

2021-2022
LANSING H.S. CHEERLEADING
CLINIC & TRYOUTS
Located at the High School Gym

Cheer Clinic Material: Participants can use the Google Classroom code: vn2ayld or the link <https://classroom.google.com/c/MjU4MDg4OTY4MDQ2?cjc=vn2ayld> to join the "2021-2022 LHS Cheerleading Tryouts" group. On March 14th you will find links to the sideline chant, cheer, and dance you will perform at tryouts. Please learn this material before coming to the tryout clinic. We will clean up the material and have time to ask questions and practice.

Cheer Clinic - located at the **Lansing High School Gym**. Enter through the Activities Entrance. Clinic Days are mandatory for practicing tryout material, learning jump techniques, and working out stunt groups.

Wednesday, March 17th: 4:00-5:15 pm

Thursday, March 18th: 4:00-5:15 pm

There is a shuttle available from LMS to LHS after school. Please contact me if you would like to utilize the shuttle so I can give the bus driver your information.

Tryouts - located at the High School Gym

Friday, March 19th at 4 pm

Parent Agreement, Permission and Medical Release Form, Participant Agreement for Lansing H.S. Cheer Tryouts, and Student Participant's Info

Form - Complete and return all three of these forms together to Coach Merritt **before or at the beginning of the first day of tryout clinics (March 17th)**. You must have these forms completed and signed to participate or attend the clinic and tryouts.

Confidential Teacher Evaluation Forms - All 7 Teacher Evaluations and Prior Coach/Sponsor Forms in this packet are due from your current classroom teachers and prior coach/sponsor to Coach Merritt by Wednesday, March 17th in order to try out. Any evaluations that are not handed in by March 17th will not be included in the candidates final score. Give each of your 7 classroom teachers listed on Skyward an evaluation form to complete (do not count your CCR/Study Hall/Advisory). **Do all this ahead of time.** Do not wait till the last minute and put pressure on your teachers. Make sure you put your name and your teacher's name on each form before you hand them to the teachers. Please ask the teachers to put them in Coach Merritt's mailbox at the high school by Wednesday, March 17th at 3:00 pm.

Guests will not be allowed to watch, linger, or mingle during the clinics or tryouts.

No videotaping will be allowed.

Students must have a current year grade point average of 2.5 to tryout

The 2021-2022 LHS Cheerleading Squads will be posted on the "2021-2022 LHS Cheerleading Tryouts" Google Classroom group on Monday, March 22nd by 4 pm to allow all judging to be scored and completed.

If you have any questions, contact:

Stephanie Merritt
LHS Head Cheer Coach

TRYOUT INFO

*Each Participant will perform the following in front of a panel of judges:

1. Spirit Entrance (individually) - include any tumbling skills
2. 3 Jumps (individually) - one must be a toe touch
3. Sideline Chant (individually)
4. One Cheer (with others)
5. Dance (with others)

*Each participant will also go through an interview process individually in front of a panel of judges.

*At Clinic - wear a t-shirt, athletic shorts, and athletic shoes or cheer shoes.

*At Tryouts - wear a solid color t-shirt with short sleeves and no writings or logos; athletic shorts and athletic shoes. Do not wear spunks, yoga pants, cheer clothes or cheer shoes to the tryouts. This includes any cheer wear or shoes purchased from Varsity or other cheer companies.

*Hair must be worn completely out of your face in a high or mid ponytail to clinic and tryouts

*Do not wear jewelry, including watches and small earrings to clinic and tryouts

*Do not wear "Cheerleader" bows

*Ribbons can be worn to clinic and tryouts

Try-out Tips

*Be early to the clinic and tryouts

*Stretch- this will help you with your skills and prevent injury.

*Smile and look like you are enjoying yourself; happy and confident

*Practice until you feel comfortable and confident. Practice in front of a mirror.

*Make sure to look up at the judges

*Keep your motions and jumps clean, sharp, and controlled

*Tumbling is optional and can be included in your spirit entrance. It is not required. Only tumble if you can do it well.

*Make sure you show spirit; yell phrases like "Go Big Red" and "Let's Go Lions"; Be loud, clear, and concise

*Review the attached Judge Evaluation and work on the items they will be judging you on

Frequently Asked Questions:

*Varsity Cheerleaders cheer for all Varsity Football games, some home Varsity Soccer games, and Varsity Girls and Boys Basketball games

*JV Cheerleaders cheer for all home JV Football games, some home Varsity Soccer games, and home JV Basketball games

*Cheerleaders cannot play volleyball, tennis, or basketball, or any fall or winter sport

***Cheerleaders can only participate in spring sports because of the time conflicts**

*Cheerleaders are also required to perform at all pep rallies; sponsor and attend all homecoming and mini cheer activities; attend other outside events; attend summer practices; attend summer cheer camp; conduct fundraisers, decorate senior homes, conduct community service, and other activities as assigned.

*Students must have a current year grade point average of 2.5 to tryout

*Scoring will be based on tryouts, grades, teacher evaluations, and past or present coach evaluations. All score sheets, scores, and evaluations are confidential and will not be shared with the students or their parents. Returning Varsity and Junior Varsity cheerleaders must try out for the 2021-2022 teams. They are not automatically back on the team.

*The **estimated cost** for a new varsity cheerleader is \$1,300 and junior varsity is \$900. Camp costs of approximately \$455 is due April 1st and the rest of the cheer payment can be set up at \$100 due on the first Thursday of each month, beginning the first Thursday in May and ending on or before the first Thursday in February.

*When chosen as Cheerleader, you are expected to participate in all assigned games and practices, wear proper uniforms, and conduct yourself in a manner which reflects positively on Lansing High School. A system of demerits will be used which is outlined in the Cheerleading Constitution.

STUDENT PARTICIPANT'S INFO

Please print the following information clearly. Return to Coach Merritt before or on the first day of tryouts.

Student's Full Name: _____ Nickname: _____
Student's Address: _____
Student's Home Phone: _____ Student's Cell Phone: _____
Grade for this upcoming school year: _____ Age: _____ Birthday: _____

Emergency contacts during clinic and tryouts:

Mom's first and last name: _____
Mom's cell: _____

Dad's first and last name: _____
Dad's cell: _____

Extra Contact Name: _____
Phone: _____

Doctor & Phone: _____
Insurance & Policy #: _____
Dentist & Phone: _____

List any prior injuries and treatment: _____

List any health issues and/or medications you are taking: _____

List any cheer, tumbling, or dance experience (how many years & where): _____

List any sports, organizations, or theatre performances you hope to be involved with in this upcoming school year: _____

What dates will you be gone or have conflicts with cheer practice or camps this summer? List ALL dates for the whole summer. (Camp will most likely be mid-late June.)

Current Classroom Teachers This Semester (As Listed in Skyward):

1st Hour: _____
2nd Hour: _____
3rd Hour: _____
4th Hour: _____
5th Hour: _____
6th Hour: _____
7th Hour: _____
8th Hour: _____

Prior Coach _____ (name and email)

Coach Merritt and Coach Faulk will fill out an Evaluation for current cheerleaders.

PARTICIPANT AGREEMENT FOR LANSING HIGH SCHOOL CHEER TRYOUTS

Return to Coach Merritt before or on the first day of tryouts.

*I understand the tryout and selection process and agree to abide by the decision of the cheerleading coaches.

*I am interested in being a cheerleader for Lansing High School. I understand the risks, responsibilities, and financial obligations as outlined in this packet. If selected, I promise to abide by the rules and regulations set forth by the Cheerleading Coaches. I promise to cooperate and follow the instructions of the cheerleading captain(s), clinician, and coaches during the clinic and tryouts.

*I am aware of the football, soccer, and basketball seasons and have spoken to the Head Cheerleading Coach about any potential conflicts for the upcoming school year.

*If selected, I understand that I am expected to attend all practices, games, and events as scheduled by Lansing High School and Cheerleading Coaches and understand a system of demerits will be used, outlined in the Cheerleading Constitution. (A copy of last year's constitution available upon request).

*I understand that all tryout score sheets, scores, and evaluations are confidential and will not be shared with the students or parents. Returning Varsity and Junior Varsity cheerleaders must try out for the 2021-22 teams. They are not automatically back on the team.

*I understand that if I tryout and make the squad and later choose to quit or are removed from the team, I will not letter in cheerleading and will not be allowed back on the squad for the year. Additionally, I will still be responsible to pay the remainder on my account balance.

I am interested in the following squad(s) for this upcoming year:

- Varsity Only
 _____ Captain (Only for returning Varsity Squad Members from 20-21 squad)
 Junior Varsity Only
 Varsity or Junior Varsity

Participant's Signature: _____ Date: _____

**PARENT/GUARDIAN AGREEMENT, PERMISSION AND MEDICAL
RELEASE FOR CHEERLEADING CLINIC AND TRYOUTS**

Return to Coach Merritt before or on the first day of tryouts.

_____ has my permission to participate in the Lansing High School Cheerleading Clinic and Tryouts. I understand that they must abide by the rules and regulations set forth by the Cheerleading Coaches and be present for the tryouts. I understand that violations of any rules set out by the coaches may lead to my daughter or son not making the Cheerleading Squad.

*I understand the tryout and selection process and agree to abide by the decision of the cheerleading coaches.

*I understand that the estimated costs for varsity cheerleaders will be about \$1,300 and \$900 for junior varsity and that these are estimated costs until the actual purchases are made.

*I understand by the very nature of this activity, cheerleading carries a risk of physical injury. No matter how careful the participant and cheerleading coach(es) are, or what landing surface is used, the risk cannot be eliminated.

*I will work with my daughter/son to support their decision to be a part of this program.

*I have spoken to the Head Cheerleading Coach about any potential conflicts for the upcoming 2021-2022 school year.

*If selected, I understand that my student is expected to attend all practices, games, and events as scheduled by Lansing High School and Cheerleading Coaches and understand a system of demerits will be used, outlined in the Cheerleading Constitution. (A copy of last year's constitution available upon request).

*I understand that all tryout score sheets, scores, and evaluations are confidential and will not be shared with the students or parents. Returning Varsity and Junior Varsity cheerleaders must try out for the 2021-22 teams. They are not automatically back on the team.

*I understand that if your student makes the squad and later chooses to quit or is removed from the team, she/he will not letter in cheerleading and will not be allowed back on the squad for the year. Additionally, I will be responsible to pay the remainder on my account balance.

*I understand that my daughter/son may at any time receive an injury and that Lansing High School, the cheerleading coach(es), and/or other participants are not held liable for any such injury.

*My student is trying out for:

_____ Varsity Only

_____ Captain (Only for returning Varsity Squad Members from 19-20 squad)

_____ Junior Varsity Only

_____ Varsity or Junior Varsity

If an injury does occur to my daughter/son while at the clinic or tryouts, I grant permission for the cheerleading coach(es) or other school staff employed by the Lansing School District to make decisions concerning the need for immediate emergency medical attention for any possible injury received.

Parent/Guardian's Signature: _____ Date: _____



MEDICAL TREATMENT AUTHORIZATION AND CONSENT FORM

The following form is designed for those situations (for example athletic events, after school activities, etc.), where minors are unaccompanied by either parents or legal guardians. This "Medical Treatment Authorization and Consent Form" gives authority to a designated adult to arrange for medical care for a minor in the event of an emergency. This is extremely important, in that, medical care cannot be provided to a minor without approval by the parent(s) or legal guardians, unless there is written consent authorizing a responsible adult to give approval.

Minor's Full Name _____ Minor's Age _____

Minor's Address _____

City, State, Zip Code _____

The undersigned do hereby authorize _____ or such substitute as he/she may designate as agent for the undersigned to consent to any X-Ray, anesthetic, medical, dental or surgical diagnosis or treatment and hospital care for the above named minor which is deemed advisable by and to be rendered under the general or special supervision of any physician and /or surgeon, licensed under the Provision of Medicine Practice Act or of any dentist licensed under the Dental Practice Act, whether such diagnosis or treatment is rendered at the office of said physician or dentist, at a hospital or elsewhere.

Parent or Guardian Signature

Date

Parent or Guardian (please print)

Address Parent or Guardian

City

State

Home and Work Phones of Parent or Guardian

Witness

Insurer

Account Number

Family Physician

Family Physician's Full Address

Known Allergies: _____ Last Tetanus Shot: _____

Medical Conditions: _____ Current Medications: _____

JGFG Student Accidents Revised/Approved: 9/10/201

Candidate's No. _____

SAMPLE JUDGES EVALUATION

APPEARANCE 1 2 3 4 5 6 7 8 9 10
 Hair (clean, up, and out of eyes, no wispy's)
 Clothes (clean, appropriate, no holes or bare midsections)
 Physically Conditioned
 Posture
 T-shirt and Athletic Shorts, Athletic Shoes

SPIRIT ENTRANCE/TUMBLING 1 2 3 4 5
 Enthusiasm
 Facial Expression
 Confidence
 Execution
 Technique

JUMPS 1 2 3 4 5 6 7 8 9 10
 Flexibility
 Execution (form)
 Height
 Technique (pointed toes, legs up, body straight)
 Consecutive - advanced

CHEER 1 2 3 4 5 6 7 8 9 10
 Strong Motions (sharp, solid, no broken wrists, proper placement)
 Coordination
 Knowledge of Material
 Overall Impression
 Timing

CHANTS 1 2 3 4 5 6 7 8 9 10
 Technique
 Move to the Crowd
 Strong Motions
 Easy to follow and join in
 Knowledge of Material

VOICE 1 2 3 4 5 6 7 8 9 10
 Clear and Confident Words
 Strong Volume
 Voice Level
 Did not Scream (No Whooaas)
 Expression
 Crowd Motivator

DANCE 1 2 3 4 5 6 7 8 9 10
 Timing (stayed with music, stayed on beat)
 Coordination
 Confidence and Showmanship
 Knowledge of Material

SHOWMANSHIP 1 2 3 4 5 6 7 8 9 10
 Eye Contact
 Smile
 Confidence
 Enthusiasm
 Spirit and Energy
 Audience Appeal

Interview 1 2 3 4 5 6 7 8 9 10
 Poise
 Personality
 Posture
 Charisma

TOTAL: _____ Out of 85 Points Possible

Classroom Teacher Evaluations for LHS Cheerleading Tryouts

Student Name: _____
 Subject: _____

Teacher's Name: _____
 Student's Current Grade: _____

Please complete the following form as soon as possible, so we will have time to tally prior to the tryout date. Teacher evaluations will be averaged together to count for a portion of each candidate's score. It is very important to give the student an honest rating based on your knowledge of that individual student.

All evaluations are kept confidential. Please put this form in Stephanie Merritt's box in the High School office on or before Wednesday, March 17th by 3:00 pm. Thank you for your time and cooperation!

Please be honest, the students will not see these. This information is confidential.

	Poor	-----	Okay	-----	Great		
1. Daily Attendance and Promptness to class	1		2		3	4	5
2. Personality and Enthusiasm/Attitude *Positive Attitude *Pleasant Personality *School Spirit	1		2		3	4	5
3. Responsibility *Comes prepared to class *Turns in assignments on time *Takes responsibility for her own actions *Can be counted on	1		2		3	4	5
4. Ability to work with others, keep a pleasant "team" attitude, and treats other students with respect	1		2		3	4	5
5. Respects Adult Authority	1		2		3	4	5
6. You would be proud to point this person out as an excellent representative of Lansing High School!							
		No Way	Sometimes	Absolutely	
	1		2		3	4	5

TOTAL POINTS _____ (30 pts. Possible)

Teacher Signature: _____

Date: _____

TEACHER COMMENTS:

Please return to Stephanie Merritt, Cheer Coach, on or before **Wednesday, March 17th by 3:00 pm** – You can put it in the large envelope in Stephanie's box in the Lansing High School Office.

Questions 913-727-3357 (LHS)

stephanie.merritt@usd469.net

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Teacher Signature: _____

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Teacher's Name: _____
 Student's Current Grade: _____

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	1		2		3		4		5

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Teacher Signature: _____

Date: _____

TEACHER COMMENTS:

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Questions 913-727-3357 (LHS)

stephanie.merritt@usd469.net

Prior Coach/Sponsor Evaluations for LHS Cheerleading Tryouts

Student Name: _____ Coach: _____
 Sport/Activity: _____

Please complete the following form as soon as possible, so we will have time to tally prior to the tryout date. Coach evaluations will be averaged together to count for a portion of each candidate's score. It is very important to give the student an honest rating based on your knowledge of that individual student.

All evaluations are kept confidential. Please put them in Stephanie Merritt's box in the High School office on or before Wednesday, March 17th by 3:00 pm. Thank you for your time and cooperation!

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1. Daily Attendance and Promptness	1		2		3	4	5
2. Personality and Enthusiasm/Attitude *Positive Attitude *Pleasant Personality *School Spirit	1		2		3	4	5
3. Responsibility *Comes prepared *Turns in items on time *Takes responsibility for her own actions/fitness *Can be counted on *Puts in the work needed	1		2		3	4	5
4. Ability to work with others, keep a pleasant "team" attitude, and treats other students with respect	1		2		3	4	5
5. Respects Adult Authority	1		2		3	4	5
6. You would be proud to point this person out as an excellent representative of Lansing High School!							
		No Way.....	Sometimes....	Absolutely			
	1		2		3	4	5

TOTAL POINTS _____ (30 pts. Possible)

IS THIS CANDIDATE "COACHABLE"? (Circle one) YES / NO

Signature: _____

Date: _____

COACH/SPONSOR COMMENTS:

Please return to Stephanie Merritt, Cheer Coach, before **Wednesday, March 17th by 3:00 pm** – You can put it in the large envelope in Stephanie's box in the Lansing High School Office.

Questions 913-727-3357 (LHS)

stephanie.merritt@usd469.net

