



Dorseyville Middle School
Cheerleading Tryout
Packet 2021-2022



Important Dates



Paperwork and Family ID Registration due: April 30, 2021

Tryout Clinic-Mandatory: April 26-29 from 6-8 p.m. @Main Gym

Tryout* Day: April 30 from 6-7 p.m. @Main Gym

Parent Post-Tryout Meeting: May 3 from 7-8 p.m. @Auditorium

Physicals Due: August 1

Free Physicals at the High School on June 1 from 6-7:30 p.m.

Free Impact Testing Online (directions to follow)

Cheer Camp: August 23-27 from 6-9 p.m. @Main Gym

*Results will be emailed to all participants on April 30, 2021.

Dear Prospective Cheerleaders and Parents,

Thank you for your interest in becoming a member of the Dorseyville Middle School cheerleading team! **Please read this packet carefully, as it contains important information regarding tryouts and sets forth some of the rules and expectations of being a member of the DMS cheer squad.** We take pride in the cheer program at Dorseyville Middle School and expect athletes to adhere to the rules. Once the team is chosen, you will receive a more detailed cheerleading packet.

Tryouts are closed to family and friends. This is for the safety of all concerned. No videotaping of routines will be allowed. This will give everyone the same advantage. Cheerleading candidates will be judged by a panel of qualified outside judges. Tryouts can be stressful, so it is important that all candidates get plenty of sleep, eat regularly, and stay hydrated. Candidates should include a conditioning and stretching routine prior to and throughout tryouts to reduce incidence of injury. Any student who is chosen for the squad during the April 2021 tryout will be required to cheer for both the fall and winter seasons during the 2021-2022 school year. Please note – There will be no additional tryout for the winter season.

It is an honor and privilege to become a Foxes cheerleader and your role on the team should not be taken lightly.

We look forward to cheering with you!

Cheerfully,

Carlyn Becker	Kenzie Kost DMS
DMS Co-Coach	Co-Coach

dmscheercoach@gmail.com

Important Information for the Cheer Season

- Dorseyville Middle School cheerleading is open to all students in grades 7 & 8 for the 2021-2022 school year.
- All DMS cheerleaders will cheer for home games for both football and 8th-grade boys basketball games.

What to expect during the cheer season:

- 📣 Mandatory Camp will be held the week of August 23-27, 2021, from 6-9 p.m. in the main gym.
- 📣 Mandatory practices will begin August 31, 2021. Practices will be held in the main gym from 6-8 p.m. for the fall, and from 6-8 p.m. in the aux. gym during the winter.

Cheerleading **Estimated** Costs Supplies and Equipment.

The items below are mandatory for all cheerleaders unless noted below.

- 📣 Spirit shirts – \$15 (1 shirt)
- 📣 Cheer Shoes – \$50 (new cheerleaders)
- 📣 Cheer Bow – \$20
- 📣 Spankies – \$15 (new cheerleaders)
- 📣 Unifit – \$15 (new cheerleaders)
- 📣 Poms – \$20

Tryout Information:

A tryout clinic will be held in the gym Monday-Thursday (April 26-29) from 6-8 p.m.

Actual tryouts will be held in the gym on Friday (April 30) beginning at 6 p.m.

1. What to wear:
 - a. Athletic clothing that fits properly and is comfortable.
 - b. Athletic shoes or cheer shoes (tennis shoes).
 - c. Nails should be trimmed to an appropriate length.
 - d. Hair must be worn in a ponytail.
 - e. On tryout day, all cheerleaders must wear a solid white, red, or black shirt and black shorts.
2. What not to wear:
 - a. Jeans/jean shorts
 - b. Flip flops
 - c. Baggy clothing or any clothing that is too small (no crop tops)
 - d. Jewelry
 - e. Any previous cheerleading or dance attire (bows included). You will be asked to change. Shirts will not be allowed to be turned inside out as the printing still shows through.

3. What to bring:

- a. Water
- b. Make sure you eat before or after the tryout clinic. Do not eat during the clinic.

Tryout Clinic Details:

During the clinic, you will learn a cheer, chant, jumps and a dance. You will be evaluated on all areas.

Other areas of evaluation will be as follows:









- 📣 Enthusiasm
- 📣 Appearance
- 📣 Vocalization
- 📣 Motions
- 📣 Sharpness

- 📣 Jumps
- 📣 Knowledge of cheers
- 📣 Knowledge of dance
- 📣 Confidence
- 📣 Stamina
- 📣 Strength
- 📣 Sportsmanship and character

Dorseyville Middle School Cheerleading Tryouts Judges Score Sheet

Judge # _____

Candidate # _____

<u>Category</u>	<u>Possible Points</u>	<u>Points Scored</u>	<u>Comments</u>
 ENTRANCE			
Spirit, Crowd Appeal, Energy	5	1 2 3 4 5	
 JUMPS			
Toe Touch – Height, Form, Prep/Landing	5	1 2 3 4 5	
Alternate Jump – Height, Form, Prep/Landing	5	1 2 3 4 5	
 CHANT			
Communication Skills – Word Enunciation, Loud, Strong,	5	1 2 3 4 5	
Spirit & Enthusiasm – Expression, Facials, Eye Contact, Excitement	5	1 2 3 4 5	
Motions – Proper Technique, Placement, Bold Sharp Controlled Moves, Knowledge of Cheer	5	1 2 3 4 5	
 CHEER			
Communication Skills – Word Enunciation, Loud, Strong	5	1 2 3 4 5	
Spirit & Enthusiasm – Expression, Facials, Eye Contact, Excitement	5	1 2 3 4 5	
Motions – Proper Technique, Placement, Sharp Controlled Moves, Knowledge of Cheer	5	1 2 3 4 5	
 DANCE			
Coordination, Knowledge of Dance,	5	1 2 3 4 5	
Motions, Controlled Moves, No Visual Counting, Begins/Ends on Time	5	1 2 3 4 5	
Enthusiasm, Facial Expressions	5	1 2 3 4 5	
 TUMBLING			
Cartwheel/Round-Off	1		
Back Handspring	2		
Back Tuck	2		
 OVERALL IMPRESSION			
Confidence, Appearance, Enthusiasm, Crowd Appeal, Facials, Eye Contact	15		
 Teacher Recommendation			
Attendance, Tardy, Participation	10		
TOTAL	90		

1 – Poor, 2 – Below Average, 3 – Average, 4 – Above Average, 5 – Excellent

Dorseyville Middle School Cheerleading Self-Evaluation Form (Mandatory)

Student Name: _____ Grade for 2021-2022 Year: _____

Email Address: _____ Cell Phone: _____

Address: _____
City State Zip

Parent's Name: _____

Parent's Email: _____ Parent's Cell: _____

Please take a moment to answer the following questions:

Have you ever cheered before? (Yes) _____ (No) _____

If yes, mark your most recent stunting position: Base ____ Back Spot ____ Front Spot ____ Flyer ____

Do you have any tumbling skills: (Yes) _____ (No) _____ If no, would you like to learn? _____

Why do you want to be a Dorseyville Middle School Cheerleader? _____

What was something the cheerleaders did last year that you enjoyed? _____

What was something that you did not enjoy? _____

What would you like to see implemented in this year? _____

What would you bring to the team if chosen? Why? _____

Thank you for taking the time to complete this form.

Good luck at tryouts!

Application for DMS Cheerleading Tryouts



My daughter/son, _____ has my permission to attend cheerleading tryouts for the Dorseyville Middle School 2021-2022 seasons. I understand that she/he must abide by the rules and regulations set forth by the coaches, athletic director, and the principals of the Fox Chapel Area School District, and she/he must be present throughout the year for all practices and games.

I understand that my daughter/son must attend the tryout clinic Monday, April 26-29 from 6-8 p.m. with tryouts on Friday, April 30, from 6-7 p.m., or my child will not be considered for a cheerleading position. Tryouts will be held in the middle school gym. I understand that my child will be evaluated by qualified judges; for a non-biased score, and I agree to abide by the decision of the judges.

I understand by the very nature of the activity, cheerleading and gymnastics, carry a risk of physical injury. No matter how careful the participant and coaches are, how many spotters are used, or what landing surface is used, the risk cannot be eliminated. I understand there are risks and I will not hold the Fox Chapel Area School District or any of its personnel responsible in the case of accident or injury at anytime.

I understand that all cheerleaders who make the squad are required to attend one week of mandatory summer camp the week of August 23 from 6-9 p.m. I understand mandatory practices will take place beginning August 30 and will continue throughout the remainder of the two seasons. Please schedule summer vacations around this week. Any missed days will count as **demerits** and ALL work will need to be made up **on the participant's own time.**

I understand there are some costs associated with joining the cheerleading squad and I am willing to cover these expenses. I also understand that I am responsible for reimbursing the school district if my daughter/son loses or damages any items that were provided by the school district such as uniforms.

I understand that cheerleading is a two-season sport and that this is the only tryout for both seasons. I understand that there will be no additional tryouts.

Parent or Guardian Signature _____ Date _____

I am interested in being a cheerleader for the Fox Chapel Area School District for the 2021-2022 school year. I understand the risks stated above. If selected, I promise to abide by the rules and regulations set forth by the coaches, athletic department, and the principals of Dorseyville Middle School. I understand that, when in uniform, I am a representative of the district, therefore my conduct, language, and demeanor will be appropriate. I promise to cooperate and follow the instructions of the cheerleading coaching staff.

Student Name _____ Student Signature _____ Date _____

Email Address for Tryout Team Announcement _____ Grade Next School Year _____