WOODLAND MIDDLE SCHOOL
CHEERLEADING TRYOUTS

Wednesday, March 4th to Friday, March 6th

COACHES:
- Jessie Cook (Football, basketball)
- Destiny Erwin (Football)
- Kim Ezell (Mat Girls)

Dear Students and Parents,

The words at the top of this page exemplify what Woodland Middle School cheerleading is all about. We expect our cheerleaders to exhibit these qualities at all times. Having positive attitudes, following rules, showing respect, following directions, showing school spirit, and being the best middle school student one can be are all a big part of being a Woodland Middle School cheerleader. When all of these things are in place, all involved have a more positive experience with cheerleading.

Cheerleading is a MAJOR commitment. If you are involved in other activities, such as competition cheerleading, dance classes, piano lessons, horseback riding, etc., then you will want to seriously consider the time commitment involved in WMS cheerleading. We expect every girl to be present at every practice (even last minute practices) and every game. The set routines become compromised when there are missing team members.

Please consider this major time commitment before trying out!
REQUIREMENTS

IN ORDER TO BE A CHEERLEADER AT WMS, YOU MUST:

1. Provide the **REQUIRED** sports physical by your physician. If it is on file with the school, see Miss Cook to check your name from the list of physicals. Physicals are valid for one calendar year. **SPECIAL NOTE: IF YOU DO NOT HAVE A PHYSICAL ON FILE YOU WILL NOT BE ALLOWED TO PARTICIPATE IN TRYOUTS.**

2. Pay a fee of no more than $150 to cover the cost of summer camp.

3. Attend **REQUIRED** summer camp the week of July 20th.

4. Attend **REQUIRED** weekly practices, games, and fund-raising activities.

5. It is **HIGHLY ENCOURAGED** to attend the uniform fitting scheduled for Thursday, March 12th if you would like to purchase additional cheer items.

6. Provide your own **REQUIRED** transportation to all games, practices, and related activities. You are to be dropped off and picked up **ON TIME**.

7. Have maintained at least a C average in all classes as of the 3rd 9 weeks (county policy).
Woodland Cheer Squads:

When you try out, you will be asked to give your preference of what squad you would like to be on. We will begin with the highest score and place people based on their score and preference. There will be about 12-16 girls on each squad (more or less depending on scores) so you may not get your first choice. Please read the descriptions below to make your decision.

**FOOTBALL SQUAD**
This squad will have one summer camp on July 23, 24, and 25 to learn choreography. You will be asked to pay a fee of $125 to cover the cost of this camp. Once school starts, you will practice on Tuesdays (3 – 4:30) and Wednesdays (3 – 5). Football games are on Thursdays. Games start in August and go to the beginning of October. If you are planning on doing any outside competition cheerleading, this is the best choice for you, due to the rigorous schedule of basketball and wrestling season.

You will be given a school uniform for the season. Other things you may choose to buy are shoes, poms, bows, practice clothes, jersey, warm ups, and a bag.

**BASKETBALL SQUAD**
This is a great squad for anyone who loves to cheer at games and has excellent school spirit. **IF YOU WILL NOT BE PARTICIPATING IN ANY OUTSIDE COMPETITIVE CHEER, YOU ARE ENCOURAGED TO CHOOSE THIS SQUAD FIRST.** You will have a choreography camp on July 23, 24, and 25 to learn halftime routines. You will be asked to pay a fee $125 to cover the cost of this camp. This squad will practice on Mondays starting in September. Starting in mid-October, you will practice on Monday, Tuesday, Wednesday, and Thursday until basketball games start in December/January. When games begin, you will practice on Wednesdays and have games on Mon/Tues/Thursday. Basketball season ends at the end of February. Basketball season is a big time commitment. If you cannot commit to this schedule, this is not the squad for you.

You will be given a school uniform for the season. Other things you may choose to buy are shoes, poms, bows, practice clothes, jersey, warm ups, and a bag.

**MAT GIRLS**
Mat girls cheer for our wrestling team and their season goes from October to December. The cost for this squad is $250-$275 for uniforms. More information about Mat Girls will be provided when you make this squad.

****Woodland Competition Squad****
If you would like to try out for our competitive squad, those tryouts are held at Premier Athletics on March 9, 10, 11, and 12th. The information in this packet pertains to **SCHOOL CHEER ONLY.**
School Cheer vs. Competitive Cheer

The information in this packet pertains to school cheer only. If you wish to be a part of Woodland's competitive cheer squad, that is run by Premier Athletics and their tryouts are March 9, 10, 11, and 12th.

The purpose of having two tryouts and separate squads is because the focus for each is different. School cheer focuses on school spirit, motions, jumps, halftimes, practices, and games. The goal of the competitive cheer squad is to take a routine with tumbling, stunting, motions, dance, and cheer to the National UCA Cheer Competition in February.

The two squads are independent of each other and there is no guarantee that if you make one, you will make the other. Some girls will make school cheer as well as competition and some will not.

Keep in mind that if you make Woodland's basketball squad AND Woodland's competition squad, you will be forced to choose one due to conflicting schedules. However, if you make Woodland's football squad AND Woodland's competition squad, you will be able to do both.

How Squads are Selected

On Friday, March 6th, the judges will score each person. Then each participant will be ranked from the highest score to the lowest score. We will use the ranks and place each person on the squad of their choice. The higher you rank, the better your chances of getting put on the squad of your choice. Some people will not get their first choice because that squad will already be full.
ITEMS YOU MAY WANT TO PURCHASE

The following items are not required, but many squad members will want the option to purchase. An itemized list of prices will be available once you make a squad.

For Games:
- **Red and White Hair bows** - Worn to games and practices
- **Boy cut brief** - Worn under uniforms for modesty
- **Poms** - Used during games
- **Cheer Shoes** - Worn during practices and games
- **Black liner** - Long sleeves worn under basketball uniform

For School on Game Days:
- **Light warm up jacket with name** - Recommended for football girls to wear to school on game days since the uniform is not in dress code.
- **Fleece Jacket** - Recommended for basketball girls to wear to school on game days since the uniform is not in dress code.
- **Yoga Style Pants** - Recommended to wear on game days under the skirt since the skirt is not in dress code.

Additional Optional Items:
- Jersey
- Cheer bag with name
- Camp/Practice clothes
- Spirit T-Shirt

Fittings for the **football squad** will be on Thursday, March 12th, at 3:00 pm in Miss Cook’s room (223).

Fittings for the **basketball squad** will be on Thursday, March 12th at 4:00 in Miss Cook’s room (223).

Uniform fitting for Mat Girls will be in the fall of 2015.
# RULES AND CONSEQUENCES

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<th>Action</th>
<th>Consequence</th>
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| Demerit hall/Saturday School                | • Sit out 1 game (Football)  
• Sit out 2 games (Basketball)  
AND  
• One strike per demerit hall/Saturday School |
| Being absent at practices or games.         | • 1 strike per absence                                                      |
| (Illness, injuries, and Dr. appointments will be dealt with on a case-by-case basis as long as we have PRIOR notification and Dr’s note) |
| (Absences for other activities or family trips will result in a strike, even if we have prior notification.) |
| Excessive talking during practice or games  | • 1 strike or sit out                                                       |
| Excessive tardiness to a games or practices | • 1 strike or sit out                                                       |
| Excessive lack of preparation               | • 1 strike                                                                  |
| Constantly having to be reminded about chewing gum during game or practices | • 1 strike                                                                  |
| Leaving trash or belongings in cheer area or in practice area. | • Extra conditioning at practice for the squad and a strike for the individual |
| Constantly having to be reminded about wearing jewelry at practice or during game | • 1 strike                                                                  |
| Not following sponsors directions based upon the degree of offense | • 1 strike                                                                  |
| Disrespect towards sponsor, coach, other members, or captains | • 1 strike                                                                  |

*** 3 strikes = Dismissal from squad***

Although these guidelines have been provided for cheerleaders, we reserve the right to dismiss cheerleaders from the squad for various situations that may arise.
CHEERLEADING TRYOUT INFORMATION

DATES:
Wednesday, March 4th - 4:00-6:00 (Practice day)
Thursday, March 5th - 4:00-6:00 (Practice day)
Friday March 6th - 3:30 – 6:30 or longer (Tryout day)

**NOTE: Tryouts will be Friday and may run until after 6:30. Rising 7th and 8th grade will go first.

**5th graders will NOT be pulled out of school early for middle school tryouts. If this happens, it may jeopardize their spot on the team.

**Tryouts and practice days are closed. Parents, siblings, friends, etc., may not watch.

JUDGING CRITERIA:
- Entrance, Spirit, and Enthusiasm
- Voice Projection
- Appearance (posture, neatness, smile)
- Jumps
- Chant
- Cheer
- Dance
- Tumbling (You are not REQUIRED to tumble but if you already have a skill you may choose for it to be judged)
  - In addition to the judges’ scores, past grades and behavior will be taken into account.

GENERAL TRYOUT INFORMATION:
- Adults with previous background in cheerleading who are NOT associated with WMS will judge the tryouts.
- Sponsors do not judge tryouts or give any information about tryout participants to judges.
- The tryouts will be held in the WMS gym.
- Each girl should wear black or dark shorts and a white shirt.

SPECIAL NOTE: ONCE THE SQUAD HAS BEEN CHOSEN, ALL DECISIONS ARE FINAL. NEITHER THE JUDGES’ SCORES NOR THE DECISIONS MADE BASED ON GRADES AND/OR BEHAVIOR WILL BE DISCUSSED. IT IS NOT APPROPRIATE TO CONTACT THE SPONSOR OR ADMINISTRATION REGARDING THE RESULTS OF THE TRYOUTS.
Information Sheet for Woodland Middle School Cheerleader

Name______________________________________________________________

Address_________________________________________________________________

City/State________________________________________Zip Code________________

Phone Number (where you can be reached most of the time)_______________________

Birth Date_______________________________________________________________

Mother’s Name___________________________________________________________

Mother’s Work Number/ Mobile Number______________________________

Mother’s email address ____________________________________________________

Father’s Name____________________________________________________________

Father’s Work Number/ Mobile Number_______________________________________

Father’s email address____________________________________________________

Emergency Contact (someone local, other than mother or father):

   Name_____________________________________________________________

   Home/Work/Mobile Numbers___________________________________________

My/our child, ________________________________, has permission to try out for Woodland
Middle School Cheerleading. The undersigned have agreed that all parties have read the attached
information and understand the requirements of cheerleading. I/we understand that cheerleading
requires jumps, movements, and dance, and my child is physically able to take part in these
activities.

Cheerleader’s signature_____________________________________Date_____________

Parent or guardian’s signature____________________________________Date_____________
Squad Choice
Please write neatly and use correct grammar. The more information you give us, the better prepared we are to place you on a squad.

1. What squad would you most like to be on and why (first choice)?

2. If your tryout scores are not high enough to put you on your first squad choice, what would be your second choice? Explain.

3. Are there any squads that you would decline being a part of? Please explain.
CHEERLEADING TRYOUT PACKET AGREEMENT 2015-2016

I have read the entire cheerleading tryout packet and understand that I need to uphold my behavior, be at any important dates, be present at practices and games, and represent Woodland Cheer in a positive manner 😊.

Cheerleader Acknowledgement: Initial the following and sign below.

___Letter                          ___Requirements
___Woodland Cheer Squads         ___School vs Competition
___Cheer Items to Purchase       ___Rules and Consequences
___Tryout Information

Cheerleader's signature:________________________________________

Date:__________________________

Parent Acknowledgement: Initial the following and sign below.

___Letter                          ___Requirements
___Woodland Cheer Squads         ___School vs Competition
___Cheer Items to Purchase       ___Rules and Consequences
___Tryout Information

I have read this information and will assist my child in following all of the guidelines set forth in the tryout packet.

Parent Signature:_______________________________________________

Date: ________________________
Go to: http://www.wcs.edu/wms/athletics/physical-form-for-participation/

Print a copy of the WMS physical form. You need to get this filled out by your physician and turn it in with your paperwork.

You also need to print and sign this concussion form:

TRYOUT FORMS CHECKLIST

PLEASE RETURN THESE FORMS TO MISS COOK NO LATER THAN MONDAY, MARCH 2\textsuperscript{ND}. IF YOU ATTEND ANOTHER SCHOOL, PLEASE LEAVE THESE IN THE OFFICE, AND THE SECRETARIES WILL PUT THEM IN MY MAILBOX.

REMEMBER THAT STUDENTS WILL NOT BE ALLOWED TO PARTICIPATE IN TRYOUT PRACTICES OR TRYOUTS IF THESE FORMS ARE NOT TURNED IN.

✓ The “Cheerleading Tryout Packet Agreement” initialed, signed, and dated by both parties.

✓ The “Information Sheet” completed, signed, and dated by both parties.

✓ Squad choice questions filled out legibly.

✓ The sports medical (physical) form completed, signed, and dated by your physician and parent/guardian.

✓ The concussion form completed and signed.

✓ A copy of your last report card or progress report from all teachers.