

Dear Potential IHS Cheer Applicant,

Thank you so much for your interest in becoming an Inglesmoor High School Cheerleader for the 2025-2026 school year! I look forward to receiving completed applications and putting thoughtful consideration into who will comprise the 2025-2026 IHS Cheer Team.

Your first task should be to get registered on [Final Forms](#) for **Spring Cheerleading Tryouts 2025-26**. **Once you are on Final Forms, we will add your school email to our email contact list and assign you to a personal Google Drive Folder. *This folder is where you will upload all of your completed tryout documents.*** *Note: Signing up for cheer does not commit you to being part of the team. You must also have a physical on file on Final Forms that is valid through tryout week in order to participate (meaning valid THROUGH 4/19).*

What you can expect during tryout week (Monday April 14th - Friday April 18th):

Monday: Virtual Welcome day! You will be given access to the tryout material videos to begin reviewing. Coaches will email you a link to the material folder - we highly encourage you to review all videos before attending tryout week!

Tuesday -Thursday: Tryout Practices from 4-6:30pm in the IHS Cafeteria. You will learn a dance, sideline cheer and the Inglesmoor Fight Song. In addition you will be taught basic cheer motions, jumps, kicks, and proper technique.

Friday: Formal Tryout 6:30-8pm in the IHS Gym. You will be in a group of 3-4 people performing in front of small panels of judges. Together you will perform the dance, cheer, and fight song. You will then each do your jumps & kicks individually.

The team will be announced via email on Saturday, April 19th.

TRYOUT CHECKLIST:

Please make sure that all the following application components are completed and/or submitted to your personal Google Drive Folder by 4pm on Friday, April 4th:

☐ **ALL DISTRICT-REQUIRED ATHLETIC PAPERWORK** online on Final Forms (go to nsd.org/inglesmoor → Athletics → Register for Athletics). *Please make sure you register for **Spring Cheerleading Tryouts 2025-26**.

- o **You must also have a physical on file that is valid through tryout week (meaning valid THROUGH 4/19).**
- o *If **any** athletic paperwork is missing, you will not be cleared to participate in tryout practices until it is received by the IHS Athletic Secretary. Please contact Tracy Dillender at tdillender@nsd.org with questions about FinalForms.*

- ❑ **Download and Read the tryout packet carefully**, complete all of the athlete / parent signatures, and upload to your personal Google Drive Folder. You can scan your packet, take pictures of each page, or digitally sign and upload.
- ❑ **Grade Check:** Please take Screenshots of your Semester 1 Final Mark (S1FM) and Semester 2 Final Mark (S2FM) from Student View and upload to your personal Google Drive Folder.
- ❑ **Teacher evaluations** from all 2nd Semester teachers. Please use this link to email out to all teachers: <https://forms.gle/oQRE1r4X8Kvgewj89> (In order to send this, you will need to draft an email to your teachers, cut & paste this evaluation link into these emails, and ask them politely to please fill out the evaluation for you.)
- ❑ **Schedule your in-person interview** using this link: [Book time with McKenzie Merrill: In Person IHS Cheer Tryout Interviews](#). Detailed instructions for the interview can be found on pages 14-16 of the tryout packet.

We look forward to meeting you and your parent/guardian at the Mandatory Parent/Guardian/Athlete Information Meeting on **Monday March 24th at 7:00pm in the Inglemoor Multi-Purpose Room (Connected to the cafeteria)**. If at any point you or your parents/guardians have ANY questions, do not hesitate to reach out via phone or email!

Cheers,

Mckenzie Merrill
Head Cheer Coach
mmerrill@nsd.org
425-318-0612

Michelle Ligaya
Assistant Cheer Coach
mligaya@nsd.org