

# **Aaron Cohn Middle School Cheerleading Tryouts**

## **New Tryout Process:**

*Tryouts will be held virtually with one optional in person day due to concerns related to COVID.*

Prior to your video submission you MUST have your physical, Assumption of Risk & Waiver of Liability/Parent Permission form, and proof of insurance emailed to our Athletic Director, Coach Ingram. Video submissions will not be viewed if these forms have not been submitted.

*Assumption of Risk:* <http://sites.muscogee.k12.ga.us/aaroncohn/wp-content/uploads/sites/69/2021/08/Athletics-Permission-to-Participate-21-22.pdf>

*Physical Form:* <https://www.muscogee.k12.ga.us/CMS/File/eba19ee9-736b-4b95-a6e1-de92af8f76c1>

*Coach Ingram's Email:* [Ingram.Kacy.R@muscogee.k12.ga.us](mailto:Ingram.Kacy.R@muscogee.k12.ga.us)

- Tryout videos will be posted to Mrs. Cook's canvas page on Friday, August 27th at 4pm. Use the following link to access her page:  
<https://mcsd.instructure.com/courses/63140/pages/acms-cheerleading>
- Students that want to tryout will need to use those videos to learn one cheer and one dance.
- Students who want feedback or need assistance with their tryout submissions should meet in the gym after school on **Wednesday, September 1<sup>st</sup>**. This is optional and is not required in order to tryout. Your physical, parent permission form, and proof of insurance are required in order to participate in this optional in person day of tryouts. The cheer and dance should have already been learned before showing up for feedback. **Parents should make arrangements for their child to be picked up NO LATER than 5:15pm on this day.**
- Those trying out should be dressed in school appropriate athletic wear (if they wouldn't be allowed to wear it during PE then they shouldn't wear it while making their tryout video). Hair should be pulled back and off face (ponytails work). Inappropriate dress will disqualify you from tryouts.
- Students will video themselves performing the cheer and the dance with their chromebook or with a cellphone. These videos will be submitted for evaluation by the cheerleading coaches.
- Video submissions must be emailed to [Cook.Jaime.S@muscogee.k12.ga.us](mailto:Cook.Jaime.S@muscogee.k12.ga.us) or sent to **706-751-9574 NO LATER THAN Friday, September 3rd at 8pm**. Any videos submitted past this date and time will NOT be taken into consideration.
- Include your first and last name and your grade level when you submit your video.
- \*\*\*Please ensure that your full body is visible in your video submission (to include your arms when they are extended).
- If you don't get confirmation that we received your submission, please send a follow up email or text message to ensure that we have received your video submission.

Candidates' tryout videos will be evaluated by the coaches based on the following categories:

- Execution
- Overall Performance – showmanship, spirit, athleticism
- Coach Evaluation\* – cooperation, attitude, attendance, dependability (behavior, grades, and discipline reports taken into account)

**Squad selection will be posted on the school website no later than 8pm on Monday, September 6<sup>th</sup>.**

### **Football Schedule**

The football schedule has not been finalized yet. We ask for your flexibility when the schedule is released.

### **ESTIMATED CHEER COSTS**

This is a cost *estimate* for the 2021-22 school year. The total cost will be divided into two payments of \$150 each, which will be due on September 10<sup>th</sup> and October 1<sup>st</sup>. Each cheerleader is responsible for any cost prior to receiving items ordered. **ALL PAYMENTS MUST BE MADE IN CASH.**

<b>Cost</b>	<b>Description</b>
\$65 Camp fee	United Camp
\$65 Athletic Fee	Includes the use of 2 uniforms, raincoat, and booster fees
\$15 T-shirt	T-shirt
\$100 Warm Ups	Jacket (\$60) Pants (\$30) Optional Monogram (\$10)
\$10 Bows	Game day bow/special event ribbons
\$30 Pom Poms	One orange and one black pom pom
\$15 Bloomers	Black bloomers
<b>Total = \$300</b>	

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 Sideline II or III. Also, each girl will need a solid black racer back sports bra.