

DARTMOUTH MIDDLE SCHOOL COMPETITION CHEERLEADING TRYOUTS



The competition cheer team at DMS offers unique and individual opportunities for students entering the sixth, seventh, and eighth grade to experience leadership and responsibility roles. In addition, students have the opportunity to gain self-confidence through practicing and performing in front of each other, their peers, panel of judges, and the whole student body.

One of the principal areas of growth for students on the cheer team is how to work successfully in a team-oriented group for a consistent amount of time throughout the year. This is accomplished through three practices per week, maintaining effective communication, and following through with individual responsibilities. Team participants will perform and/or participate in girls and boys basketball games, spirit rallies, the spirit game, compete in regional/national cheer competitions, parades, fundraisers, and tumbling classes.

Becoming a part of the DMS cheer team is a huge responsibility and must be your first priority. We cannot stress enough how much time goes into being on this team. The cheer season begins in April and runs until late spring the following year. Cheerleaders are expected to be at all practices and events. In order for our team to be successful, all team members must be able to depend on one another.

Be advised, during the season, calendar changes are necessary. Please be flexible.

Please be aware that to meet team expectations, participants need to work schedules around cheer. Vacations, appointments, and other events (doctor/dentist/birthday dinners/etc.) should be planned so they do not conflict with cheer practices and events. FYI: The week-long break in February will conflict/overlap with Nationals (Anaheim, CA). **Do not plan a trip during this time!**

Our season's calendar can be found here: [23/24 DMS Cheer Calendar](#)

If you cannot commit to this timely obligation, please reconsider trying out. Once the team roster is posted, a member who quits will be ineligible to try out for upcoming seasons.

TRYOUT SCHEDULE

Tryouts will be held in the Dartmouth Middle School cafeteria. Participants will be required to turn in a completed tryout packet, learn a dance, cheer, and jumps, all of which will be performed on tryout day. Athletic apparel/shoes are to be worn for the duration of tryouts. No jeans! **All clinic workshops and tryouts are closed, meaning no observers are allowed on campus.**

<u>TRYOUT CLINIC WEEKLY ATTIRE</u>	<u>FINAL TRYOUT DAY ATTIRE</u>
<ul style="list-style-type: none">• Athletic clothing<ul style="list-style-type: none">■ Top and dark/black shorts■ Hair back and out of the face■ Athletic shoes (white if possible)■ No jewelry	<ul style="list-style-type: none">■ Athletic clothing<ul style="list-style-type: none">■ Top and dark/black shorts■ School colors (red/white/black)■ Hair slicked back into low ponytail<ul style="list-style-type: none">■ Bow/ribbon optional■ Athletic shoes (white is possible)■ No jewelry

Tuesday, May 2nd: Pre-tryout parent meeting in the DMS Library from 6:00-7:00PM. This meeting is MANDATORY! One parent/guardian of each student trying out MUST be present.

Monday, May 15th: Tryout check-in/First day of clinic - 5:30-7:30pm in the DMS cafeteria. Applicants will not be able to participate without completing pre-tryout tasks/materials posted in Google Classroom:

- ✓ [Review Contract:](https://docs.google.com/document/d/1QiEIIEQ1eB6VSvBA6791IS5_0fKyfM9MWfJGF1Ymws/edit?usp=sharing)
https://docs.google.com/document/d/1QiEIIEQ1eB6VSvBA6791IS5_0fKyfM9MWfJGF1Ymws/edit?usp=sharing
- ✓ [Student Info Sheet:](https://docs.google.com/forms/d/1oRA02qBlxczk02EB1uVX2ZvkbO6G-zvuaThZFoYYkqc/edit)
<https://docs.google.com/forms/d/1oRA02qBlxczk02EB1uVX2ZvkbO6G-zvuaThZFoYYkqc/edit>
- ✓ [Questionnaire:](https://docs.google.com/forms/d/1urWtQJxmBKbaKdtvbzLj1MTqcmD1KGTm6XGJeDY7EOY/edit)
<https://docs.google.com/forms/d/1urWtQJxmBKbaKdtvbzLj1MTqcmD1KGTm6XGJeDY7EOY/edit>
- ✓ Permission slip (page 6)

- ✓ **Starting May 3rd**, [Have 2 CORE teachers fill out a recommendation form](https://docs.google.com/forms/d/1n_JWTpBre8IOV2-f2Hp6zOAK52_3AeisoYzTcpiL7Kc/edit) (No elective or PE teachers) 5th graders only need 1 teacher recommendation form. Please email teachers the above link to complete.
https://docs.google.com/forms/d/1n_JWTpBre8IOV2-f2Hp6zOAK52_3AeisoYzTcpiL7Kc/edit
- ✓ **Starting May 3rd**, post grades (report card or Power School printout/screenshot) in Google Classroom. We need the most current grades at time of tryout clinics.

Tuesday, May 16th: Second day of clinic. 5:30-7:30pm in the DMS cafeteria.

Wednesday, May 17th: Third day of clinic. 5:30-7:30pm in the DMS cafeteria.

Thursday, May 18th: Day of tryouts. Students will be judged in small groups of 3-4 (groups will be determined by coaches.) Tryouts should end by 6:00 pm. Please remember that if there is a large turnout, time may run over. A list of the 2023-2024 cheer team will be posted later that evening in Google Classroom and on our [website](#). It is important to note that the performances are closed to everyone, except the coach, advisor, judges, school administration and athletes who are performing.

IF YOU MAKE THE TEAM

Monday, May 22nd: Mandatory parent/cheerleader meeting from 6:00-7:00PM in the DMS library **ALL PRE-EXISTING CALENDAR CONFLICTS MUST BE ADDRESSED AT THIS TIME!**

Tuesday, June 6th: Mandatory uniform fittings in the DMS cafeteria 4PM-5PM. All athletes must be in attendance. These are custom uniforms

Friday, June 9th: Graduation water sales @ DMS.

SUMMER SCHEDULE

Monday-Friday, July 10th-13thth: Practices will be held 4:30pm-6:30pm everyday this week to prepare for summer cheer camp.

July 15th-18th : United Spirit Association Cheer Camp held at the Santa Clara-Hyatt Regency. This is very important as the team learns new cheers, dances, and stunts to use throughout the season. Cheer camp takes place during the ENTIRE day. Do not make other plans these days.

After camp, there will be a short break. Regular practices will resume Tuesday, August 1st!

TRYOUT EVALUATION BREAKDOWN

Grades/Recommendation Forms - Those trying out must have at least a 2.0 GPA (C average) with no failing grades and demonstrate a positive attitude inside/outside the classroom. Recommendation forms are submitted separately by teachers.

Attitude and Enthusiasm - We want to see that you are having fun! Genuine enthusiasm will show throughout your performance. Stay positive, be yourself, and come ready to work every day.

Good Sportsmanship - Be kind and encouraging towards everyone trying out for the team. Everyone is nervous and learns at a different pace!

Motions/Jumps - Dance and cheer motions are strong and performed the way they were taught. Jumps are evaluated based on strength, flexibility, and height.

Rhythm Recognition - Dance and cheer movements are on count/beat and consistently maintained throughout routines.

Please direct all questions to our advisor Meagan Serra at dmscheer@unionsd.org

RESPONSIBILITY ACTS

1. **Members of the cheer team will be held accountable for their actions and behavior within, and outside the school environment.** Violations of this act may result in suspension or expulsion from the team.
2. **Members of the cheer team will be held accountable for academic responsibility by maintaining at least a 2.0 grade point average with no failing grades at any time during the school year.** Unfavorable marks or failing grades will result in a strike/probation. Eligibility will be determined at the end of the probationary period.
3. **Members of the cheer team will attend all scheduled practices and events. Members will come prepared, ready to work, and participate with enthusiasm to the best of their ability.** Practices will be held 2+ nights a week, as determined by the coach. The cheer team is an extracurricular activity, and will be treated as one with tardies and absences.
4. **Members of the cheer team will attend all cheer team public appearances, unless circumstances result in a serious and compelling reason to not attend.**

- ❑ **USA Camp** - Held locally July 15th-18th
- ❑ **Parades** - Los Altos Fantasy of Lights (Sunday at end of Thanksgiving break)
- ❑ **Sporting Events** - Girls' and boys' basketball games
- ❑ **Competitions/Showcases** - 3+ regional competitions (November-January), local showcase performances, and 1 national competition in Anaheim, CA (February)
- ❑ **Spirit Game** - Against Dartmouth 8th grade girls & boys basketball (March)
- ❑ **Fundraisers** - Our program can't run/be funded without them! It is vital that all team members and families commit to helping in this area. Main fundraisers include: DMS Graduation water sales, Jamba BOGO cards, school dances, holiday wreaths, kid's clinic, corporate sponsorships, etc.
- ❑ **Other Events** - Back to school night, community events

- 5. Members of the team will be responsible for following the school/cheer dress code, while wearing their uniform.** Uniforms are worn to school once a week, unless notified by the coach. Failure to wear appropriate uniform pieces will result in dress cuts and consequences accordingly.

VIOLATION OF THESE ACTS WILL RESULT IN THE FOLLOWING:

- ❑ 3 tardies (≤ 15 min late) OR unexcused absence = 1 strike
- ❑ 1st offense = Warning
- ❑ 2nd offense = 1st strike: 1 week of probation from all cheer team activities
- ❑ 3rd offense = 2nd strike: 2 weeks of probation from all cheer team activities
- ❑ 4th offense = 3rd strike: Permanent termination from the cheer program

The cheer staff may use their discretion in determining violations and consequences for more serious incidents such as suspensions, illegal activity, etc.

Cheerleading is a big commitment. Please make sure you read the cheer rules/expectations and view the cheer calendar. Both are located on the DMS website under "cheer". All practices, games, competitions, team bonding, fundraising, school related functions, etc. are MANDATORY. Losing a team member at any point in the season results in the team redoing their entire competition routine and stunts.

DMS Cheerleading Tryouts Permission Slip

Dear Parent and Student,

It is the objective of the Dartmouth Middle School competition cheerleading program to build character and values that will be carried throughout the cheerleader's life. A Dartmouth cheerleader is expected to accept leadership duties, responsibilities, praise, and criticism. Not only is a cheerleader expected to promote school spirit, they are also expected to set a good example of proper conduct and sportsmanship at all times. Cheerleaders are spokespersons for their school and will be watched more closely. Cheerleaders also have a priority to be a good student, teammate, and a member of their community. Following the outlined rules in this packet and in the DMS cheer rules/expectations and having consistent guidelines will be necessary so that these values and expectations can be taught.

This form must be signed and returned the first day of tryouts

Both parent and student must initial each of the following statements, then sign below:

_____ I understand the tryout expectations, and guidelines.

_____ I understand the cheer season is from tryouts through the spirit game (spring)

_____ I understand the cheerleading rules and disciplinary procedures outlined in the DMS cheer rules/expectations.

_____ If the cheerleader is removed from the squad, we understand she/he will not be eligible for a refund for money paid or be able to try out for upcoming seasons.

_____ I understand that any attitude or action by a cheerleader or their parents at school or away from school, which in the opinion of the coach, advisor and/or administration may be detrimental to the squad or Dartmouth, may result in the cheerleader being dismissed from the squad.

_____ Whether or not my child is selected to be a cheerleader for the 2023-2024 season, we AGREE to accept the judging decision.

_____ I am prepared to fulfill ALL obligations as a cheerleader at Dartmouth Middle should I make the squad.

_____ I have fully read and understand the tryout packet and cheer rules/expectations.

Applicant's Signature: _____ Parent's Signature: _____

Date: _____

Date: _____

TENTATIVE- Dartmouth Middle School Cheer Team 2023-2024 Costs

UNIFORM INVESTMENT- FEMALES		
Due Date	Amount	Item
Varsity Payment Portal	\$312	Shell, skirt, liner
(Due TBD)	\$19	Black Briefs
	\$160	Warm Up Jacket w/pants
	\$58	Competition Shoes
	\$50	3 Practice Tops
	\$20	2 Practice Shorts
	\$40	Backpack
	\$50	Poms
	\$25	Bows
	Total	\$734
	Returners:	\$200

UNIFORM INVESTMENT- MALES		
Due Date	Amount	Item
Varsity Payment Portal	\$211	Shell, pants
(Due June 9th)	\$160	Warm Up Jacket w/pants
	\$58	Competition Shoes
	\$50	3 Practice Tops
	\$20	2 Practice Shorts
	\$40	Backpack
	\$15	Accessories
	Total	\$554
	Returners:	\$140

CAMP		
Due Date	Amount	Notes
May 22nd- Cash/check due to DMS Cheer at team meeting	\$400	4 full days of instruction from the United Spirit Association

SEASONAL DONATIONS		
Due Date	Amount	Notes
September 5	\$250	Covers team & individual competition registration,
October 16	\$250	competition fees, and nationals trip (registration,
November 1	\$250	coach housing, Disneyland passes. This also covers
January 5	\$250	covers coach/advisor stipends and program fees.
Total	\$1,000	

We always have a fundraiser happening to offset these costs. Our program can't run/be funded without them! It is vital that all team members and families commit to helping in this area. Main fundraisers include: DMS Graduation water sales, Jamba BOGO cards, school dances, holiday wreaths, kid's clinic, corporate sponsorships, etc.

All funds given by parents are considered donations; however, these payments are necessary for a competitive cheer program. Since any funds given to Dartmouth Middle School are considered a donation, it is our understanding that it may be possible to claim these donations on your taxes. To be sure, please consult a tax professional. *If you have any questions regarding the donation requests please contact Meagan Serra, cheer advisor, dmscheer@unionsd.org*

The goal of the Dartmouth cheer program is to promote school spirit by enhancing the relationship between our student body and the Dartmouth community through competing across the state and cheering on our fellow athletes. Now a little about our team: cheerleading at DMS is a year round sport! We hold tryouts in the spring and do not end the season until mid March. We practice 2-3 times a week, depending on the amount of material we need to cover. Along with cheering for our fellow athletes, we compete in regional competitions and at the USA's Jr. Nationals

competition in Anaheim. Cheerleading is as much mental as it is physical. It will not only place many demands on your body, but it will change your way of thinking too.

You will be a part of a group that will strive to think and act as one. A team cannot succeed without all members present. Becoming a part of the DMS cheer team is a huge responsibility. We cannot stress enough how much time goes into being on this team. If you have any questions about our team, please email us!.