ACMS Cheerleading Tryout Packet

Leadership, Honor, and Spirit

The purpose of the cheerleading squad at Aaron Cohn Middle School is to encourage school pride and unity amongst all members of the school and community. Being a cheerleader at ACMS is a privilege and an honor. The cheerleaders are not only leaders while cheering at games, but are also leaders at and during school. We have very high expectations for our ACMS Cheerleading team.

Before Tryouts:

- The following forms must be turned in to Coach Ingram before you can participate.
  - Physical
  - Assumption of Risk & Waiver of Liability (Parent Permission)
  - Proof of Insurance
- Prior to tryouts, you must learn the cheer and dance using the videos posted on the ACMS Cheer Canvas page.

Tryouts:

August 29, 2023, 3:10-4:30 pm-Participants will practice the cheer and dance they learned online

August 31, 2023, 3:10-4:30 pm- There will be an individual and small group evaluation by the coaches

- Students should wear gym shorts and a t-shirt with **no jewelry,** and hair should be pulled up.
- Immediately after school (3:10 p.m.), report to the GYM and get changed.
- Monday, August 21st students will gain access to videos of the tryout material. The videos will be posted on the Cheer Canvas page. https://mcsd.instructure.com/courses/155357
- This is a closed tryout and is open only to the participants and coaches.
- The 23-24 Cheer Squad Names will be posted on the ACMS Website at 5 p.m. on September 1, 2023.

Tryouts Consist of:

1. 1 Cheer
2. 1 Dance

* If a student can tumble, they will be asked to show the tumbling pass.

Athletes will be judged throughout the selection process by the coaches based on the following categories:

- Execution
- Difficulty
- Overall Performance – showmanship, spirit, athleticism

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

ESTIMATED CHEER COSTS

This is a cost estimate for the 2023-2024 school year. The total cost will be divided into two payments of $150 which will be due on Friday, September 9th, and Friday, October 7th. Each cheerleader is responsible for any cost prior to receiving the items ordered. ALL PAYMENTS MUST BE MADE IN CASH.

Cost	Description
$85	United Camp Fee
$65	Athletic Fee *Includes the use of 2 uniforms, raincoat, and booster fees
$20	T-shirt
$60 Warm Ups	Sweatshirt ($30) Pants ($30)
$10	Game day bow/special event ribbons
$30 Pom Poms	One orange and one black pom pom
$40	Cheer Bag
$15	Black bloomers
	Total = $325

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 must purchase 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 racerback sports bra.

_____

Try Out Application

~ACMS Cheerleading~

Student Name: _____ Grade: _____

Please list any previous experience you have in cheerleading: _____

_____

_____

Do you have any tumbling experience? If so, what can you do? You will be asked to show it during tryouts._____

_____

_____

Why do you think you would make a good cheerleader for ACMS? _____

_____

_____

Is there any other information you would like Coach Whilden and Coach Vail to know?

_____

_____

_____