

Aaron Cohn Middle School Cheerleading Tryouts

Before Trying Out:

Prior to tryouts you must have your physical, parent permission form (Appendix e) and proof of insurance to Coach Ingram. Forms are available on school website or from Coach Ingram.

Tryouts:

Students will meet in the gym immediately after school. Tryouts will begin shortly after 4:00 and run until 5:45 on August 17-19. Those trying out should wear shorts, t-shirt (that can be tucked in), socks and tennis shoes. **DO NOT BUY ANYTHING JUST FOR TRYOUTS.**

Parents should be prepared to pick up their child promptly at 5:45.

During tryouts:

Each candidate will learn a cheers, chants, and a dance.

Each candidate will perform the following jumps:

Toe touch

Hurdler

Pike

Each candidate will have the opportunity to demonstrate tumbling skills:

Back handspring, Back Tuck

Running tumbling – pass of choice

Note: these skills should only be attempted if the candidate has experience without a spot

Candidates will be judged throughout the selection process by the coach. There will be a final individual and small group evaluation by the coach and another evaluator on Friday, August 19

Execution of Fundamentals – tumbling, jumps, dance, motions

Difficulty – tumbling, jumps, dance, motion

Overall Performance – showmanship, spirit, athleticism

Coach Evaluation – cooperation, attitude, attendance, dependability (behavior grades, and discipline reports taken into account)

There will be no more than 16 cheerleaders chosen.

Coach will make the FINAL DECISION.

Squad selection will be posted on the school website.

AFTER TRYOUTS:

TENTATIVE CHEER SCHEDULE

August 17-19	4:00-5:45	Tryouts
August 22	4:00-5:30	Uniform fitting/Practice
August 24	4:00-5:30	practice
August 25	4:00-5:30	Fitting/cloth orders/Practice/Parent Meeting*(5:30)
August 29	4:00-5:30	practice
August 31	4:00-5:30	practice
September 6-8	4:00-5:30	practice
September 9	4:00-9:00	UCA Cheer Camp*
September 10	8:00-4:00	UCA Cheer Camp*

September Practices will be held Monday – Thursday 4:00-5:30

**Dates won't change but times may/waiting for final confirmation of schedule

ESTIMATED CHEER COSTS

This is a cost estimate for the 2016-17 school year. Each cheerleader is responsible for any cost.

\$70.00	Athletic Fee (includes use of 2 uniforms, raincoat, poms, cheerleading locker and ACMS booster fees)
\$100.00	Camp (2-day UCA cheer camp at ACMS)
\$15.00	Bows (game day/special event ribbons)
\$10.00	Briefs (orange)
\$30.00	Shirts (ragland tee, plus 1 2016 shirt)
\$30.00	Shorts
\$90.00	Warm up (pants and jacket)

**Shoes are purchased by the individual cheerleader. They should be solid white.

\$345.00	TOTAL
\$150.00	August 26 (Cash Only) (camp payment, two shorts, t-shirt)
\$195.00	September 16 (Cash Only) (Athletic fee, briefs, bow)
\$100.00	October 14 (Cash Only) (Warm-up and t-shirt)

These are estimated costs for a NEW cheerleader to Aaron Cohn. If you have cheered at ACMS previously, you only need to order those items that you need