
Spring-Ford HS Cheerleading

2025- 2026 Season Tryouts

****Sideline Team Only****

Welcome!

If you are interested to try out for Spring-Ford High School Cheerleading please fill out this interest form:

<https://forms.gle/MV7iFB4evPQJUWxQ6>



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.

IMPORTANT

8-11th graders, who did NOT register for a sport in the 24-25 school year MUST DO THE FOLLOWING

Link to video about athletic registration – PLEASE WATCH FIRST -

<https://www.youtube.com/watch?v=VRgec02jLuc>

Link to SF website for athletic registration - <https://www.spring-ford.net/high-school-athletics/registration>

After May 1, but before May 12 when HS cheer tryouts occur the following must take place.

1. A parent account MAY need to be created if one has not been created. Student Accounts are under their school email address AND IS CASE SENSITIVE.
2. **Obtain a physical on the proper PIAA form** (on SF page) and upload to your Big Teams account (If you can not get into your pediatrician, please visit an Urgent Care to get physical on PIAA form)
3. Complete all of the online paperwork including health history, and all additional forms.
4. Student and Parent will need to initial the forms online in order for them to be completed and submitted.

Once all of this is finished, the athletic office will let the coaching staff know who is cleared to participate.

Schedule of Events

Date	Time	Who	What	Location
May 12	3:30-4:45	All	Dance and Cheer, Jump Prep	10-12 Aux Gym
	4:45-5	All	Jump Eval	
May 13	3:30-3:45	All	Tumbling Eval	
	3:45-4:15pm	8 th Graders 9 th ,10 th ,11 th	Review Cheer/Dance Stunt and Tumble	10-12 Aux Gym
	4:15-4:45pm	8 th Graders 9 th ,10 th ,11 th	Stunt and Tumble Review Cheer/Dance	10-12 Aux Gym
May 14	3:30-4:30pm	8 th Grade 9 th , 10 th , 11 th	Stunt Eval Cheer/Dance Eval	10-12 Aux Gym
	4:30-5:00	8 th Grade 9 th , 10 th , 11 th	Cheer/ Dance Eval Stunt Eval	10-12 Aux Gym
May 15	5:30-6	8 th Graders	Fitting	Hurda
	6-7	All Grades +Families	Team Meeting + Fitting 9 th , 10 th , 11 th	Hurda

**IMPORTANT:

- This tryout is for a spot on the sideline team only.
- Competition team tryouts will be end of August/beginning of September
- In order to try out for a competition team in the fall you *must* be on the roster of a JV or Varsity sideline cheerleading team.

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

Cheerleaders who are chosen for Varsity sideline are selected because of their skill. Varsity sideline cheerleaders are highly encouraged to try out for a competition squad.
Varsity Sideline cheerleaders are highly encouraged to try out for basketball season cheerleading.
Attends Pine Forest camp
Attends tumbling clinics
Attends games as scheduled, including playoff games in the postseason
Participates in spirit building activities
Participates in Pep Rally and other varsity activities
Will pay dues on time
Will participate in fundraisers

IV Sideline

Attends Pine Forest camp
Attends tumbling clinics
Attends games as scheduled, including playoff games in the postseason
Participates in spirit building activities
Attends home Varsity games for the first half of the game to assist in 50/50
Participates in Pep Rally and other team activities
Will pay dues on time
Will participate in fundraisers

Estimated Cost Schedule:

Item	NEW JV	NEW Varsity	Returning JV	Returning Varsity
Camp + Bus	400*	400*	400*	400*
Sneakers	100	100	100	100
Bows	10	15	10	15
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
Estimated Total	1165	1190	790	815

******Camp Deposit of \$100 is due May 15 at the Parent Meeting or the next week at MS tryouts**

Fundraisers

The following fundraisers are being considered for 25-26 season and will go directly to the cheerleader's account:

- Biggest Fan Sheet- Sell megaphone spots for \$5, \$10, \$15, \$20, or \$25 = \$525
- Car Wash - All tips will be split among participants
- Mum Sale- Approximately \$5 per mum will go back to cheerleader's account
- Jersey Mike's coupons
- Pizza Kits at Collegeville Italian Bakery
- Community Events where we collect tips- tips are split among participants

Registration

- If athlete is invited to join JV or Varsity squad, the athlete will need to complete registration for the sport by **July 29** (*StudentCentral.BigTeams.com*)
- A physical is not required for this tryout but will be required for registration and must be administered **by a doctor May 1, 2025 or after**. Section 6 form can be found on Student Central.
- **Student Activity Fee**
 - The Spring-Ford Area School District Board of Directors has established a Student Activity Fee for all secondary students who wish to participate in the extracurricular activities of athletics.
 - **The fee will be \$100** for students participating in programs that are 9th – 12th grade. These fees will be a one-time annual fee and will enable the student to participate in multiple activities for the year.
 - Provisions will be made for exemption and/or accommodations in paying these fees for students in the free and reduced lunch program. You must go into School Pay to see if you are eligible.

Varsity Mandatory Dates:	JV Mandatory Dates:
*Camp- August 16-19	*Camp- August 16-19
Practices- June-August- Highly suggested- Pre-season practices, lifting, and tumbling August 11- Mandatory Practices- Season begins	Practices- June-August- Highly suggested- Pre-season practices, lifting, and tumbling August 11- Mandatory Practices- Season begins
Games- August 22 August 29 September 5 September 12 September 19 September 26 October 3 October 9,10 Pep Rally October 11 Homecoming October 17 October 24 November 1 (October 31) (November 7)	JV Games (9TH Grade games still TBD) September 8 September 15 September 22 September 29 October 9, 10 Pep Rally October 11 Homecoming October 20 Plus first half of all in-season Varsity football games ←

*Camp is mandatory. If a cheerleader misses camp, they will be ineligible to try out for a competition team.

Tryout Expectation Form

Name: _____

Grade: _____

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

Varsity	
JV (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 (Leave blank if N/A)

- _____ I commit to cheering to the whole football season
- _____ I commit to attending Pine Forest camp
- _____ I will attend tumbling clinics to improve my skills
- _____ I will attend team lifting to improve my strength
- _____ I commit to the game schedule as attached
- _____ I will participate in spirit building activities decided on by the team
- _____ 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

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

- _____ I commit to cheering to the whole football season
- _____ I commit to attending Pine Forest camp
- _____ I will attend tumbling clinics to improve my skills
- _____ I will attend team lifting to improve my strength
- _____ I commit to the game schedule as attached
- _____ I will participate in spirit building activities decided on by the team
- _____ 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

Competition Team Information

- _____ I am interested in trying out for the Game Day Competition Squad in the fall
- _____ I am interested in trying out for the Traditional Competition Squad in the fall
- _____ I understand that I need to be on a Varsity or JV team in order to try out for a competition team in the late summer/ fall.
- _____ I understand that I am not guaranteed a spot on a competition team by accepting a spot on either sideline team.

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

Cheerleader: _____ Date _____

Parent: _____ Date _____