

Standing Bear Cheerleader Tryout Packet



2025-2026

Purpose

The purpose of LSB Cheer is to cheer at all home and in town Football, Volleyball and Basketball (Boys & Girls) games; to cheer at Pep Rallies and other School Events to promote school spirit and be representatives for Lincoln Standing Bear in and out of school. Membership on a cheerleading squad offers a unique opportunity for personal growth, leadership, and involvement in diverse activities. Each squad member's attitude, dedication, and enthusiasm is just as important as the skills involved in cheerleading. Members of a cheerleading squad must be committed to the highest level of athleticism, performance, self-discipline, respect for the school and others, exemplary personal conduct, and the execution of all responsibilities related to the pursuit of school spirit and pride.

Eligibility

Participation is open to all students in grades 9-12 who meet the following requirements:

1. For each grading period (term), members must maintain a minimum 2.5 GPA
2. Members must maintain good attendance, class performance and teacher recommendations during their time on the squad and for tryouts
3. Students must have earned a 2.5 GPA or higher at the end of the 1st semester and 3rd quarter to be eligible to try out for cheer for the next school year
4. All members must have an athletic physical by the date determined by the district on file with the athletic director. Physicals must be completed after May 1st for the upcoming school year. Cheerleaders must complete the entire athletic packet and return it to the Athletic Office.
5. Once selected, the cheerleader and parent/guardian will attend the mandatory Parent Meeting **March 24, 2025 at 5:30pm**

Tryouts

The Lincoln Standing Bear High School Cheerleading program will conduct a 3-4 day tryout clinic each spring for potential members before tryouts. Only tryout material provided by the coach will be allowed for tryout practices.

The coach will determine the number of cheerleaders chosen based on the judge's scoring. After tallying the scores, the number of cheerleaders will be determined based on the natural break of the scores.

All candidates must be in attendance at school the week of tryouts. The coach will verify class attendance each day.

Clinics are closed to the public. Parents are asked to drop off their candidate and leave the tryout facility. No videotaping of any kind. No cell phone use during the tryout week. All tryout material will be shared with the candidates.

Candidates are only eligible to make a team that they are a class of or higher. For example, a Freshman could make any team through Varsity but a Senior is only eligible for Varsity

Tryouts will be conducted in a closed setting with three to six judges.

Candidates will wear black shorts or leggings, a plain-colored t-shirt (no writing on it), and a ponytail for tryouts. No bra straps or midriffs will be shown. For safety reasons, no jewelry of any kind is allowed.

The candidate will perform the following in a small group and/or individually for the judges

1. Sideline Chant
2. Cheer
3. Jumps
4. Kicks
5. Dance

Candidates will have an opportunity for one redo during their tryout time. Callbacks may happen so candidates will remain at tryouts until all tryouts have been completed and dismissed by the coach.

The student will be judged and evaluated using a five-point scale (5=Outstanding, 4=Above, Average, 3=Average, 2=Below Average, 1=Poor) on the following:

General Skills & Spiriting	• Voice Projection/Loudness • Clean, Sharp Words • Arm/Body Placement & Control • Enthusiasm/Showmanship
Jumps/Kicks	• Arm/Body Placement • Timing/Control • Height/Flexibility • Pointed Toes
Chant/Cheer	• Voice Projection/Loudness • Arm/Body Placement • Showmanship • Spirit/Crown Appeal • Knowledge of Routine
Dance	• Showmanship/Crowd Appeal • Proper execution of dance elements (rhythm, expression, timing) • Sharpness • Knowledge of Routine

The judges' evaluations will be averaged and count for 75% of the total score.
Teacher/Coach/Administration evaluations will count for 25% of the total score.

Returning Cheerleaders: coaches can take into account the cheerleaders' behaviors, attitude, attendance and overall performance from previous years when determining acceptance/placement on a squad.

The selection results will be posted on the Standing Bear Cheerleading website by noon on the day after tryouts. No phone calls, texts, or emails will be responded to by the cheer coach until the Monday following tryouts. No scores will be released but judges' comments can be shared, upon request to the coach, with the **student**.

Once selected, the cheerleader must attend the **Squad Night April 4th from 7:00-9:00pm** at Standing Bear in the commons, enter through door 18

Fundraising

All LPS Cheer programs are self-financed, meaning that all uniforms and equipment are purchased either by team participants or through fundraising. District funds are not provided for purchases.

Fundraising is an important part of our program and will begin shortly after tryouts. It is mandatory for all cheerleaders to participate in all fundraising efforts. Fundraising will be done on an individual, squad, or whole group basis. All fundraising activities shall be approved by the coaches and school administration

Upon making the squad there is a mandatory fundraising meeting **March 24th at 5:00 pm**

Uniforms

All uniforms are purchased by the cheerleader. Expenses may vary according to the uniform selected. Fundraising will help defray the cost of the uniform. Required uniform pieces will not exceed the limit as set forth by the district.

Uniform fitting will occur March 24 at 6:00pm in the Choir Room, enter through door 18.

Uniforms will consist of a shell, skirt, liner, shoes, socks, briefs, bows, warm-ups, and practice wear. Additional pieces such as t-shirts for special events may be requested.

Summer Commitment

Summer camp and practice are **STRONGLY** encouraged and recommended for the squad's overall success.

Camp

Cheer Camp will occur **June 30-July 3** and will be conducted by UCA at UNL. Cheer camp provides cheerleaders with skills necessary to safely perform at games and events. Upon being selected for the squad you will receive details regarding uniform requirements and specific times for camp. Camp is not included in uniform costs.

Stunting Camp will be held at Concordia University in Seward **July 22 9:30-12:30**

Practices

To allow ample time to learn cheers, stunts, and dances, practices are held throughout the summer. Practices will occur in June and July every Tuesday and Thursday from 7:00-8:30pm at Standing Bear. The following dates will NOT have practice

6/17

7/17

The week of Cheer Camp

Conditioning

It is the expectation of cheerleaders to participate in summer conditioning to maintain a high level of athleticism throughout the year. LSB Athletics offers a strength conditioning program. One option for summer conditioning is to participate in the program four times a week. The second option for summer conditioning is to download the MapMyFitness app. With this app you will have to friend your coach (to see your workouts). You will be required to complete one of the following workouts 4 times per week: Lap Swimming, Bike Riding or Running. Lap Swimming and Running will be 1 mile, Bike Riding is 2 miles.

School Year Commitment

Cheerleading must be a priority of the entire time of commitment. Cheerleading is a demanding sport that is a significant time commitment. Cheerleaders are expected to make this sport a priority in extra-curricular activities. Other activities are to be scheduled outside of practice, game, and event times.

Cheerleaders may participate in a Fall or Winter activity. *If you are considering participating in an activity please discuss this with your coach.

Practices will occur 2-3 times a week in general with more needed for competition. Practices will occur Tuesday, Wednesday and Thursday mornings from 6:15-7:30am.

Lincoln Standing Bear 2025/2026 Cheerleading Tryouts
Parental Consent Form

My child _____, has my permission to tryout for a cheerleading position at Standing Bear High School. I understand that this form must be signed and returned by March 17, 2025 by 5:00pm for my child to be eligible to tryout.

I understand that qualified judges will evaluate my child on the scoring criteria as stated on page 4 and 5 of the Cheerleading Tryout Packet. I agree to abide by the decision of the judges.

If my child earns a position on the squad, I understand that my child and one parent/guardian will be required to attend the squad parent meeting arranged by the coach.

I understand all costs involved as stated in this Cheerleading Tryout Packet.

Parent/Guardian

Date

I am interested in being a cheerleader at Standing Bear High School. If I earn a position, I will abide by the rules and regulations set forth by the coaches and administration of Standing Bear High School

Student's Signature

Date