

LANPHIER CHEERLEADING TRYOUT PACKET 2026/2027

Coach's Info:

Varsity Coach - Haley Varela - lanphiercheerleading@gmail.com

Junior Varsity Coach - Morgan Davis

INFORMATIONAL TRYOUT PACKET FOR LANPHIER CHEERLEADING:

Welcome to the Lanphier High Cheerleading team tryouts, and thank you for your interest in joining our 2026-2027 cheerleading team! We hope that you find this tryout to be both fun and challenging. Please note all of the DATES, TIMES, and LOCATIONS!

**YOU MUST TURN IN THIS ENTIRE PACKET SIGNED ALONG WITH A HEADSHOT PICTURE OF YOURSELF! DON'T FORGET 3 CURRENT TEACHER RECOMMENDATIONS!!
IF YOUR PACKET IS NOT COMPLETE YOU WILL NOT BE ABLE TO TRYOUT**

Mandatory Clinics:

- Thursday, April 9th and Friday, April 10th - **5:00pm - 7:00pm**
- **What to wear:** Athletic wear - NO SPANDEX, Tennis shoes/cheer shoes - NO OTHER FOOTWEAR. No Jewelry. Hair **MUST** be pulled back.
 - **Material Will Include:**
 - Jumps - Toe Touch, Double Toe, Right OR Left Hurdle
 - 1 Sideline Cheer
 - 1 Floor Cheer
 - Team Dance
 - Right Leg Splits
 - Cartwheel/Additional Tumbling
 - Communication Skills - Voice, Facial Expressions, Confidence, Overall Appearance.

Mandatory Tryouts:

- Saturday, April 11th - **Starting promptly @ 10:00am**
 - You Will Be Assigned A Tryout Group At The End Of Day 2
 - We Will Post List On Socials If You Made It!
 - **PLEASE USE QR CODE SO WE CAN ENSURE WE HAVE ALL TIME NEEDED**



***REMEMBER: BEING A RETURNING CHEERLEADER DOES NOT
GUARANTEE YOU A SPOT ON THE TEAM. ALL ATHLETES TRYING OUT
WILL BE JUDGED INDIVIDUALLY.
COACH HALEY & COACH MORGAN DO NOT JUDGE APPLICANTS.***

- ❖ **If you are involved in another sport or activity that conflicts with the tryout times, please contact one of the coaches prior to tryout night so we can work something out!**
- ❖ **If you owe a fine to LHS Cheerleading, LHS, or District 186, you will NOT be able to try out.**
- ❖ **Once you have finished your tryout, you will need to leave the campus. We will make a post on our social media sites when the list has been announced!**

The LHS Cheerleading team is made up of dedicated and enthusiastic athletes. You MUST be willing to devote a significant amount of time to be a part of the program.

LANPHIER CHEERLEADING IS A FULL-TIME COMMITMENT!

- I strongly encourage all cheerleaders to NOT participate in any other sport during the season as we have a lot of material to cover. (June-March)
- Attendance is **MANDATORY** and extremely important to how our squad thrives and performs!
- Cheerleaders are expected to be at every scheduled event on time. These include, but are not limited to; practice, games, camp, meetings, fundraisers, and community events.

Besides physical commitment there are also financial responsibilities – you will find an estimated cost sheet in the back of this packet, which requires a PARENT/GUARDIAN signature and is to be turned in with the tryout packet.

PLEASE REVIEW THIS WITH YOUR PARENT TO MAKE SURE YOU CAN MAKE THIS COMMITMENT!

CHEERLEADERS ARE REQUIRED TO PURCHASE ALL REQUIRED ITEMS.

- ➔ Items will not be distributed until paid in full. Please note, this may prevent a cheerleader from performances/events if that item is needed.
- ➔ Cheerleaders are also responsible for a DISTRICT SPORTS FEE of \$85. This is to be paid to the MAIN OFFICE no later than 2 weeks after the official start of the season.
- ➔ Please take note and plan accordingly for the costs of LHS Cheer before trying out.
- ➔ There will be **ABSOLUTELY NO REFUNDS** as everything is a custom fit to your child.

General Rules:

Team rules will be discussed into further detail at our *mandatory* parent meeting on
Saturday, April 18th @ 10am

Attendance:

- ★ There will be 3 unexcused absences allowed. If there are additional unexcused absences, your child will be removed from the team.
 - Excused absences are illness, family emergency, death
 - Hair appointments, work, etc. will be unexcused.
- ★ Your athlete can only have 5 or less unexcused school absences in a quarter
- ★ Must have 8 or less tardies in a quarter
- ★ If your cheerleader will be late or absent, the parent/guardian will be required to reach out to Coach via ROOMS. We will get back to you right away. Neither Coach will be giving her cell phone number out to parents or athletes. **This is a district 186 rule.**
- ★ Messages from athletes will not count as an excused absence or being late.
- ★ Cheerleaders are required to attend all practices, games, fundraisers, scheduled events, etc.
 - Excessive tardiness at school can result in team punishment. Being a student comes before being an athlete!

Practice:

- ★ Practices will be held 2-3 times a week Monday & Wednesday 5:00pm-7:30pm. (May include Saturday Mornings during summer)
- ★ During Homecoming & City tournament season, there will be additional and longer practice times.
- ★ The first practice will be announced at the parent meeting on Saturday, April 18th.
- ★ Absolutely no one is allowed at Lanphier Cheerleading practices other than athletes.
- ★ Arriving late will result in conditioning. Early is on time, on time is late.
 - You should be in stretch circle with shoes on ready to practice
- ★ ABSOLUTELY NO JEWELRY!

★ Fingernails:

- Fingertip length only - nothing longer.
- No Polished Nails during season
 - WHITE FRENCH TIP ONLY
 - During HOCO/PROM season please ask Coach.

Behavior:

- ★ Cheerleaders will abide by Lanphier High School/District 186 Student & Family Handbook/Lanphier Cheerleading rules at ALL times. This includes social media and outside of school.
- ★ Cheerleaders are to avoid situations that can result in embarrassment to themselves, their families, LHS Cheerleading, or Lanphier High School.
 - Examples include but are not limited to; tardiness, insubordination, talking back, disrespect to team members/LHS Staff/Coach, lying, profanity, or inappropriate language or behavior. This includes social media as well.
- ★ Drama will not be tolerated! We are ONE TEAM and we will work as such!
- ★ No suspensions allowed

**** Failure to follow behavior expectations may result in benching/conditioning/immediate dismissal from the team ****

Drug, Alcohol, and Tobacco/Smoking/Vaping, Etc Policy:

- All members are required to abide by District 186 Student and Family Handbook, APC, and Lanphier Cheerleading Drug and Alcohol Policy.

Eligibility Policy:

- ❖ Coaches are notified of eligibility weekly.
- ❖ Cheerleaders are **required** to be passing 5 out of 7 classes AT ALL TIMES!
- ❖ If a cheerleader is ineligible for 3 consecutive weeks, they will be removed from the team
- ❖ IHSA By-Law 3.022 - Students will be required to pass 25 credit hours at the end of the 1st semester to be eligible for the 2nd semester.

Appearance:

- No Hair colors that are not natural: blue, green, purple, pink, red, etc.
- Nails:

- Fingertip length only - nothing longer
- White french tip ONLY
- During HOCO/PROM season, Coach Haley will advise.
- NO JEWELRY
- No visible tattoos
- Body hygiene must be maintained at all times.

Financials:

- ★ These prices are mandatory to be part of the LHS Cheer Team
- ★ There are **NO Refunds** available – these items are customized and fit to your child
- ★ Prices do not include shipping or taxes
- ★ Items are priced to ship in bulk
 - If you do not fulfill your payment agreement and have your payment posted by the due date, your child's items will ship separately which may result in prices increasing.

SEE FINANCIAL ESTIMATE ON NEXT PAGE

FINANCIAL RESPONSIBILITIES:

These estimates do not include taxes or shipping costs.

Absolutely NO REFUNDS – majority of these items are custom made to your child.

Items with * are good for the entire high school career.

Fundraising Opportunities Will Be Given (Prices Subject To Change, I Am Working To Get Lowest Cost Possible For Our Athletes! Final Payment Plan Will Be Given At Parent Meeting.)

Item:	Cost:
Camp - <i>MANDATORY June 15, 16, 17</i>	\$191
Camp Wear (2 Outfits & 1 Uniform)	\$171
Bodysuits (3 – Orange, Black & White)*	\$85 (\$28 ea)
Black Lollies*	\$30
Shoes	\$80
Bag (OPTIONAL)	\$102
Warm Ups (OPTIONAL)*	\$175
Poms	\$30
Black & White Nike Socks	\$10
Bows (3)	\$45
Estimated Total Not including shipping/tax: **Excludes Optional Items**	New Cheerleader: \$642 Returning Cheerleader: \$441

Student Signature: _____ **Date:** _____

Parent Printed Name & Signature: _____ **Date:** _____

PERMISSION TO TRYOUT

My name is _____ and I would like to try out for LHS Cheerleading.

My child _____ has my permission to try out for the Lanphier Cheerleading team. I understand that they must abide by the rules and regulations set forth by the coach, Athletic Director, Principal, and District. They also must be in attendance for all games, practices, and scheduled events or they will be penalized if the coach was not made aware at least 2 hours beforehand. I have read the tryout packet and understand what is expected at tryouts and what is expected of my athlete if chosen to represent LHS Cheerleading. Any violation of expectations may result in temporary or permanent removal from the squad. I understand that by signing this packet I am also agreeing to consequences for any broken rules. I understand that this packet is my athletes warning, and there will not be any additional warnings given if any rules have been broken. I understand the financial responsibilities of being an LHS Cheerleader and agree to pay for the items my child needs to participate.

Parent Printed Name: _____

Parent/Guardian Signature: _____ Date: _____

Student Signature: _____ Date: _____

CONTRACT

I have read the 2026-2027 tryout packet and agree to follow the continuous, revised, and additional policies.

Parent Printed Name: _____

Parent/Guardian Signature: _____ Date: _____

Student Signature: _____ Date: _____

LHS CHEERLEADER APPLICATION:

Personal Information:

First Name _____ Last Name _____ D.O.B _____
Current Grade _____ Current School _____
School Email _____ YOUR Cell Phone # _____
Parent #1 Name _____ Parent #2 Name _____
Parent # 1 Email _____ Parent #2 Email _____
Parent #1 Phone # _____ Parent #2 Phone # _____
Emergency Contact Name _____ Phone Number _____

Experience Information: (Experience Is Not Required)

Where did you cheer last? _____ How Long? _____
Do you have any medical conditions we should be aware of? _____

Tumbling Skills (please circle):

Cartwheel Round Off Standing Back Handspring
Roundoff Back Handspring Round Off Back Handspring Series
Back Tuck Other: _____

Stunting Skills:

Stunting Position: Flyer Base Backspot

WHY?

Why do you want to be on the LHS Cheer Team?

What skills would you bring to the LHS Cheer Team?

CURRENT GRADES:

School Now Attending: _____ Grade Next Year: _____

Your current grades are required to be signed off on by your assistant principal. You will also need 3 CURRENT teacher recommendations. **1 English, 1 Math, 1 Free Choice.**

Subject:

Current Grade:

Guidance Counselors Printed Name: _____

Guidance Counselors Signature: _____

Name Of Teacher/ENGLISH Class _____

This recommendation is part of the Lanphier Cheerleading Tryout. We are looking for hardworking individuals that act as role models for other students that would make excellent representatives of LHS! Your opinion is very important to me. Please fill out and return to the given student.

Cheerfully,

Coach Haley & Coach Morgan

Students Name: _____

(1 = poor, 5 = excellent. Please elaborate if needed)

This student works well with other peers	1	2	3	4	5
This student is respectful to adults/peers	1	2	3	4	5
This student is hard working	1	2	3	4	5
This student has good attendance	1	2	3	4	5
This student will make a good representative of LHS	1	2	3	4	5

CURRENT GRADE IN YOUR CLASS _____

In the space provided below, please tell me your overall opinion of this student: (If you would like this to remain between us, feel free to email me @ lanphiercheerleading@gmail.com)

Name Of Teacher/**MATH** Class _____

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