2026/2027 Lanier Cheerleading Tryouts

This is ONLY for current LMS/LHS students.

If you will be moving to our district or applying for permissive transfer, please contact the coaches for more information!

Email any questions to Linsey.s.Mathews@gcpsk12.org

Requirements:

1. All current 9th-11th graders must be academically eligible; this means you must be on track for graduation and passed 5 out of 7 classes last semester. There are no academic requirements for current 8th graders.
2. **Rank One is ready to go! You will need your cheerleaders student ID to set up the account. Everyone trying out MUST have a Rank One account for the 2025-2026 school *You have to have a* current physical uploaded. GFL physicals are NOT accepted. Please use THIS form for your physical.**
3. All participants and a guardian must complete this **GOOGLE FORM** with all information.
4. All participants must read the **HANDBOOK** and sign off on the google form.
These rules will be discussed in detail during tryouts. *You signed off when filling out the google form above.*
These rules take effect at the start of tryouts and continue throughout the year. This includes the summer.
4. All participants must have three **Teacher Recommendations** completed and turned in by Friday, March 13th.
5. All participants must be currently enrolled at LHS or LMS.
6. Summer camp/choreography dates are ***mandatory*** for all cheerleaders. Having the schedule in advance will allow you to schedule vacations and other plans accordingly. ***If you cannot commit to the summer practices and schedule requirements, you should speak to a coach.***
7. Being an LHS Cheerleader carries a financial obligation for the parents and/or students. The total amount necessary will be available before tryouts. Fees for Varsity Spirit Cheerleading. Fees for JV/9th Grade Spirit Cheerleading. Fees for Varsity Competition and JV Competition.

- **Tryouts will be held in the LHS Main Gym for Spirit and Commons for Comp.**
- **Tryout dates and times vary depending on the squad for which you are trying out: Competition, Spirit, or both– please read carefully!**

What to Wear:

- ➔ Athletic shoes
- ➔ Shorts (NO Nike pros or bike shorts)
- ➔ T-shirts (No crop tops or inappropriate words/images)
- ➔ Hair in a high ponytail with a bow.
- ➔ Short fingernails. You may NOT participate if you have nails (GHSA rule)
- ➔ NO jewelry. (GHSA rule)
    - ◆ Do NOT try to hide piercings with your hair or with band-aids.

Monday	Tuesday	Wednesday	Thursday	Friday
3/9	3/10	3/11-Rank One account up to date.	3/12	3/13 - Comp Tryouts 3-5 @ Jayhawks Teacher Recs due!
3/16-SPIRIT- 2:45-4:30 pm (All HS) 4:30-6:00 pm (Upcoming 9th) black shirt and black shorts/bow/athletic shoes.	3/17 SPIRIT- 2:45-4:30 pm (All HS) 4:30-6:00 pm (Upcoming 9th) black shirt and shorts/bow/athletic shoes.	3/18 SPIRIT- Tryout Day! 2:45-4:30 pm(All HS) 4:30-6:00 pm (Upcoming 9th) black shirt/black shorts/bow/athletic shoes.	3/19	3/20
3/23-COMP 5:00-7:00 pm Pink shirt/black shorts	3/24-COMP 5:00-7:00 pm white shirt/black shorts	3/25-COMP Sign-Up Genius Tryout Day black shirt/black shorts	3/26	3/27-Release Teams Date Sheet: Spirit: Dates Comp: Dates

Evaluation Criteria for Cheerleading Tryouts

The coaching staff will be evaluating all applicants throughout the tryout process. Candidates will be selected based on the following criteria, which may include, but are not limited to:

Area	Criteria
Ability to Learn & Retain	Demonstrates the ability to learn quickly and retain choreography and material.
Motions	Exhibits sharp, precise motions with correct levels, no bent wrists, and proper lunges.
Showmanship	Displays enthusiasm, strong voice projection, good facial expressions, and the ability to lead a crowd.
Jumps	Shows good height and form, and can execute multiple jumps with consistent form and height.
Tumbling	Demonstrates good height and form, proper timing, and the ability to combine tumbling with jumps.
Stunting Skills	Displays proper techniques, form, and appropriate level of difficulty in stunting.
Work Ethic	Maintains a positive attitude, works well with others, is self-disciplined, and responds well to constructive criticism.

Appearance	Follows uniform standards: short fingernails, no jewelry, athletic shoes, appropriate t-shirt and shorts (no Nike Pro or bike shorts), and hair neatly pulled up so it does not rest on shoulders.

Additional Considerations:

- **Previous years/positions are not guaranteed.**
- **Voice**: Ability to project and lead.
- **Flexibility**: Demonstrated through various movements.
- **Attitude & Teamwork**: Ability to collaborate effectively and maintain a positive team spirit.
- **Teacher Recommendations**: Submissions from teachers will also be considered.

We ask for your understanding that all applicants will be evaluated holistically, and selections will be made based on these factors.

Team Placement and Tryout Procedures

Please note that the needs of the team will be taken into consideration during the selection process. Candidates will be placed on teams based on the cumulative scores and feedback from the judges. There is no predetermined number of cheerleaders for each squad or specific grade level.

Tryouts are closed to all spectators—this includes parents, friends, peers, and anyone other than current senior cheerleaders, who will be responsible for teaching the cheer, chant, stunts, and dance. The formal tryout process will be closed to ensure fairness and focus.

Important Policy Regarding Squad Placement
If a student is dissatisfied with their squad placement during the summer or at any point during the season, and chooses to quit, they will be withdrawing from the entire cheerleading program. This means that they forfeit their spot on any squad they may have been placed on.

All necessary forms for tryouts can be accessed at:
www.laniercheer.com

Thank you for your understanding and support.