations and the tryout procedure and requirements. Parents and candidates are required to read and become acquainted with those responsibilities, expectations, and tryout requirements. After reviewing the information, both the cheerleader candidate and their parent must decide if all parties involved are willing to abide by the expectations and tryout procedures and are able to make the necessary time commitments. If so, it is required that both candidate and parent “sign” the permission form on the google form.**

After you have read the rules and the decision has been made to participate in the tryout process, please fill out the required forms; see the check list at the end of the packet. The QR code for the Google Form will be provided at the Informational meeting on March 14<sup>th</sup>. **It is the responsibility of the cheerleader candidate to turn in the proper materials. Candidates will be unable to participate in the tryouts until all forms are turned in. NO EXCEPTIONS.**

Cheerleading is a valuable experience for any student at Lakota East. It is a privilege to be a Thunderhawk cheerleader. It can also be an expensive sport. Fundraiser money is used to keep the cost at a minimum, but expenses for personal items will have to be paid by the parent and student. It is expected that all elected cheerleaders will attend July practices and summer camp. Financial concerns expressed to a coach will be dealt with confidentially and on an individual basis. Arrangements can and will be made, so please don't let financial constraints be a deciding factor in whether or not a student tries out.

Cheerleading is a big responsibility that takes a great deal of time and effort not only by the students, but also by the parents. **The season begins for ALL chosen squad members in July.** Squad members will be required to come to the first practice of July with all chants memorized. All material can be found on the Lakota East Cheer YouTube page. This will require practicing throughout April, May, and June at home, meeting with teammates, and whatever else it takes! We will work on perfecting technique and reviewing material over the summer as well as preparing for camp. **Camp dates are set for August 1st-4th. We are going to Miami University for an overnight camp.** This will be a camp where the UCA staff will be teaching us valuable new material and helping with technique to improve skills. It is expected that all cheerleaders attend camp. Not only is camp an excellent team building experience, but we also learn a lot of material which will be used during the year. Financial concerns expressed to a coach will be dealt with confidentially and on an individual basis. Arrangements can and will be made, so please don't let financial constraints be a deciding factor in whether or not a student tries out.

We are looking for dedicated athletes to help us continue to build our cheerleading program. Cheerleaders today do so much more than just lead cheers. If you have the desire to support our teams and are willing to put forth the effort to promote school spirit through the sport of cheerleading, then please join us at tryouts. We hope that cheerleading will be an enriching and worthwhile experience for you.

Sincerely,

The Coaching Staff at East

**Football Season:** Practices will begin in July. Practice times will be determined by the coaching staff. JV and Freshman Cheerleaders will be required to cheer the 1<sup>st</sup> Q. of varsity games for the Homecoming Game, Tomahawk Night, and possibly one more game, depending on the season. Football cheerleaders **MUST** come to the first July practice with all spirit AND football chants memorized.

Varsity Football – Friday nights at 7:00 start mid/end August to end October.

JV Football – Typically Saturdays at 10:00 starting mid/end August to end October.

Freshman Football – Typically Wednesday evenings starting mid/end August to end October.

**Basketball Season:** Pre-camp summer practices in July and camp August 1<sup>st</sup>-4<sup>th</sup> are still mandatory for basketball only cheerleaders. Season practices begin as soon as football season ends, typically the first week of November. Practice time will be determined by the coaching staff. Basketball cheerleaders **MUST** come to the first July practice with all spirit chants memorized and **MUST** come to the first season practice with all basketball chants memorized. **Please be aware that games may be scheduled during breaks and holidays, and they are mandatory.**

Typically, Freshman 4:30 JV 5:45 and Varsity 7:15 starting beginning of December through February mostly on Tuesday and Friday nights but may also have a few Saturday games. **For Varsity Basketball Cheerleaders** – Expectations for Post Season: All Boys Games during the tournaments and possibly Girls Tournament Games once they reach the District Finals level.

### **Summer Commitments:**

**Summer Practices:** dates TBD – begin in July

**Summer Camp:** August 1<sup>st</sup>-4<sup>th</sup> at Miami University

**Possible Youth Cheer Clinic:** Dates TBD –typically the week before/of Youth Football Night

### **Estimated expenses for the 22 - 23 Cheerleading Season**

All money for camp will be due by Friday June 16<sup>th</sup>, all other due dates will be discussed on April 4<sup>th</sup>.

**Participation Fee:** \$200

(Family cap based on # of student athletes – school fees must be current for cap to be applied)

**Summer Camp (August 1<sup>st</sup>-4<sup>th</sup>)** \$430

**Camp Clothes** details at meeting

**Cheer Shoes (per season)** approx. \$85.00

**Backpack** approx. \$60

**Poms** \$26

(optional this year, will be mandatory in future)

**Mandatory team jumps and tumbling class** Details at meeting

Other items you would need to purchase, but may already have: Black spandex/spanks and Black body suits

# **CHEERLEADING RULES AND EXPECTATIONS**

## **Purpose**

- Represent Lakota East High School in a manner which is courteous, respectful, and mature both in and out of uniform
- Uphold high personal standards and maintain integrity
- Achieve high academic standing
- Follow all rules as stipulated by the LEHS athletic handbook including the prohibition of alcohol, tobacco, or drug use
- Promote and uphold school spirit
- Cooperate with the cheer coaches, administration and teachers, game officials, and other squad members

## **Eligibility**

- Athletes must pass the equivalent of **five** solid subjects in a nine-week grading period to be eligible athletically for the next nine weeks
- Any athlete maintaining a 1.0 GPA or less will be ineligible
- Weekly eligibility will be generated from HAC.
- Since cheerleaders are selected before the fall semester, a candidate who fails a class during the tryout procedure or by the end of the fourth grading period will be removed from the squad.

## **Uniform and Appearance**

- Any alterations to the school uniform must be approved by the cheer coach
- While in uniform, you should be well groomed: **NO JEWELRY** (this includes earrings), short nails with neutral nail polish, no gum, hair pulled back, and natural make-up
- Only items we provide, or that have been purchased from Varsity or Friday Threads, may be worn **AT ANY TIME** with uniform. This includes shoes, jackets/sweatshirts, and sweatpants.
- Clean shoes, matching socks, and matching hair ribbons are required when in uniform
- When in uniform at any time, you should conduct yourself in an exemplary manner

## **Practice and Conditioning**

- In-season practices will be scheduled only by the coach
- Cheerleaders may not tumble without a cheer coach present
- **Scheduled practices are mandatory – including possible additions due to pep rally**
- **Excused absences are:** illness from school (if an excused school absence), funerals, or injury to the participant. Cheerleaders who experience long-term injuries are expected to attend practices and games, even if they cannot participate. The cheer coach reserves the right to determine if the absence is legitimate.
- **Only three excused absences** will be permitted during the season, unless there are extenuating circumstances. Additional absences thereafter will be unexcused and will result in disciplinary procedures outlined in the disciplinary action guideline.
- Leaving practice early will be counted as a partial absence from practice and can result in disciplinary procedures.
- Appropriate athletic attire and cheer shoes bought from Varsity are expected at all practices. (No baggy sweatpants or sweatshirts)
- To participate in a game, you must attend the practice prior to the event, regardless of the total number of absences or the reason for the absence unless the absence is an excused absence from school

- **If absent from school and therefore going to miss practice or going to miss a game due to illness, it is the cheerleader's responsibility to inform the coach of the cause of her absence from practice or game.**
- **I am working on setting up team practices at a gym to learn and/or improve jumps and tumbling. While tumbling is not mandatory to tryout, all cheerleaders are expected to attend these classes.**

### **Cheerleader Responsibilities**

- All squad members are expected to work above and beyond what is required. If a cheerleader does not give 100% effort, the entire squad suffers.
- Be prompt
- Be responsible: ensure uniforms, poms, etc. are with you for games
- Be prepared for games: know cheers, chants, dance routines, and perform tumbling stunts
- Cheerleaders will maintain personal calendars to prevent the scheduling of personal appointments (dental, doctor, etc.), vacations, and work schedules will not conflict with practices or games
- Even if you only cheer one season, cheerleaders will be expected to participate in all fund-raising activities, during the summer and school year, including clinics.

### **Games and Events**

- When you choose to become a Lakota East cheerleader, you are making a commitment of effort and time. Be sure that you are available according to the schedules. For each squad you choose, you are expected to attend all events, even during school breaks.
- Cheerleaders are expected to report to games, in official uniform, sixty minutes (for football) and forty-five minutes (for basketball) prior to its start.
- Cheerleaders will not leave until dismissed by the cheer coach.
- Cheerleaders must be on time when the team bus is ready to depart for the game
- Game formation, as set by the cheer coach, should not be broken to socialize
- Cheerleaders absent from school the entire day may not participate in practice or games to be held on the day of the absence
- For basketball home games, the JV squad stays through and participates in pre-game with varsity
- For Varsity Basketball Cheerleaders – Expectations for Post Season..... All Boys Games during the tournaments and Girls Tournament Games once they reach the District Final level
- Please note that the basketball season can conflict with competitive cheer, dance, and gymnastics, so football season may be a better option for athletes involved in these sports.
- According to OSHAA Regulations – only 8 cheerleaders, or seven cheerleaders and a mascot, are permitted on the playing floor. Also, they are permitted on the playing floor only during a time-out, pre-game warm-up and intermissions.

### **Transportation**

- **IF TRANSPORTATION IS PROVIDED... You must go to; arriving 15 minutes before the scheduled departure time: and return from all interscholastic contests via transportation arranged by LEHS**

### **Discipline**

- A cheerleader may be reprimanded for any behavior or conduct deemed inappropriate by the cheer coach
- A discipline guideline has been set up to determine the consequences. Be sure to review the following guidelines.

# LAKOTA EAST SIDELINE CHEER DISCIPLINE GUIDELINES

The following cheerleader actions may result in discipline consequences.  
Discipline consequences include being denied participation at a particular cheer event.

1. Being late and/or not prepared for a game or practice.
2. Leaving practice or a game early (without it being excused by the coach ahead of time.)
3. Demonstrating behavior inappropriate for a Lakota East Cheerleader. (Such as displays of inappropriate and/or illegal behavior ANYWHERE, including ONLINE.)
4. Receiving disciplinary action from a teacher. (Example: detention)
5. Being disrespectful to an adult, teacher, another cheerleader, or coach.
6. Not dressing appropriately for practices and games. (Example: forgetting poms or appropriate shoes.)
7. Being picked up more than 15 minutes late from a game/ practice/ cheer event.

## Cheerleader Absences

Cheerleader Action	Consequence Received
Missing a practice due to an unexcused absence.	Benched for a quarter of the upcoming game.
Missing a game or part of a game.	Benched for the same amount of time missed. (at the upcoming game)
Missing a practice the day of a game.	Benched the entire game that day.

### Excused Absences Include:

1. Illness
2. Funeral
3. Injury followed with a doctor's note

**\*\*Vacations and routine doctor's appointments are not excused.\*\***

### Cheerleader Responsibility:

If you are not going to be at a practice, game, or cheer event due to illness from school or needing to work with a teacher after school **IT IS YOUR RESPONSIBILITY TO CALL/TEXT YOUR COACH AND LET HER KNOW ASAP!**

# CHEER TRYOUT REQUIREMENTS

**Each part of the tryout process will be performed in groups of 3 or 4. The groups will be chosen on the first day.**

## CHEER

- ☐ A required cheer will be taught at the clinic.
- ☐ Cheerleaders will have one opportunity to perform the cheer—they will not be permitted to start over if a mistake is made. In those circumstances, we are looking at the individual's ability to perform during a tension filled performance.

## DANCE

- ☐ A dance will be taught at the clinic. This will include 6 to 8 counts of 8.
- ☐ Cheerleaders will have one opportunity to perform the dance—they will not be permitted to start over if a mistake is made. In those circumstances, we are looking at the individual's ability to perform during a tension filled performance.

## JUMPS

- ☐ Required jumps for tryouts include:
  - Toe Touch
  - Herkie (either leg) or Hurdler (either leg)
- ☐ Jump technique will be demonstrated and practiced prior to tryouts.

## CHEER QUALITIES CONSIDERED FOR SQUAD PLACEMENT

As coaches, we value the well-roundedness of a cheerleading candidate. We are dedicated to finding outstanding representatives of not only the East Cheer Program, but also of Lakota East High School.

In addition to the above **REQUIRED** portions of cheer tryouts, coaches will consider some or all of the following when determining individual placement on teams:

- ☐ Academic Performance/History
- ☐ Responsible Nature of the Cheerleader
- ☐ Attitude
- ☐ Spirit
- ☐ **Tumbling Ability**—although preferred, tumbling is not a required part of tryouts. Tumbling will not be taught at clinics/tryouts. **Spots and mats will not be provided.**
  - Cheerleaders will have the opportunity to perform one standing skill and one tumbling pass.
  - Standing Skill = Back Handspring or Back Tuck
  - Tumbling Pass = Round Off plus one or more *continuous flowing* skills. (back handsprings and above)
  - If you have never tumbled, please do NOT make tryouts your first time—we do NOT want anyone to be injured at tryouts.
  - Tumbling passes or standing tumbling should be able to be performed without assistance on a gym floor. **We will not provide mats nor spot tumbling.**
  - Please perform the skill you feel you have perfected the most—it is possible to perform a perfect back handspring and receive more points than a sloppy back tuck.

## **CHECKLIST**

**All must be completed by Tuesday, March 28th.**

**You will be unable to participate without everything completed.**

- \_\_\_\_\_ 1. Google Form link and QR code will be provided at the meeting March 14th
- \_\_\_\_\_ 2. Picture of you - Submitted on google form  
(or bring in to info meeting or tryouts **IF** you have trouble uploading)
- \_\_\_\_\_ 3. Preference Sheet - completed in google form
- \_\_\_\_\_ 4. 3<sup>rd</sup> Quarter Grades - Print from HAC and submit on google form.  
(or bring in paper copy to info meeting or tryouts **IF** you have trouble uploading)
- \_\_\_\_\_ 5. Final Forms – all forms for Lakota Athletics are completed online now.  
Attached, if new to final forms, are the directions for completion of Final Forms.

If you are already in Final Forms, you will still need to go in and select one of the following depending on your current school (East, Liberty, Hopewell) as your new sport.

### **For Current Grades 9 – 11:**

Please select – East 2022-23 Spring Girls Cheer Tryouts for 23-24

For **current 8<sup>th</sup> grader**, you will need to select either: Liberty  
2022-23 Spring Girls Cheer Tryouts 23-24  
Hopewell 2022-23 Spring Girls Cheer Tryouts 23 - 24

There is a Parent Registration and a Student Registration.

**Both** must be complete to try out.

Contact Leah Hedrick at [lakotaeastcheer@gmail.com](mailto:lakotaeastcheer@gmail.com) if you want me to make sure you are in final forms correctly.

- \_\_\_\_\_ 6. Verification of Current Physical (see below)  
Physicals are good for one year from the date of the exam. The physical is 6 pages long. Pages 1,2,5 and 6 will be completed on Final Forms. **Pages 3 and 4 are the doctors pages. You will need to upload directly to Final Forms or you can turn pages 3 and 4 into us and we will give to training staff to upload.**

**You will not be able to tryout without a current physical – NO EXCEPTIONS**