



Dorseyville Middle School Cheerleading Tryout Packet 2022-2023



Important Dates



Paperwork and Family ID Registration due: May 18

Tryout Clinic-Mandatory: May 16-20 from 6:00-8:00pm @Aux Gym

Tryout Day: May 20 from 6:00-7:00pm @Aux Gym

Parent Post-Tryout Meeting: May 23 from 7-8pm @Auditorium

Physicals Due: August 1, 2022

Free Physicals TBD

Free Impact Testing online (directions to follow)

*Results will be emailed to all participants on May 20, 2022

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 May 2022 tryout, will be required to cheer for both the fall and winter seasons during the 2022-2023 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
DMS Co-Coach

Kenzie Kost
DMS Co-Coach

dmscheercoach@gmail.com

Important Information for the Cheer Season

- Dorseyville Middle School cheerleading is open to all students grades 7th & 8th for the 2022-2023 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



Mandatory practices will begin August 22, 2022. Practices will be held in the main gym from 6:00-8:00pm for the fall and from 6:00-8:00pm 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 (May 16-20) from 6:00pm-8:00pm.

Actual tryouts will be held in the Gym on Friday (May 20) beginning at 6:00pm.

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











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 2022-2023 Year: _____

Email address: _____ Cell Phone: _____

Address: _____
City State Zip

Parents Name: _____

Parents email: _____ Parents 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!

FC Cheerleading Student/Teacher Evaluation Form

Student Name: _____ Grade: _____

Teacher: _____ Subject: _____

Thank you for taking the time out of your busy day to complete this evaluation form. Please be 100% honest as we are using these evaluations to try and obtain the best all-around athletes for the DMS cheerleading program. Please return the form to the school office by May 13, 2022. Please do not return the form to the student.

1. Is this student respectful? (Yes) _____ (No) _____

Comments _____

2. Is this student attentive in class? (Yes) _____ (No) _____

Comments _____

3. Does this student interact with others? (Yes) _____ (No) _____

Comments _____

4. Is the student capable of balancing cheer & academics? (Yes) _____ (No) _____

Comments _____

5. Does this student show pride/spirit for the school? (Yes) _____ (No) _____

Comments _____

6. Does this student finish class work / homework? (Yes) _____ (No) _____

Comments _____

7. Does this student come prepared for class? (Yes) _____ (No) _____

Comments _____

8. Is this student tardy and/or absent from class often? (Yes) _____ (No) _____

Comments _____

Rate student's overall behavior 1-10 with 10 being the best _____

Teacher's Signature _____ Date: _____

Thank you for your input. We really appreciate it!

Carlyn Becker & Kenzie Kost
DMS Cheerleading Coaches

Application for DMS Cheerleading Tryouts



My daughter/son, _____ has my permission to attend cheerleading tryouts for the Dorseyville Middle School 2022-2023 season. I understand that they 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 must be present throughout the year for all practices and games.

I understand that my daughter/son must attend the tryout clinic Monday, May 16-19 from 6:00pm-8:00pm with tryouts on Friday from 6:00pm-7:00pm or my child will not be considered for a cheerleading position. Tryouts will be held in the Middle School aux 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 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 22nd from 6:00-9:00pm. I understand mandatory practices will take place beginning August 22nd 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 needs to be made up **on your 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 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_____ Date_____

I am interested in being a cheerleader for the Fox Chapel Area School District 2022-2023 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 year_____