

LYNNWOOD CHEER

Tryout Packet & Program Guide



**Lynnwood High School Cheerleading Tryouts
Clinics 4-11, 4-12, & 4-13
Tryouts 4-14**

Table of Contents

I.	Introduction Letter.....	3
II.	Tryout Timeline and Events Calendar.....	5
III.	Mandatory Summer Dates.....	7
IV.	Team Expectations and Responsibilities.....	8
V.	Financial Obligation.....	13
VI.	Selection Process.....	14
VII.	Additional Tryout Information.....	15
VIII.	Cheerleading Tryout Tips.....	16
IX.	Cheer Application.....	17
X.	Cheer Questionnaire.....	18
XI.	Athletic Eligibility Forms.....	22
XII.	Signature Page.....	2

I. Introduction Letter

Dear Cheerleading Candidate and Parent(s) / Guardian(s);

Thank you for considering the Lynnwood High School Cheerleading Program! High school athletics and activities can enhance the academic experience and allow individuals to further enhance their skills, challenge themselves mentally and physically, develop leadership abilities, and create lifelong friendships.

The LHS Cheer Program exists to support school athletics and to accomplish the program's own athletic and competitive goals. This creates a tight and busy schedule, as the student will have commitments for camps, practices, games, tumbling, and competitions. Individuals trying out should seriously consider their academic load, other sports or activities, jobs or volunteer work, and regular family and religious commitments. Even one person missing from a cheer activity can jeopardize the squad's success for the day. However, while the commitment level is demanding at times, cheerleaders feel a sense of pride and unity cheering for their school and are always amazed to see their skill level improve by the end of their season.

This will be my fourth year as the Lynnwood Cheerleading Program Director and Head Coach. I am excited to also have an assistant. My assistants may change here and there during the year, but are always willing to learn and help work with the amazing group of cheerleaders we have. I am excited and ready to grow this program into one of the best Washington has to offer. This year, we will be implementing a multi-tiered team program in order to help better support our school and community, as well as welcome more new faces into the program, while continuing to train athletes at a speed best suited for them. In addition to growing our team, we will be growing our coaching pool as well! We will be utilizing the outstanding talents of industry leaders for our tumbling, camp, and choreography needs from organizations such as: Varsity, UCA, CheerForce (CA), and Cheer Athletics (TX)!

A little background on me, I am an Oregon native, but lived in many states growing up. I was a high school cheerleader as well as an all star cheerleader. My mother was a cheerleader for Marysville Pilchuck back in the day and so I followed in her footsteps in Utah when I was in high school. I played many different sports, but fell in love with the athletic ability that cheerleading had to offer and I was hooked. I loved being part of cheer in high school and the memories that I left with were some of the best. I felt like I wasn't part of 1 team, but all the teams in our school and am excited to be able to share that, as well as teach that in my new position. As far as coaching, years ago my youngest daughter decided that she wanted to be a cheerleader and in helping her get ready for that I found myself coaching. I not only coached the Glacier Peak Youth recreational league, but helped coach the young athletes in competition as well. I found that I loved coaching and teaching young cheerleaders to love something I truly loved. Lastly, I want to share that I work for the district in a specialized program for young adults with different abilities and I truly love my job. I help coach them in jobs and day to day interactions with the community around them. It is very rewarding and fun.

Every year this program grows with entertaining, original performances, stronger sideline incorporations, and amazing outreach in the community. I know that COVID has taken a lot from athletes in the past few years and that things look very different for them. It is our hope that all athletes feel recognized and supported by the program. It is also our hope that athletes will learn to lead by example, by being leaders in the community of LHS school. We are the leaders in positivity and motivation which is the foundation to creating great athletes. Being there for each other on a team is something we are working to better in all aspects of cheerleading. Finally, competitions will be a place where we can exhibit our skills and work towards a WIAA State Cheerleading Championship. Edmonds school district is very much on the side of making sure that our students and families are safe.

Tryouts clinics for the 2023 - 2024 cheer program are April 11-13 from 3:30-6pm. So stay tuned! Tryouts will be held in the Aux gym at Lynnwood HS from 3:00-6:00 PM on April 14th. During the clinics you will be given a number so that you know where to line up and go on the day of tryouts. New material will be taught at each clinic so it is imperative that each candidate comes to all clinic days. If for some reason you are unable to attend a clinic day, it is the athletes responsibility to get the material and practice on their own as we have limited time in clinics. If for some reason you are unable to make the clinics/tryout day please see Lesley; an alternative tryout may be given at the coach's and Athletic Director's discretion. There will be three components that candidates will be judged on which are, questionnaire / essay, attitude, and physical skills. More information can be found below.

There will be a MANDATORY parent information meeting for all which will be held on Wednesday 4-20 from 5-6:30pm for all who make the team and a parent. This meeting will be held in person in the main gym. It is important that ALL attend as that is when we go over expectations and all get on the same page. We also go over the fundraising opportunities and it takes the help of parents, so there will be a sign up sheet to help out.. We will also get all parents on BAND which is the app that we use to communicate. We will also set up our first fundraiser of the year (99), so please have your cheerleader bring their chromebooks.

Before you try out, it is our responsibility to bring to your attention a number of different items related to cheerleading. It is essential that each member of the squad understands and accepts his/her duties, responsibilities, commitments, and has a complete understanding of what is ahead. We also need parents to make sure they understand the expectations as well.

After you have read and discussed the items on the following pages with your parent(s)/guardian(s), **please sign and return before the first day of tryouts.** Be sure that both you and your parent(s) understand and are willing to accept these requirements. Forms to be completed and returned:

1. Cheer Application
2. Cheer Questionnaire
3. Signature Page

All other necessary Athletic eligibility forms must be turned into Monika Nuth or Paul Keen by 3-6-23, BEFORE the interest meeting and clinics begin that day.

You can start turning in paperwork as soon as you get it filled out. We look forward to working with you and I wish you the best of luck at tryouts!! If you have any questions or concerns, please feel free contact me at brunsonl@edmonds.wednet.edu.

Cheers!

Lesley Brunson

LHS Cheerleading Program Director

II. Tryout Timeline and Event Calendars

Events:

Day	Event	Time	Location
2-1	Tryout Packet Drops		
3-6	Physical, Rank 1, and all fines must be taken care of and you must be cleared to be here.	3pm	Aux gym
	Open practices for ALL who are interested in LHS cheer (must be cleared to participate) Starting 3-6 and finishing 3-29 from	3pm-5pm	Aux Gym
3-31	<ul style="list-style-type: none"> • ALL tryout packets are due by 3pm • ALL eligibility forms are DUE.. • ALL student fines need to be paid 	Due By 3pm	Main Office - Cheer Box Or Athletic Hallway - Mr. Keen “Cheer” mailbox (far right towards the bottom) in the main office.
4-11 4-12 4-13	Tryout Clinic from (Please come dressed to work out and learn the tryout material)	3:30 - 6pm	Aux Gym
4-14	Tryouts - will give numbers there. Must be there to try out.	3-6pm	Aux Gym

4-20	Mandatory: Parent & Athlete meeting to go over tryout and year information (Must be there)	5 - 6 pm	Main gym / Agora
5-1	Deposit is DUE (\$450)		Pay online / Call ASB office / or bring check to meeting
5-8	Uniform Fittings / Gear fittings	3-6pm	Aux Gym

Events (Please know that these will be updated ASAP):

Day	Event	Time	Location
Practices	Monday & Wednesday (We will practice this for the remainder of the year)	3 - 5 PM	Aux Gym *Subject to change based on availability*
Camp Jul 29 - Aug 1	Cheer camp	All day / overnight	@ UPS College in Tacoma
August Practices	<ul style="list-style-type: none"> Monday - Friday 	9-11am	Field space outside
Aug	Team Pictures	TBD	TBD
March	Booster Auction	TBD - Evening	TBD

****After tryouts, practice begins the following week.
Monday and Wednesday from 3-5pm in the Aux Gym****

III. Mandatory Summer Dates

Month	Date	Event	Location	Team
All Year	Start TBD	Optional Tumbling Class	Connect Cheer	All
June Car Wash		Fundraiser		All
July	End of July	Cheer camp	UPS Tacoma	All
August	Starting 8-3 M-F	Practices	LHS Field	All
August Car Wash	TBD (On A Sunday)	Fundraiser		All
Nov - April	TBD	Competitions	TBD	Gold / Alternates

All dates are subject to change depending on space and what’s going on in the district. Competitions will be determined by the amount of those interested. Those dates will come when a decision is made.

IV. Team Expectations and Responsibilities

Program Philosophy

- Promote school spirit and support our athletic programs on the sideline
- Serve and represent the school and the community
- Instill commitment, time management, and teamwork
- Develop cheerleading skill and technique
- Challenge the body and mind in competitive venues
- Create friendships and have fun!

Squad Sideline and Team Make Up

- **Implementing A Multi-Tiered Team Structure**
 - Students who will be in grades 10-12 for the 23-24 school year are eligible for either Sideline & Competition, both of which are considered Varsity sideline teams.
 - Both teams will cheer at the same Varsity sporting events, perform the same assembly routines (with the exception of competition routines) and attend all the same fundraisers and community events.
 - These teams however, will be split based on physical and mental stamina, in order to provide a safe progression in skills, as well as maturity and reliability in representing LHS

- Sideline
 - Lines will be determined before the first game based on chant, dance, and jump test. However, lines are subject to change weekly due to attendance, attitude, and performance at previous week's game

- **Sideline**
 - **No cheer experience/tumbling necessary**
 - **Weekly tumbling is RECOMMENDED but not required**
 - HIGHLY recommended for those wanting to move up to GOLD
 - **Possibility of competing locally**
 - Will be based on skill and stunt progression, ultimately decided by the Coach.
 - If competing, the team will compete as a Non Tumbling JV based on the new WIAA division splits.
 - Team members on sideline MAY be able to move up and compete at coaches discretion

- **Competition**
 - Again no spot is permanent, athletes may be moved between teams based on roles needing to be filled, performance, attitude, grades, attendance
 - Competes locally and nationally when district permits (COVID)
 - Sideline only -May compete locally if there is interest and the proper skill set is obtained as determined by coach
 - **Competing locally**
 - Non Tumbling Traditional and possibly Game Day
 - **HIGHLY RECOMMENDED to take team tumbling** (or an outside tumbling class approved by Lesley) **once a week**
 - **Must have/be working towards a MINIMUM standing Back Handspring or Round-Off Back Handspring**
 - **Top Girls**
 - Must be able to hit all body positions: Heel stretch (both sides), Scorpion, Scale, and working towards a needle/spike and kick scorp
 - Full down from extended body position
 - Switch up/work towards tick tock (low to high)
 - Full up/Full up to single leg
 - **Bases/Back Spots** must be comfortable

- Holding stunts for an extended period of time
- Performing a traditional full up grip
- Gripping switch up/tick tock (low to high)
- Squad Size
 - Determined by judges, AD, and coach.

Mandatory Events

- **All classes!** You are a student first and you **CAN NOT** practice if you have an unexcused absence or tardy.
- **All practices!** Practices are 2-4 times per week, Monday - Thursday (times will vary depending on gym availability) When competition season begins there might be some Saturday practices due to having space.
 - Tumbling is considered additional practices
- **All Games!** Student will be given a calendar in advance and have scheduled games 1-2 nights per week
 - During winter season, student may have up to 3 games per week (I do my best to split the squad to give adequate time for studies and work during the weeks we have multiple games)
- **ALL CAMPS, CHOREOGRAPHY WEEKENDS, AND COMPETITIONS ARE MANDATORY!**
 - Tentative camp and choreography weekends are listed under “Mandatory Summer Dates”
 - Competitions are a mandatory event/obligation. **Cheerleaders** will be going to 4+ competitions in addition to the UCA Regional. Most competitions are on Saturdays between November and January. If we qualify, State will be at the end of January/ beginning of February and Nationals are also in February. More information will be given closer to the competition season.
- **Fundraisers** are required since there is a financial obligation while being on the Cheerleading Squad. *Please see the Financial Obligation page for more details.*
- **Community Service Events**
 - These will be expected when they come up. Helping in the community is something that I, as a coach, see beneficial.
- **Team Bonding Events**
 - In order to create a fun and all inclusive environment ALL members of LHS Cheer will be expected to attend team bonding activities. These will be scheduled throughout the season and will be a fun way to get to know each other and create lasting fun memories.

Absences

- As with other teams and organizations, cheer is a commitment! Inability to commit to these activities will result in dismissal.
- **One unexcused absence**
 - Whole team will run lines for each unexcused absence during that event (practice, game, performance, community service, etc.)
- **Three unexcused absences**
 - Meeting with Coaches and AD.
 - If circumstances require, a contract will be made between coaches, athletic director, parents and student concerning absences before dismissal from the squad.
 - If the absences continue it will result in dismissal from the squad.
- All squad members are responsible for attending all mandatory events throughout the entire year. Please note cheerleading is a **year-round** activity.
- Absences are not acceptable for jobs, other school activities, and social occasions. Regularly scheduled doctor's appointments and dental appointments are not excusable.
- A meeting with the coach & AD will be scheduled if attendance becomes an issue.

(Excused reasons: Emergency doctor visits w/note, funerals, weddings, religious events, sickness, or school related functions (i.e. running start, SAT testing, etc.)

Tardiness (Practice starts at 4:00 pm; you are late at 4:01pm)

- **Unexcused Tardiness = 1 + minute late**
 - Whole team will run lines at the end of practice. (practice, game, performance, community service, etc.)
 - Three late arrivals will equal one unexcused absence

Leaving Early

- If you leave early from practice for unexcused reasons, it will equal one tardy. Leaving early three times will equal one unexcused absence. (See above)
- Being on time / leaving early affects the squad as it is their responsibility to work together to set up and take down mats.

Athletic Code

- Athletic Code
 - Students will not be permitted to possess, traffic in, and/or use non prescribed or illegal drugs, alcohol, or any form of tobacco (including vaping), and may not be in the presence of, or remain in the vicinity of, the use of such substances prohibited by criminal law, or engage in behavior that enables others to illegally use such substances. It is the responsibility of the student-athlete or squad member to remove himself/herself immediately, beyond all reasonable doubt and proximity, from the situation.
- Violation of Athletic Code
 - First Offense
 - Immediate ineligible for extracurricular competition or performance for forty-five (45) calendar days.
 - Depending on the severity of the violation, there could be a 1 year suspension that is decided by administration.
 - Second Offense
 - Removal from squad
- Harassment, Intimidation, and Bullying
 - Students are expected to refrain from the harassment, intimidation, or bullying of others, which is an intentional electronic, written, verbal, or physical act that:
 - Physically harms a student or damages the students property
 - Has the effect of substantially interfering with a student's education
 - Is so severe, persistent, or pervasive that it creates an intimidating or threatening educational environment, or
 - Has the effect of substantially disrupting the orderly operation of the school

Any athlete who is found to have harassed, intimidated, or bullied another student (either another athlete in our program or someone else in the school) as defined by LHS policy, may be removed from the team for the remainder of the season.

Academics

- Register for, attend, and pass a minimum five classes, with enough additional classes to equal 2.5 semester credits/1.66 trimester credits, or equivalent during the season of competition.
 - If taking less than five subjects during the season of competition and the previous semester/trimester, the student may not receive less than a passing grade in more than one class.
- Students must attend the **full** day of school to participate at practice or games on that day.
- School policy says that if a student is more than five minutes late to a class, they are absent.
- If a student athlete ends up on academic ineligibility more than once during a season, they may be dismissed from the squad.
- Student must maintain a 2.0 GPA to try out for the 2022-2023 Cheerleading season

If a student athlete fails to meet the academic standards, they will be allowed to practice but will not be allowed to cheer at games. You are a student first, athlete second!

Social Media Accounts:

- Even when you are not at the school or in uniform you are STILL a member of the LHS Cheer Squad, therefore social media accounts must be **appropriate, by coaches standards**, at all times (foul language, “spam” accounts, the use of drugs or alcohol and/or sexually explicit photos WILL NOT be tolerated)
- If for any reason social media accounts fail to meet the coaches’ standards, the coach and Athletic Director may set punishments on a trial basis or even dismissal from the squad.

Game Expectations

- Arrive at games 1 hour - 30 minutes prior to football start time (subject to change based on events), 30 minutes early to all other sporting events.
- Cheerleaders must arrive in uniform (bow, shoes, and socks included), hair pulled back with hair off face, and ALL jewelry out. Cheerleaders are expected to dress in uniform decided by the coach to school in order to promote school spirit. (not being in uniform for school will result in standing out of a game for the first quarter) Cheerleaders are expected to have all gear with them for the game as we can not control the weather. Not having the proper uniform for the game results in sitting out with the coach during the game. *Do not get ready upon arrival to the game. Cheerleaders are expected to be ready when they arrive at the game (this includes being early to get hair finished).*
- Late arrival to games will result in sitting out the first quarter of the game. **IF** late arrivals become frequent 3 late arrivals will result in 1 unexcused absence. (See above)
- Cell phones are not permitted at any time during cheerleading events. If they are out or used during an event it will result in the team running lines at the next practice and possibly sitting out of a quarter of the game.
- In the fall sports season, all squad members will be responsible for cheering at **ALL** football games. The squad may also be split into mini squads to cheer at volleyball and soccer games as needed.
- In the winter sports seasons, the squad will be split into mini squads to cheer at alternating girls/boys basketball and wrestling. **ALL cheerleaders will be required to be at home basketball games on Fridays.** (Mini squads may change from fall season to winter season).
- Note that stunt groups may change throughout the season to meet the needs of the squad, and encourage variety to improve skill.
- Some events (such as State/playoffs) only allow for a certain number of cheerleaders on the floor at a time. Because of this, it is at the coaches discretion to choose who will be able to cheer based on a series of factors. These factors may include, but are not limited to, practice/game attendance, physical skills, seniority, and responsibility throughout the season.
- Keep in mind that there are always a few playoff games after the regular season for fall / winter sports. These game times & locations will come out as they come. You can also check the brackets on the WESCO site for potential details.
- Cheerleaders must be on their best behavior **AT ALL TIMES**. You are representing LHS!

V. FINANCIAL OBLIGATION

We have worked hard to lower the cost of LHS Cheer as well as have many opportunities for cheerleaders to raise the funds to cover costs. The cost can be daunting at times, but please don't let that be a reason to not try out. Fundraising has made it so that girls haven't had to pay anything out of pocket, so it is 100% doable, but it does take work! Last year the average cheerleader raised \$400 in fundraising funds. Remember, this is a yearlong program. Our hope is that with athlete/parent support in fundraising, we can bring down the personal expense. However, since there are no guarantees that fundraisers will be successful, it is important that each squad member be prepared for the potential costs. If you need a payment schedule please reach out to the coach to make arrangements; however, there will be due dates for designated amounts of money. Failure to make these deadlines will result in sitting out games, performances, etc., until paid. These will be counted as **unexcused absences**.

Fundraising

***** Is a very important part in order to allow for ALL who want to be able to cheer. Also we will need to raise the funds in order to be able to compete.*****

Fundraising includes the following: car wash, 99, concession stand sales, restaurant nights, textile drive / goodwill truck, See's candy, Booster Auction, and mini cheer camps. Our fundraising has been highly successful and can definitely decrease out of pocket dues. Parents will need to help with this.

****** If for any reason the cheerleader does not complete his/her term as a LHS Cheerleader, it is still their responsibility to pay their cheer account. ******

Estimated Expenses 2023-2024:

- Cost for the 2023-2024 Season for Sideline is \$900 plus your ASB / Participation fee for the school of \$150. (There are many opportunities to raise the remaining funds, fundraising also covers some of the extra things cheerleaders get throughout the season)
- Competition Fees run \$400 and this will depend on the funds raised during the season.
- There are a few extra fees throughout the year and we will give plenty of notice for those. (ie. Team pics \$60-75)

Cost Breakdown
<ul style="list-style-type: none">● Uniform: Skirt, Top, Warm up jacket, \$300● Gear: Rain Jacket (new cheerleader / new size \$55), 2 Tanks, Grad Jersey, Sweatshirt, Pink Shirt, \$120 - \$160● Bows - \$30● Camp - \$450 (covers: room, camp, and 3 meals per day)● A plain white cheer shoe is needed.

Optional Items
<ul style="list-style-type: none">● Varsity Fleece & Headband - \$160● Varsity Cheer bag - \$90 <p style="text-align: center;"><i>There will be a Varsity store that has some optional items for you to purchase.</i></p>

Deposit of \$450 Due at the Parent meeting on 4-20 or by 5-1:

****If you need a payment schedule please reach out to Coach in order to set one up.****

- April 20th - \$450 due (Checks can be made out to LHS and will be turned into the ASB office)
- Oct 1st any remaining balance due.

VI. Selection Process

Hello Parent(s) and Candidate,

We are very excited that you are trying out for the 2023-2024 LHS Cheer Squad. It will be quite a week with clinics/workshops and judging the candidates. We are anxious to get started!

Please make sure you know your number as that is how you will find out if you have made the squad. The numbers will be posted on our Facebook and Instagram pages. Depending on the phase of our school at the time we might put together a team bonding pizza party, but that is all tentative.

If selected, please be at the **Mandatory** parent / athlete meeting on April 20th from 5-6:30pm in the Agora or the gym. Here we will discuss expectations, fundraising opportunities, cost, difference in sideline vs competition, and the handbook for cheerleaders and parents. Cheerleaders will also need to bring chromebooks in order to set up the first fundraiser: 99 (online fundraiser). We will have sign up sheets that will go around in order to get full participation. We will also be setting up a team and parent band group so that you all can stay on top of things. Band in an app on your phone where the schedules and many other communication items will come through. This app is the quickest way to get information / questions answered. It is also an easy way to coordinate all the things we need to do for fundraising. It is also the best way to contact me during the day with questions. This will also be a time for you to ask any questions you might have going forward. Plus much more.

I look forward to coaching your athletes and having a great year.

Go Royals!!!

Coach Lesley

VII. Additional Try Out Information

To better ensure the integrity of the tryouts and safety of the candidates, try-outs will be closed. Candidates will try out in front of the panel of judges only. The panel will be looking for the following:

1. Proper expectation of the material taught during clinics
2. Appropriate enthusiasm and spirit
3. Athletic ability and strength
4. Potential
5. A display of commitment and teamwork demonstrated through attendance, participation at clinics, and attitude.

The following elements are used in scoring candidates and determining squad:

1. Physical Skills – 40 points possible
 - Potential flyers/top girls may be asked to see body positions such as heel stretches, scorpions, bow n' arrows, scales, and needles if applicable. (This could potentially be a tiebreaker for some trying out).
2. Essay – 25 points possible
3. Interview- 15 points possible
4. Coaches Score – 20 points possible (questionnaire)

**Although the above elements are used in scoring candidates, it is ultimately the coach's decision to determine who will be selected for the squad. Those who were on it the year before are not guaranteed to make it again. **

On clinic and try out days, please remember the following:

- Shorts or leggings – **Day of tryout BLACK SHORTS ONLY**
- Athletic t-shirts or tanks and sports bras – **Day of tryout WHITE SHIRT ONLY (as little design as possible)**
- Athletic Shoes (white/no show socks)
- Hair pulled back and secured (hair bow optional)
- **NO Jewelry**
- Finger nails at fingertip length, no polish
- Water Bottle
- **All potential cheerleaders must have a current physical and any additional required athletic paperwork on file before they are eligible to try out.**

VIII. Cheerleading Tryout Tips

It's time to show your stuff! Don't know where to start? Here are some hints to help you prepare for tryouts.

- **Practice Your Motions**
 - Work on crisp, tight motions. Practice in front of a mirror. This helps you to see your facial expressions and motions.
- **Try Out Clinics**
 - This is time for the coach to evaluate how well you work with others. As well as for you to get help from the coach and try me out as well. Be sure not to seclude yourself from the rest of the team. Sure, you may be competing against them, but they may also be your squad mates. Be confident in yourself. Sportsmanship, as well as a great attitude, goes further than you may think!
- **Shout it Out**
 - Coaches need to hear your voices! Work on controlling your volume and projection. Yell from your diaphragm, not your throat, to increase volume and learn to emphasize "key" words in each cheer to keep from becoming monotone.
- **Be Prepared**
 - Come to clinics ready to work and to learn. Make sure all your paperwork is turned in on time; this shows the coach that you are responsible.
- **Show Enthusiasm**
 - It is important to have a positive, enthusiastic outlook, especially on tryout day. If you aren't energetic and excited about trying out, your body and your facial expressions will give you away. Be sure to put on a smile all week long. Be supportive and encouraging of others when they tryout. If you make a mistake, move on, it is okay to make mistakes and remember to smile. Cheerleading is fun!
- **Look Your Best**
 - On the big day, girls come out confident with a natural makeup look. A pink/red lip, a touch of blush, and eyeliner are always a classic look. Don't go crazy with the blush and if using eyeshadow keep it natural. Absolutely NO jewelry (includes belly rings). Make sure your nails are trimmed and not past the fingertip and remove all nail polish. Remember to pull your hair back in a pony (curly or straight). Also, lose the gum. Remember to wear shorts and a plain t-shirt at tryouts. Boys, same rules apply for jewelry and hair (if applicable). Come out clean and confident in active wear ready to go!
- **Relax and Have Fun!**
 - Take a deep breath and have confidence in yourself! Most importantly, have fun and remember to smile!

IX. CHEER APPLICATION

FIRST NAME: _____ LAST NAME: _____

I am interested in:

Sideline Comp EITHER *Team descriptions on pages 8-9*

BIRTHDATE: _____ FALL 2023 GRADE LEVEL: 10 11 12

MAILING ADDRESS: _____

(Address, City, State, Zip)

STUDENT'S CELL PHONE: (_____) _____

STUDENT'S E-MAIL ADDRESS: _____

PARENT(S) NAME: _____

PARENT(S) CELL PHONE: (_____) _____

PARENT(S) EMAIL: _____

***I need a valid email address for parents in order to send out communications. Please provide all emails that need to be included in this communication. There will also be a BAND link to set up for parents. This is the best place for me to be able to upload what you need to know and the schedule.**

X. Cheer Questionnaire

This questionnaire is designed for the coach to get to know you and your desire to be on the cheer squad. Please write your responses in clear, thoughtful paragraphs.

You may type/write your answers on a separate piece of paper and attach them to this packet

Please note that your answers will be scored from 1-4 (low to high).

1. Being on the LHS cheer squad takes a lot of time and dedication. Will you be able to maintain your GPA as well as work/life balance? What is your current GPA? (Remember student first, athlete second!)
2. Cheerleading is a year round sport and it starts the time you are selected for the squad. What is your availability in the summer, fall and winter? Are you currently employed?
3. Do you see yourself as a leader? What are your strengths and weaknesses?
4. Why do you think you should be a LHS cheerleader? What qualities can you bring to the team? Any previous experience in cheer, gymnastics, or dance?
5. Do you feel you are ready to be on the LHS cheer squad? What are your concerns?

XI. Athletic Eligibility Forms (*Instructions*)

1. Type in the following URL into your web browser:
<https://edmonds-schools.rankonesport.com/New/Home.aspx>
2. Click on “*Start Online Forms*”
3. Complete the “*Informed Consent Form*” for “*Cheerleading,*” then click submit
4. Click on the “*Electronic Participation Forms*” tab at the top and fill out the “*Athletic Emergency Information,*” then click submit
5. Lastly, click on the “*Electronic Participation Forms*” tab at the top and fill out the “*Eligibility Questionnaire,*” and click submit, Monika Null or Paul Keen will be the ones to clear you. You can start checking in on March 24th.

DO NOT WAIT UNTIL THE LAST DAY TO TURN IN PAPERWORK! Remember, if you are not cleared, YOU DO NOT TRY OUT!

Monika and Paul will get swamped on the last day so **DO NOT WAIT!** Please visit them during any of your breaks, lunches, or before or after school.

Athletic Eligibility Forms (*Instructions for Current 8th graders*)

You will need to fill out hard copies of athletic forms. You can pick them up from the AMS main office or LHS main office. Due dates are the same for all current LHS students.

XII. Signature Page

Acknowledgement and acceptance of LHS
Cheer Tryout Packet & Program Guide
2023-2024

Cheerleader:

I have attended a meeting where the rules were explained to me in detail, and I've spoken with the coach/my parents about any concerns I may have related to the terms of this agreement. I understand that any school issued equipment or uniform pieces must be returned in the same repair as they were checked out to me. Failure to do so will result in a fine. I agree to abide by all terms/conditions previously described for the duration of the 2023-2024 cheer season.

Signature

Date

Parent/Guardian:

By signing below, I give permission for my child to try out for the 2023-2024 LHS Cheer Squad. I understand the tryout process in its entirety including team expectations, financial obligation, and teacher recommendations. I also understand that my child must attend all try out clinics and judging portions or my child will not be considered for the team.

If my child is selected for the squad, I give permission for my child to be driven to and from the surprise destination for the reveal of the cheer squad. I will not hold Edmonds School District responsible for any liability if an accident is to occur.

I have read the rules and guidelines, and have discussed any concerns/questions with my child and the coach. I agree to support all of the terms/conditions for the 2021-2022 season set forth by these terms and guidelines. I understand that I am financially responsible for the entire cheerleading bill and any equipment/uniform fines my child might incur.

Signature

Date

If you have any concerns and/or questions regarding the Lynnwood Cheer Program, please contact Lesley Brunson to discuss the circumstances directly.

Lesley Brunson
425-223-1439
Brunsonl@edmonds.wednet.edu