

TENTATIVE CHEER SCHEDULE though September

August 9-11	4:00-5:45	Tryouts
August 14	4:00-5:30	Uniform fitting/Practice
	5:30	Parent Meeting (Camp payment due\$100, cash only)
August 15	4:00-5:30	Uniform fitting/practice
August 16-17	4:00-5:30	Fitting (Warm-ups, etc.)and practice
August 21-24	4:00-5:30	Practice
August 25-26	4:00-9:00/9:00-4:00	UCA Camp**
August 28-30	4:00-5:30	practice
September 5-8	4:00-5:30	practice
September 9	9:15AM-11:00 AM	Football Jamboree (Kinnett Stadium)
September 12	4:00-5:30	practice
September 16	9:00-12:00	Pep Rally Practice
September 19-20	4:00-5:30	Practice
September 21		Pep Rally /First home game)

**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 prior to receiving items ordered.

\$60.00	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)
\$10.00	Bows (game day/special event ribbons)
\$15.00	Briefs (orange)
\$40.00	Clothing package 1 (ragland tee, tank and shorts)
\$90.00	Warm up (pants and jacket)
\$315.00	TOTAL

\$100.00 **August 14 (Cash Only) (camp payment)**

\$125.00 **August 24th (Cash Only)**

\$100.00 **October 14 (Cash Only) (Warm-up)**

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

- Each girl purchases their own SOLID white cheer shoes. The brand doesn't matter, however, we are not a competitive squad and will be cheering outside. I suggest a shoe like the NIKE Side II or III. They are great for spirit cheer. Also, each girl will need a solid black racer back sports bra.

Aaron Cohn Middle School Cheerleading Tryouts

Before Trying Out:

Prior to tryouts you must have your physical, Permission to Participate form, 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 9-11. Those trying out should wear shorts, t-shirt (that can be tucked in), socks and tennis shoes. Hair should be worn back and off face (ponytails work) 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 11

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.

