2023-2024
Mountain House High School
Cheer Squad Tryout Packet

Dear Cheer Squad Candidate:
Thank you for your interest in the MHHS Cheer Squad. Cheerleading is a demanding sport. The selection process has been structured to reflect the work and commitment required of a cheer squad member throughout the year. We are looking for optimistic and dedicated students to be a part of our squad this year.

You will need to **fill out the following**:

***Deadline for all forms to be submitted is Wednesday April 26th.**

- Physical needed on file
- Cheer Application & Assessment
- Teacher Evaluation Form (3 required)

Additional Information included in this packet:

- Qualifications
- Selection/Tryout General Information
- Tryout Schedule
- Preview of Cheer Uniforms / Cheer Handbook / Cheer Camp
- Option if unable to attend in-person tryouts

There is a lot of information provided, please read through this carefully and let us know if you have any questions.

Sincerely

Your MHHS Cheer Coaches

Qualifications

Each candidate must:

- Live in the Lammersville School District boundaries or have an approved inter-district or intra-district transfer.
- Have a minimum 2.3 GPA with no more than one F. If you currently have a 2.0-2.2 GPA with only one F you may still try out but you will start off the season on academic probation. Both 4th quarter progress report grades as well as current grades (at time of tryouts) will be looked at for eligibility.
- If applicable, have less than 15 hours of Saturday School.
- Must be an incoming freshmen, or current freshmen, sophomore, or junior.
- **Submit a cheer application form indicating that you agree to the tryout process and have permission by a parent or guardian to try out for the 2023-2024 cheer squad.**
- Have a current physical on file with MHHS prior to tryouts.
- Be dedicated to making participation on the MHHS Cheer Team one of your top priorities among all other extra-curricular activities at MHHS.

Tryouts (General Information)

- The squad will be selected based on a point scale which is made up of the following; skills demonstrated at both the workshop and the actual tryout, panel/tryout evaluations/scores, and teacher evaluations with grades.
- Candidates will be evaluated on their leadership ability, teamwork, and attitude.
- Athletic ability and technique will also be factors, however, we are looking for students who will work well together, promote positive school spirit and most importantly TRY!
- During tryouts, no clothing affiliated with cheerleading or a cheer team may be worn.

- **Tryout Attire: You must wear a white t-shirt, black or blue shorts, white socks, and athletic shoes (no Vans or Converse type shoes). Your hair must be pulled away from your face. ABSOLUTELY NO JEWELRY! (ex. Belly rings, ear rings, nose rings, etc.)**
- All required forms must be submitted virtually before the ACTUAL panel tryout. **Deadline for all forms to be submitted is Wednesday April 26th.**
- Each candidate will need 3 of their current teachers to complete an electronic **Teacher Evaluation Form.** Express to your teachers that these forms are worth valuable points and are necessary for you to try out.
- **Out of town and not able to make it to Tryouts?** Please email Cheer coaches for tryout info. Video submission will need to be received by 4pm Friday May 5th.

Tryout Points breakdown:

PART A OF THE TRYOUT: Forms 45% of overall score worth 100 points

- **25 pts** per teacher evaluation **(3 teacher evals x 25pts = 75pts)**
- **25 pts** for all additional paperwork completed and submitted to the coaches (virtually).
    - Cheer application/assessment, insurance, physical (Athletic Clearance/Home Campus site)

PART B OF THE TRYOUT: In-person Panel Evaluation **55%** of overall score worth 50 Points

- **Skills** (Jumps 10pts + Cheer Chant 10pts + Dance 10pts + Overall skill 5pts= **35pts**)
- Appearance (dress code/tryout rules) 5pts + Technique/Effort 10 pts= **15pts.**
- POINTS WILL BE DEDUCTED FROM TOTAL SCORE FOR; inappropriate dress and turning in virtual forms late.

Tryout Schedule / Location: MPR

Mon **May 1st**	4-6pm	**Workshop #1** cheer/chant and dance will be taught.
Tue **May 2nd**	4-6pm	**Workshop #2** cheer/chant and dance additional instruction/ review. Jumps
Wed **May 3rd**	4-6pm	**Workshop #3** Review day. Any additional help will be given and the routines will be finalized. Tryout process will be reviewed.
Thu **May 4th**	4-6pm	**Varsity Tryouts (Grades 10&11)** You will be assigned a time based on the group you are placed in. You will try out in groups of 2-3 in front of a judging panel.
Fri **May 5th**	4-6pm	**JV Tryouts (Grades 8&9)** You will be assigned a time based on the group you are placed in. You will try out in groups of 2-3 in front of a judging panel. **Times may be adjusted according to the number of candidates trying out. Meaning JV tryouts may begin on Thu May 4. An email will be sent out by 8 pm Friday May 5th to all candidates who made the Team for the 2023-2024 school year!*

Additional Info: There is a financial commitment that comes with being an MHHS cheerleader. You must pay for a uniform, practice/camp clothes, cheer camp, etc. To help offset some of these expenses, we will participate in fundraisers for both individual costs AND team costs. Payment plans can also be arranged with the school.

Cheer Camp will be held **July 19-22** at California State University, Maritime, in Vallejo, CA. Camp Info **HERE**

Preview of Cheer Uniform & Practice/Camp Clothes HERE

Preview of Cheer Handbook HERE
Thank you and good luck!

Your MHHS Cheer Coaches