

# Lionville Middle School

## Cheerleading Tryouts

Fall 2010

Welcome to LMS Cheerleading! You will find everything you will need to know about the program and season in this packet. Students should email Ms. Stonaker at [ESTonaker@dasd.org](mailto:ESTonaker@dasd.org) or stop into room B111 during homeroom or Organize to discuss any conflicts prior to the start of try-outs. Remember to bring your school spirit and have fun!

*Good Luck!*  
*Coach*

### **Informational Meeting:**

Tuesday April 13<sup>th</sup> 2:50-3:30 PM Cafeteria

### **Practice Schedule:**

Monday May 3 2:50 - 4:30 PM Gym

Tuesday May 4 2:50 - 4:45 PM Gym (First Cuts)

### **Review for those who made first cuts:**

Wednesday May 5 2:50 - 4:30 PM Gym

### **Try Out Date:**

Thursday May 6 2:50 PM Auxiliary Gym

### **Attire:**

- Tryouts: black shorts and a white T-shirt(writing on it is fine), white socks, and sneakers. Hair should be in a pony tail. No jewelry or gum will be allowed. I am looking for cheerleaders who are positive and excited about cheering on our LMS sports teams!
- **Squad Positions Available:** (all positions may not be filled)
- Football: 20
- Basketball/Competition: 20 cheerleaders- Tryouts will be in September

### **Tryout requirements:**

A cheer, dance, and jump will be taught and reviewed at our practice sessions. Any standing or running tumbling, including round-off, that can be executed well will be required. Please note, tumbling is not required to make the team. No spots will be provided during the tryout.

### **Results:**

The results of the tryouts will be posted on Friday, May 7<sup>th</sup> on the outside door near the cafeteria. (Door 2-3) The list will be posted after the 7<sup>th</sup> grade baseball game.

# LMS Cheerleading Tryouts Score Sheet

Judge's Signature: \_\_\_\_\_

Candidate: # \_\_\_\_\_

Category	Possible Points	Points
<b>Gymnastic Skills</b>	<b>10</b>	_____
<b>Jumps</b>	<b>10</b>	_____
<b>Cheer</b>	<b>10</b>	_____
<b>Communication Skills &amp; Presentation</b> Voice, facial expression, confidence	<b>5</b>	_____
<b>Motion Technique</b> Arm levels, sharp motions, correct fists	<b>5</b>	_____
<b>Dance Technique</b> Sharp motions, keeps beat, expression	<b>10</b>	_____

Judge's Total \_\_\_\_\_ out of 50

# LMS Cheerleading

**Program Overview:** Following the Universal Cheerleading Association, UCA, format Lionville Middle School Cheerleading will focus on game cheering and competitions. The cheerleading season encompasses both fall and winter seasons running from August until March.

**Competition:** Competition is an exciting, high energy venue for the cheerleaders to showcase their talents. It takes determination, team work, and 100% commitment; however the experience is fun and very rewarding. We will compete in 5 competitions this year. Competitions take place during basketball season. More information about competitions and tryouts will be available in the fall.

## **Coach Contact Information**

- Coach Elizabeth Stonaker – Cheerleading Coach
  - [ESTonaker@dasd.org](mailto:ESTonaker@dasd.org)- email is best
  - 610-524-6300 ext. 2769

## **Parent Participation**

- Parents involvement will be key to success with the cheerleading program. Please contact Coach Stonaker if you are interested in becoming involved. There will be a parent meeting after tryouts to designate parent committees.

## ***Cheerleading Parent Information***

**Important Dates:** It is important for the student to be available on these dates. Permission must be obtained from Coach Stonaker in advance if the student cannot fulfill this obligation.

**Tryouts:** May 7<sup>th</sup> in the Gym at 2:50

**Practices:** Will begin when school starts

**Camp:** July 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> (day camp at Downingtown East)  
July 16<sup>th</sup>-18<sup>th</sup> (sleep away camp at the University of Delaware)

**Games:** Football games are after school on Wednesdays

**Physicals:** Physicals must be turned in before tryouts. Cheerleaders will NOT be allowed to tryout without a physical form. Practice begins in August, and a new physical must be dated after June 1<sup>st</sup>. Physicals must be completed by a doctor and they must fill out the PIAA form. Cheerleaders may not practice without this form being turned in.

**Uniforms:** School uniforms will be distributed during September and fittings for the below required uniform items will be conducted in May during the parents meeting. More information about the parent meeting will be available after tryouts.

## **Costs:**

Uniforms: about \$250

Camp: about \$375 for both camps

## Cheerleading Expectations and Responsibilities

1. All cheerleaders are expected to conduct themselves in an appropriate manner. Pride and good sportsmanship are to be demonstrated at all times.
2. Cheerleaders are expected to participate in fundraising events. We ask that each cheerleader do their best to raise funds for the program to cover cheerleading fees.
2. Discipline and cooperation are mandatory. You will be expected to work as a TEAM at all times, respect each other, your captains, your coaches, and listen to other's points of view. Always remember, the team comes first and **your coach has the final word on all matters.**
3. Cheerleading is regulated by district policy. If a cheerleader becomes ineligible, that cheerleader will not participate in competition, practice, or any other event in accordance to the DASD policies.
  - o The 3<sup>rd</sup> time you are ineligible is grounds for dismissal from the team.
4. Cheerleaders who fail to follow school or team policies will be given a verbal warning or benched for a game, when appropriate.
  - o Failure to attend the last practice before a game/event may result in the cheerleader not being allowed to cheer.
5. All cheerleaders will tumble at their level and will need to participate in gymnastics outside of cheerleading practices.
6. Uniform Requirements:
  - a. Practice Attire: black shorts/skort, white or cheer T-shirt, and sneakers.
  - b. Game Attire (Full Uniform): shell, black bodysuit, skirt, briefs, white ankle socks, sneakers, and ribbon.Cheerleaders must bring all uniform items, with them to all events. Failure to abide by the dress code or have all uniform items at a game/event may result in being sat for the entire game/event.
7. Attendance: Attendance will be key to success. Please contact Coach Stonaker with any problems with scheduling PRIOR to the problem. If there is an emergency, please contact Coach Stonaker as soon as you can.
  - a. **Unexcused Absences:** 3 unexcused absences will result in removal from the team.
  - b. **Unexcused Late:** 3 unexcused lates will equal 1 unexcused absence.
8. All Cheerleaders and Parents are encouraged to contact Ms. Stonaker with any questions or feedback. The sooner you come to me the sooner we can address and work out any situation.
9. I can not anticipate all situations, but will address them in the most appropriate manner deemed by the coach.

*Thank you and I look forward to a great year!*

## ***Application for Cheerleading Tryouts***

*Please return this application to Coach Stonaker before 8:00am on the first day of tryouts May 3rd. Best of luck!*

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Home Address: \_\_\_\_\_

GPA: \_\_\_\_\_ Grade next year: \_\_\_\_\_

Parent's E-mail: \_\_\_\_\_

Allergies: \_\_\_\_\_

Medical Conditions (ex. asthma): \_\_\_\_\_

\*Please bring any inhalers, epi-pens, etc with you to all practices.

*Please check all that may apply:*

Gymnastics:

Have you cheered before?:

Round-off

Yes at LMS

Back handspring

Yes, but not at LMS

Tuck

This will be my first time

Layout

Season:

Fall- Football is our main Fall sport, but we support all LMS teams

Winter/Competition (tryouts will be in the fall)

I will be able to attend both camps on July 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> and on July 16<sup>th</sup>, 17<sup>th</sup> and 18<sup>th</sup>

Yes

No

### ***Parents and Students:***

Please sign below to indicate that you have read the material regarding cheerleading tryouts and responsibilities for the 2010-2011 school year. Your signature will indicate that you read, understood and agree to these requirements and give your student permission to try out to be a part of the cheerleading program at Lionville Middle School. *Thank you.*

\_\_\_\_\_  
Parent's signature

\_\_\_\_\_  
Student's signature

\_\_\_\_\_  
Date

## Participation Waiver

My child, \_\_\_\_\_ has my permission to be a cheerleader at Lionville Middle School. I understand that he/she must abide by the rules and regulations set forth by the coach, athletic director, and the principal of Lionville Middle School, and be present for all practices and games. I have read the rules and regulations and understand that the violation of any of these rules may lead to temporary or permanent suspension from the squad. I understand and give permission for my daughter/son to ride with the advisor and/or other parents when necessary. I understand that all forms attached must be completed by May 3<sup>rd</sup>, 2010 or my child will not be allowed to tryout. I understand that my child must attend all practice (unless excused by the coach) and tryout sessions, or my child will not be considered for a cheerleading position.

I understand that my daughter/son will be evaluated by qualified judges, and we agree to abide by the decision of the judges.

I understand all costs involved as stated in the rules.

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 coach are, how many spotters are used, or what landing surface is used, the risk cannot be eliminated. The risk of injury includes minor injuries such as muscle pulls, dislocation, and broken bones. The risk also includes catastrophic injuries such as permanent paralysis or even death from landing or falls on the back, neck, or head. I understand these risks and will not hold Lionville Middle School, the coaches, or any of its personnel responsible in the case of accident or injury at any time.

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
Parent or Guardian Signatures                      Date

I am interested in being a cheerleader at Lionville Middle School. I understand the risks stated above. If elected, I promise to abide by the rules and regulations set forth by the coach, athletic director, and the principal of Lionville Middle School. I promise to cooperate and follow the instructions of the cheerleading coach.

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
Student Signature                                      Date

Name: \_\_\_\_\_

**Preliminary Uniform Order Form**

**These are estimated prices and for information only. No ordering will be done till June**

Black Under Armor turtleneck tops may be purchased in lieu of the black turtleneck below on your own. If you are not purchasing the black turtleneck through us please cross it out on the order form.

**First Time Cheerleader**

<b>Required:</b>	<b>Price</b>	<b>Size</b>	<b>Qty</b>	<b>Total</b>
Black turtleneck	\$ 15.00			
Gold boy cut brief	\$ 15.00			
Sneaker (optional)	\$ 45.00			
Zebra skort	\$ 30.00			
Black skort (optional)	\$ 15.00			
White T-shirt	\$ 15.00			
Tank top	\$ 20.00			
Black T-Shirt	\$ 15.00			
Gold Shorts	\$ 8.00			
Black Shorts	\$ 8.00			
Warm-up	\$100.00			
Fleece (optional)	\$30.00			
Duffle Bag (optional)	\$25.00			
<b>Total</b>				