



Cheerleading Tryouts 2025

Any student who would like to try out for Cheerleading **MUST sign up to try out by Friday, August 22nd, at noon** using the following link or **QR code**. You can also access the link on the school website under athletics and cheerleading.

<https://forms.gle/yg4HPPJYU2GRg4HU7>

Any student that does not sign up will NOT be allowed to tryout.



Make sure you read the tryout details before you sign up.

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 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
- Before tryouts, you must learn the cheer and dance using the videos posted on the ACMS Cheer Canvas page.

Tryouts:

August 27, 2024, 3:10-4:15- Participants will practice the cheer and dance they learned online

August 28, 2024, 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.
- On Thursday, August 20th, 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/245249>
- This is a closed tryout and is open only to the participants and coaches.
- The 25-26 Cheer Squad Names will be posted on the ACMS Website at 8 p.m. on August 29, 2025.

Tryouts Consist of: Cheer, dance and jumps

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 2025-2026 school year. The total cost will be divided into two payments, which will be due on Friday, September 12th, and Friday, October 3rd. Each cheerleader is responsible for any costs prior to receiving the items ordered. ALL PAYMENTS MUST BE MADE IN CASH.

<u>Cost</u>	<u>Description</u>
\$55	Camp Fee
\$75	Athletic Fee -Includes the use of 2 uniforms, raincoat, and booster fees
\$30	Practice T-shirts (x2)
\$125	Warm-Ups (Jacket & Pants) *
\$30	Game day bow/special event ribbons
\$20	Pom Poms *
\$15	Black bloomers *
\$15	Raincoat *
	Total = \$365

*These items can be used multiple years if your student plans to return to ACMS cheer next year.

To be purchased separately:

- SOLID white cheer shoes *No: Stripes/Patterns. 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.
- Solid black racerback sports bra.
- Solid black shorts (for practice uniform)

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 Reddick and Coach Armstrong to know?

