

DHS Spirit - Important Information & Dates

Join Google Classroom! op4bv5fh

The DHS Spirit Squad will consist of Freshman through Senior Cheerleaders. Within this squad, athletes will specialize in cheer, stunt, or dance; or any combination thereof based on individual skill sets. Athletes will be chosen for football season and basketball season based on the tryout criteria described below.



Team Requirements:

- Attend all practices for the full length of time.
- Attend all Varsity home games for Football and Basketball, attend select away games
- Purchase the required elements of the Spirit Pack.
- Maintain all uniform elements (poms, shoes, uniform, bows).
- Maintain academic eligibility.
- Sign 26-27 Spirit Contract and adhere to the Code of Conduct at all times
- Written communication (email/Remind text) for all missed practices, games, and events.

Important Dates

- **Google Classroom:** All spirit candidates should join the DHS Spirit Google Classroom. You will use Google Classroom to submit your personal profile and view documents, and after tryouts the finalized list of DHS Cheerleaders/Stunters and Dance will be posted by midnight as well.
- **Pre-Season Clinics** April 1st and 8th, 3:45 - 5:00 pm in DHS Dance Room. (optional, but encouraged)
- **Mandatory** tryouts clinic April 13-16th, 3:30 - 5:30 pm in DHS Dance Room/Small Gym.
- **TRYOUT IN-Person** Friday, April 17th starting @ 10am ending time TBD
- **Teacher recommendations due by April 13th:** All interested athletes will need a Teacher Recommendation/Coach Recommendation from every current teacher. Link will be provided
- ****Aktivate: Opens TBD** Complete the online registration form at <https://registtermathlete.com> Instructions can be found on the DHS Athletics Website: <http://dhs.dcsd.net/Athletics/athletics.html> **YOU MUST COMPLETE Aktivate BY TBD** - this includes a **NEW PHYSICAL** to be performed by your doctor. **Additional details below.**
- **Mandatory parent meeting and uniform fitting** April 29th at 5pm for all chosen athletes. Fittings will begin at 4pm.

All athletes will need a new physical

- The Carson Tahoe Urgent Care (near Reds 395 Restaurant in South Carson) gives sports physicals from **8am-8pm, 7 days a week** for \$55, no insurance, walk-ins welcome. PLEASE NOTE: YOU must bring all the new NIAA blank forms with you, they do not have any of the new forms.
Location: Carson Mall Shopping Center
Address: 1201 S Carson St, Carson City, NV 89701
Hours: 8am - 8 pm
Phone: (775) 445-7330
- CARSON VALLEY HEALTH (formerly Minden Family Medicine, located on Lucerne across from closed Sonic Burger) performs sports physicals with an appointment. **They are free on Thursdays to the first 10 students making an appointment, \$25 any other day of the week,** they don't take insurance. Call 775-782-1603 for an appointment and have the medical history form completed before you go, one parent only.
- Your regular family doctor can also perform physicals; these are just additional options. **TAKE THE NEW FORMS WITH YOU, WHEREVER YOU GO.** If you have any questions, see Kristi Cross in the Tiger Cage

Cost:

Uniform and spirit pack cost will be split into two payments - first payment of \$300 due on 4/29!! Remaining payment amount and due date is TBD. We will be fundraising to offset the cost of spirit pack items and keep the second payment as low as possible!

2026-2027 Tryout Criteria

Athletes will be selected to be on the Spirit Squad based on the following criteria:

- Teacher/coach recommendations (50% of overall score)
- Skill evaluation: a minimum of 4 judges will score each athlete.
- Attitude over the course of the tryout week
- *Advanced tumbling and/or dance skills - be prepared to demonstrate if applicable, not required

Athletes will be scored based and placed on Pom or Stunt based on criteria below. Coaches' decisions are final.

Cheer/Stunt

-  Sideline Cheer
Voice projection, crowd leading, enthusiasm, memorization
-  Motion Technique
Clean, sharp, accurate
-  Toe Touch, Herkie, and 5 Kicks
Jump height, proper technique, pointed toes, precision

Pom/Dance

-  Memorization
Correct choreography, minimal mistakes, no memory lapses
-  Performance Quality
Energetic, enthusiastic, engaging
-  Technical Skills
Correct execution of dance skills (leaps, turns, common steps), clean lines, pointed toes
-  Overall Appearance
Clean, presentable, polished personal grooming, "Cheer Look"

Mascot

-  Crowd Appeal
Showmanship, enthusiasm, personality
-  Spirit
Energy, use of props, interaction with squad members