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# Spring-Ford Cheerleading

## 2024- 2025 Season Tryouts

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Welcome!

Please review the following information with your family and return the last page signed to your second day of tryouts if you agree to the terms and wish to proceed with your tryout.

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### Schedule of Events

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Date	Time	Who	What	Location
May 28	3-530	All	Dance and Cheer	10-12 Aux Gym
May 29	3-4	8 <sup>th</sup> Grade	Stunt and Tumble	10-12 Aux Gym
	4-530	9 <sup>th</sup> , 10 <sup>th</sup> , 11 <sup>th</sup> graders	Stunt and Tumble	10-12 Aux Gym
May 30	3-4	8 <sup>th</sup> Grade	Tryout	10-12 Aux Gym
	430-530	9,10,11 Grade	Tryout	10-12 Aux Gym
June 4	6-730	All + parent	Team Meeting	Hurda

By accepting a position on the SF cheerleading squad, realize you are making a commitment to Spring-Ford High School, your coaches, your teammates and yourself for the COMPLETE season. The decision to cheer should not be taken lightly.

## **Teams and Expectations:**

### **All Cheerleaders:**

Will follow safety rules when stunting.  
Will promote school spirit.  
Will be ready at the specified time prior to the start of a game or practice in the appropriate uniform.  
Will support all decisions of the coaches.  
Will represent the program appropriately when in uniform and on school property  
Are responsible for maintaining their eligibility with their grades and school attendance

### **Varsity Sideline & Comp Squad:**

Cheers for both Football and Basketball seasons  
Attends Pine Forest camp  
Attends tumbling clinics  
Attends games as scheduled  
Participates in Pep Rally and other varsity activities  
Competes in at least 2 or 3 competitions (PAC, Districts, States if qualified)  
May compete in UCA competitions up to Nationals (will be a future decision based on standings)  
Will pay dues on time  
Will participate in fundraisers

### **Varsity Sideline Only:**

Will only cheer for Football season, may try out for JV in basketball season  
Attends Pine Forest camp  
Attends the games as scheduled  
Participates in Pep Rally and other varsity activities  
Will pay dues on time  
Participates in fundraisers  
Cannot be considered for captain if not competing

### **IV Sideline & Competition Alternate:**

Cheers for both Football and Basketball seasons  
Attends Pine Forest camp  
Attends tumbling clinics  
Attends games as scheduled  
Attends home Varsity games for the first half of the game to assist in 50/50  
Participates in Pep Rally and other team activities  
Commits to holds the date for the competitions as scheduled  
Will pay dues on time  
Will participate in fundraisers

### **If I am offered a spot on IV Sideline Only: (Leave blank if N/A)**

Attends games as scheduled  
Attends home Varsity games for the first half of the game to assist in 50/50  
Will participate in Pep Rally and other team activities  
Will pay dues on time  
Will participate in fundraisers

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## Estimated Cost Schedule:

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Item	NEW JV	NEW Varsity	Returning JV	Returning Varsity
Camp + Bus	400	400	400	400
Sneakers	100	100	100	100
Bows	25	25	25	25
Warm Up	250	250		
Camp Wear	150	150	150	150
Back Pack	125	125		
Senior Night	50	50	50	50
Rally Girls		20		20
Socks/ Bloomers	30	30	30	30
Sweatshirt/ Legging Set	50	50	50	50
<b>Estimated Total</b>	<b>1180</b>	<b>1200</b>	<b>805</b>	<b>825</b>

\*\*\*\*Camp Deposit of \$100 is due June 13

Remaining payments will be due in 3 installments on: August 12, September 12, October 12

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## Competition Costs:

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Item	
Tumbling	\$10/ class
Choreography/ Music/ Gym space	\$150-200
(UCA comp registration)	(\$150)
(Transportation)	(\$200)

(Districts, States and PAC registrations and transport will be funded by the school. The decision to attend additional competitions will be a team decision)

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## Fundraisers

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The following fundraisers will go directly to the cheerleader's account:

Biggest Fan Sheet- Sell megaphone spots for \$5, \$10, \$15, \$20, or \$25 = \$525

Car Wash 6/24- Spring City car wash- All tips will be split among participants

Car Wash 7/21- Spring City car wash- All tips will be split among participants

Many other tentative fundraisers are in the works including: Shoe Drive, Mum sale, Easter eggs

Varsity Mandatory Dates:	JV Mandatory Dates:
<b>Camp-</b> August 15-18	<b>Camp-</b> August 15-18
<b>Practices-</b> Pre-season practices June through August are highly suggested <u>Summer</u> (Aug 12, 13, 14, 19, 20, 22) 10am-12pm <u>After school</u> (August 16 onward every Monday, Tuesday, Thursday) 3-4:30	<b>Practices-</b>  TBD
<b>Games-</b> August 23 August 30 September 6 September 13 September 20 September 27 October 4 October 11 October 18, 19 Pep Rally, Homecoming October 25 November 1 (November 8) (November 15) Basketball games TBD	<b>Games-</b> August 28 August 31 September 5 September 19 October 7 October 14 October 18, 19 Pep Rally, Homecoming October 31 November 7  Plus first half of all in-season Varsity football games ←
<b>Competitions-</b> January 4 Districts January 5 Raindate January 25 States February 1 PAC	

# Tryout Expectation Form

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

Grade: \_\_\_\_\_

Check which of the following you are trying out for / would accept:

Varsity Sideline & Competition (Football and Basketball)	
Varsity Sideline only (Football)	
JV Sideline & Competition Alternate (Football and Basketball) - seniors N/A	
JV Sideline (Football) - seniors N/A	

Check the following you agree to. Return this form to your second day of tryouts.

**All Squads:**

- I will follow safety rules when stunting.
- I will promote school spirit.
- I will be ready at the specified time prior to the start of a game or practice in the appropriate uniform.
- I will support all decisions of the coaches.
- I will represent the program appropriately when in uniform and on school property
- I understand I am responsible for maintaining my eligibility with my grades and school attendance

**If I am offered a spot on Varsity Sideline & Comp Squad: (Leave blank if N/A)**

- I commit to cheering for both Football and Basketball seasons
- I commit to attending Pine Forest camp
- I will attend tumbling clinics to improve my skills
- I commit to the game schedule as attached
- I commit to performing the tumbling skills during my season as I show during my tryout
- I commit to the competition schedule
- I commit to the cost schedule
- I will pay dues on time
- I will participate in fundraisers

**If I am offered a spot on Varsity Sideline Only: (Leave blank if N/A)**

- I commit to attending Pine Forest camp
- I commit to the game schedule as attached
- I commit to performing the tumbling skills during my season as I show during my tryout
- I commit to the cost schedule
- I will pay dues on time
- I will participate in fundraisers
- I understand I will not be considered for captain

**If I am offered a spot on JV Sideline & Competition Alternate: (Leave blank if N/A)**

- I commit to cheering for both Football and Basketball seasons
- I commit to attending Pine Forest camp
- I will attend tumbling clinics to improve my skills
- I commit to the game schedule as attached
- I commit to performing the tumbling skills during my season as I show during my tryout
- I commit to the cost schedule
- I commit to the competition schedule
- I will pay dues on time
- I will participate in fundraisers

**If I am offered a spot on JV Sideline Only: (Leave blank if N/A)**

- I commit to the game schedule as attached
- I commit to performing the tumbling skills during my season as I show during my tryout
- I commit to the cost schedule
- I will pay dues on time
- I will participate in fundraisers

SIGN ON BACK



I understand the commitment I am making to myself, my coaches and the cheerleading program.

Cheerleader: \_\_\_\_\_ Date \_\_\_\_\_

Parent: \_\_\_\_\_ Date \_\_\_\_\_