SMS CHEERLEADING TRYOUT

##  Spring – 2025

Tryout registration link:

<https://forms.gle/fhMLe7g5A5VwJSqo6>

**CLINIC:**

* Saturday, March 8th, 9AM-12PM SMS Auxiliary Gym
* **Video of material will be posted on the SMS Cheer Website after the clinic Saturday, March 8th so that you can practice at home.**

**CHEER TRYOUT**:

* Monday, March 10th

 Tryouts for High School girls will begin at 3:30 PM, review of material will be at 3 PM. 8th graders will begin tryouts around 4:30, review of material will be at 4PM.

 SMS Auxiliary Gym

**TRYOUT ATTIRE:**

* Dark colored shorts
* White short sleeved t-shirt
* Shirt must fit appropriately, no tank or low-cut tops
* Shirt mustbe tucked in
* Any appropriate tennis shoes/socks
* Hair pulled back in ponytail, away from face
* NOjewelry, 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 (hair neatly up in ponytail, white t-shirt tucked in, dark shorts, no polish or long nails, no jewelry, no gum etc.)
* Facial expression: smile, have fun!
* Voice: loud and clear
* 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. Participants 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 10th.

**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 8th graders and students who are not currently in the SMS Cheer program need to attach grades)
3. **“SMS Cheerleading Expected Behaviors and Standards 2025 – 2026”** – signed and dated by you and your parents or guardians. Read this document carefully!
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.

\*\*\*The Teacher Recommendation link will be posted on the Cheer website. All recommendations are due by March 4th.

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

**\*\*You do not need a completed physical form to try out. The 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 for Varsity will begin shortly after tryouts. Regular summer practices for all squads will begin Tuesday, May 27th (we practice from 7AM-8:45AM Tuesdays and Thursdays).**

**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 Mark Mahoney, 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 10th. 8th graders are eligible for the Freshman and JV squads. 9th-11th graders are eligible for JV and Varsity. WE DO NOT HAVE SET NUMBERS FOR SQUADS. Individual placement on squads and the size of the squads will be based on tryout scores. There are no guarantees that current squad members automatically go on Varsity. You must earn a spot based on your tryout score, teacher recs, and coaches’ points. Juniors may be placed on JV, they don’t automatically make the Varsity squad.

**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. No pants or leggings, shorts only.
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 2025 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 sometime following our fitting appointment on March 26th. 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 25th in order for you to have your shoes and practice wear in time for camp.**

**SUMMER CHEER CAMP**

**UCA Home Camp @ SMS TBD (tentatively June 9-11, waiting for confirmation)**

**$$$?? Waiting for confirmation of the 2025 Home Camp fee. Last year it was $230 for participants, so we assume it will be in that ballpark.**

Summer Camp is optional, however the expectation is that all girls attend if possible. Cheers, chants, and dances will be learned, stunting/designation of stunt groups, plus it’s a great opportunity for the squads to get to know each other and bond.

**SUMMER CHEER PRACTICES**

Practices will be held on Tuesday and Thursday mornings from 7-8:45 AM at South beginning May 27th and throughout the month of June. Summer practices include conditioning, practicing cheer material, and preparation for the fall sports season. These practices 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 before the start of school.

**SUMMER WEIGHTS**

Although we can’t make it mandatory, we highly encourage ALL cheerleaders to participate in the summer weights program offered here at South. This Weights class is run by highly qualified SMS coaches in a safe environment. The time slot for female athletes is 9-10AM, Monday through Thursday throughout June and July. Fee is $150. The flyer and registration information are on our Cheer website.

**Thank you for your interest in SMS Cheer! If you have any questions, please contact Head Coach Jackie Turner:**

**soturner@smsd.org**

**913-993-7628**