

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 2026-2027 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.

5. All participants must be currently enrolled at LHS or LMS.
6. 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](#).

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.

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:

Ability to Learn & Retain	Demonstrates the ability to learn quickly and retain choreography and material.
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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.

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.

