

Dear Parents,

Your son/daughter has expressed interest in trying out for the 25-26 high school cheerleading squad. Cheerleading at UAHS is an interscholastic sport that requires of its athletes the same commitment, dedication, and desire to excel as any other sport. In order that you are more informed about the requirements and responsibilities of a cheerleader, we ask that you read and discuss each of the following items with your son/daughter. If your son/daughter tries out and subsequently joins our team, it will be vital that you and your son/daughter understand our program's expectations.

I. Positive attitude reflected by:

- a willingness to improve skills and ability
- an interest in and enthusiastic support of the respective team (football, basketball)
- a sincere desire to promote school pride and spirit
- an ability to recognize the sacrifices and commitment to excel
- cooperation and support for fellow cheerleaders/coaches

II. Participation **required** at:

- all games (includes pre- or post-game meals): Please keep in mind that there are games played over vacations and holidays. A basketball or football team member is NEVER excused for family trips, and thus the cheerleader's attendance is required as well. **Basketball season is affected most**, especially over Thanksgiving\*\*\* and Christmas vacations.
- JV and Varsity Basketball squads will cheer some girls' varsity basketball games. **The JV Basketball squad follows the girls' team through their tournament play as part of their regular cheerleading season. Spring Break may interfere with basketball tournaments... cheerleaders are EXPECTED TO BE AT ALL TOURNAMENT GAMES!**
- all practices/(pre-season conditioning when possible): Practice for the **football squads will begin Monday, August 4th/Picture Day Monday, July 28th (1st FB game is 8/22). Basketball cheer will begin Monday, November 3rd (1st BBK game...?)**
- summer camp/organizational meetings: **MANDATORY cheerleading camp will be July 18th-20th at Marietta College.**
- July 4<sup>th</sup> parade: OPTIONAL (varsity captains may ride on captains' float)
- fundraisers (car wash/clinics)
- gymnastics (one day per week there will be no practice in order for girls to take lessons at gym of their choice/**gym contact info will be collected at beginning of season**)
- other activities determined by the coach as necessary for the development and success of the program (sign painting, lifting, pre-game meals)...**6<sup>th</sup> grade camp is NOT excused for varsity football cheerleaders! If you want to do 6<sup>th</sup> grade camp in the fall, choose basketball!**

III. Standards to maintain:

- Rights and Responsibilities Handbook
- 2.0 minimum, 9 weeks standard ("A student enrolled in the first grading period after advancement from the eighth grade must have passed a minimum of five of all subjects carried the preceding grading period in which the student was enrolled.")

- violations of the school disciplinary code (R and R Handbook) will result in team disciplinary measures (includes inappropriate use of social media)
- personal appearance appropriate to cheerleading

IV. Cost to students and parents: participants need to be aware of the expenses involved prior to trying out for the cheerleading team. Once a member, this individual is responsible for:

- camp tuition (\$406.00)
- camp uniforms-cost varies by squad (approx. \$50.00) but all cheerleaders purchase camp motion-flex skirt (approx. \$45.00), sleeveless UAHS top (approx. \$50.00), camp t-shirt (approx. \$15.00)
- athletic sports bag (approx. \$55.00), initial practice bag (approx. \$20.00) jacket (approx. \$60.00)
- straight skirt (approx. \$60.00), pom poms (approx. \$50.00)
- Freshmen (or new JV) only: black sweater (approx. \$100.00)
- large A sweatshirt & dark gray 1/4 zip sweatshirt (approx. \$40.00/each)
- Varsity only: striped trim skirt (approx. \$80.00; coordinating shells paid through cheer fund; shells will be the property of UAHS Cheerleaders)
- Basketball Varsity only: striped bodysuit (approx. \$70.00)
- parents' night photographs (optional)
- socks, briefs (bike shorts style), leotard, black bows, shoes (shoe money will be collected at the beginning of the sport season—approx. \$60.00)
- pre-game meals or spreads
- physical exam for season
- varsity squad collage (optional by team)
- unexpected incidentals (meals, away games, etc.)
- end-of-season celebration
- yard sign (optional)
- in addition, cost of gymnastics lessons are the responsibility of the cheerleader

As you can see, much time, work, and expense is involved in being a cheerleader at UAHS. At the same time, the sport of cheerleading is an excellent opportunity to develop lasting friendships, a sense of pride and self-confidence, leadership, and many other beneficial skills.

Your signature and your son/daughter's signature indicate that you have read, discussed, and understand the responsibilities of becoming an Upper Arlington High School Cheerleader. Best of luck to your son/daughter during tryouts!!

Sincerely,

Christine Hayes

Varsity Cheerleading Coach

Email: [uahscheertryouts@gmail.com](mailto:uahscheertryouts@gmail.com)

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Clinics (April 13<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>): Clinic on 4/13 @ 3:00-5:00 pm/FH; Clinics on 4/17 & 4/24 @ 7:30-9:30 pm/Comp Gym). Varsity tryouts will be in the Competition Gym on Saturday, April 26<sup>th</sup>. Tryouts for Freshmen & JV will be in the UAHS Competition Gym on Sunday, May 4<sup>th</sup>. ALL INFORMATION/FORMS POSTED ON [WWW.UAHSCEER.COM](http://WWW.UAHSCEER.COM) UNDER TRYOUTS TAB.

**\*\*\*REQUIRED meetings for ALL those selected->**

**—Wednesday, May 7<sup>th</sup> (uniform fitting); information as to location/time will be emailed closer to the date!**

**—Post-tryout meetings to get organized for camp/choose captains will be scheduled for each team after tryouts are completed.**

**Clinic Schedule:**

- #1: review jumps/kicks, review/work on motions, learn band dance
- #2: learn cheer and dance #2
- #3: review cheer/dances, learn sidelines
- #4: tryouts

**Tryouts:**

- candidates will perform the motion drill twice (once every other count; once done every count)
- candidates will perform two jumps (a toe touch and one double toe touch)
- candidates will perform splits (one side only)
- candidates will perform two kicks (both legs)
- candidates will perform back handsprings (one facing front and the other facing sideways) and tuck\*\*\*
- candidates will perform a group cheer in a group of three
- candidates will perform sideline chants in a group of three
- candidates will perform two dances in a group of three (band dance with poms)
- candidates will demonstrate gymnastic ability during their entrance

**Procedure:** There will be a total of three to five judges per tryout. They will be the UAHS cheer coaches (or former coaches). The total score from each judge will be added together. The top scores will make up each squad: 14 Varsity (8 football/6 basketball), 12 Junior Varsity (6 football/6 basketball), and 12 Freshmen (6 football/6 basketball). These are the MINIMUM numbers...we will take more if scores are close!

**\*\*The following form MUST be returned at clinic #1 on Sunday, April 13<sup>th</sup> in order to participate in the clinics! I will NOT take this form via email!**

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I have read the expectations and rules governing the sport of cheerleading at Upper Arlington High School. I give my son/daughter \_\_\_\_\_ (name) permission to try out for cheerleading, and **we BOTH understand that he/she WILL BE subject to the rules upon making the squad.**

Student's Name \_\_\_\_\_ Current Grade \_\_\_\_\_

\_\_\_\_\_(Parent signature)

\_\_\_\_\_(Student signature)

Please note ON BACK any medical problem of which we need to be aware during tryouts.