



2026-2027 Berkeley Basketball Cheerleading Tryout Packet

Thank you for your interest in becoming a Berkeley High School Cheerleader. The following forms are very important and must be completed in full. Cheerleading is a rewarding and exciting opportunity that promotes school spirit, teamwork, and leadership. However, it is also a demanding activity that requires dedication, discipline, and commitment. Please read all materials carefully and ensure that both you and your parent/guardian have reviewed, signed, and completed all required documents.

Please complete the Google Form to be added to BCSD Rooms Page

All information for tryouts will be found on this page



Practice: Monday October 5th @4:30 in BHS Old Gym

Tryout day: Tuesday October 6th in the Auditorium (Times will be posted in rooms)

Parent Meeting for students who make the team. Thursday October 8th @5:00 in the Old Gym

You must attend both days of tryouts

Varsity: 11th - 12th JV: 9th - 10th

All students trying out must have an average of 60%. Students who do not meet this requirement will not be eligible for tryouts. We will not accept the excuse that your teacher has not put your grades in.

We will also be looking at all referrals students who have been in fights/ On probation/Any OSS/More than 2 ISS/More than 3 Detentions in the 2026-2027 school year will not be eligible to try out.

If you are ineligible you will be contacted after the first day of tryouts.

REQUIRED ITEMS COST

- **Pricing**

-If you already have one of the items it will be removed from your cost:

- Cheer bow
- Team Shirt
- Warm ups
- Team Uniform
- Uniform Bloomers
- Book Bag (Same as last season)

You will be responsible for purchasing the following items yourself:

- White cheer shoes/ no high tops

Estimated cost..... **JV \$495.00 & Varsity: \$575.00**

1st Payment ½ Cost Due: 10/08/2026 Final Payment Due: 10/22/2026

You will get a "Required item sheet" this form will tell you your FINAL total cost
& the breakdown of payments before the parent meeting.

**WE WILL HAVE A MANDATORY PARENT MEETING Thursday October 8th @5:00 in
the Old Gym . This meeting is for both a parent and athletes. We will also have
uniform fitting on this day, YOU MUST ATTEND NO EXCUSES!!!!**

If you quit and/ or removed from the BHS Cheer Program NO REFUNDS will be given!

ALL FORMS BELOW MUST BE UPLOADED/ COMPLETED ON **ARBITER BY THE FIRST DAY OF TRYOUTS**. IF FORMS ARE NOT COMPLETED BY THE FIRST DAY OF TRYOUTS YOU WILL NOT PARTICIPATE! WE WILL NOT ACCEPT LATE FORMS

FORMS MUST BE COMPLETED FOR THE 2026-2027 SEASON

Physical Form & History Form (dated after April 1, 2026)

https://files-backend.assets.thrillshare.com/documents/asset/uploaded_file/3875/Bhsathletics/2180734d-3455-4e0c-a09e-6e4419ef0cfd/Physical-Form-2022.pdf?disposition=inline

Long Form Birth Certificate *(You upload)*

Parent Permission *(Sign online)*

Athlete/Parent Concussion Statement *(Sign online)*

Parent and Student Eligibility Waiver *(Sign online)*

Berkeley County Athlete/Parent Eligibility Waiver *(Sign online)*

Athlete Consent Form *(Sign online)*

Covid Waiver *(Sign online)*

Athletic Student Handbook *(Sign online)*

Cheer rules and regulations form (BELOW) **BRING TO TRYOUTS (this is the only form you bring with you)**

ARBITER WEBSITE LINK

<https://arbiter.io/>

Instructions for Arbiter can be found here:

<https://www.berkeleystagsathletics.com/o/bhsathletics/page/big-teams-process-for-turning-in-athletic-physicals-and-paperwork>

TRYOUT INFORMATION

Tryout Skills

- Cheer - Provided
- Dance - Provided

Required Tryout Uniform (If you do not follow the uniform guidelines you will not tryout)

ONLY REQUIRED FOR TUESDAY, 10/06/2026

Plain white t-shirt (No cheer/ gym logo)

- Black/ blue shorts
- Cheer shoes
- Hair - Securely pulled away from face with a bow
- NO JEWELRY (earrings, nose rings, necklaces, anklets, rings, watches, etc.)
- Tryout Number – Securely attached to the front of your shirt. You will be given a number to wear. YOU MAY NOT SWITCH NUMBERS WITH ANYONE ELSE

Tryout Evaluation System

The following system is the basis on which each applicant will be evaluated.

- Each applicant will be evaluated based on the same rubric.
- Additional considerations will be placed on academic status, tryout attitude, presentation, overall personality and Coach-Ability.
- Applicants will try out in groups of three or four. This is not to intimidate you, but rather to ensure fairness of the evaluations and speed up the tryout process.

NOTE: The Coaches have the final approval of the selection of the squad. Teacher references and comments on the student's past behavior and sense of responsibility will be considered when making the final selection.

The cheerleading candidates are evaluated not only on skill, athleticism, and the physical requirements, but also on school and team spirit, ability to work with others, academics, dependability, classroom conduct, and teacher recommendations.

Time Commitment and Cheerleader Responsibilities

Participation in the Berkeley Cheerleading Program requires a substantial commitment from both student-athletes and their families. Successful cheerleading teams are built through consistent dedication, preparation, and many hours of focused practice. Our program is designed to promote growth both individually and collectively, and the achievement of these goals requires full effort and accountability from each participant.

Due to the level of commitment expected, it is essential that student-athletes demonstrate strong time management skills. Organization is critical to maintaining academic and athletic responsibilities. Each cheerleader will be provided with a monthly calendar, which will also be posted in the Rooms app, to ensure all practices, games, and program-related events are clearly communicated.

While involvement in multiple organizations is encouraged as part of a well-rounded educational experience, student-athletes must carefully consider their existing obligations before committing to additional activities. Overextension can negatively impact performance, attendance, and team responsibilities. Making thoughtful decisions based on one's time, abilities, and priorities is an important component of personal development and maturity.

Student-athletes are expected to manage their schedules responsibly and budget their time wisely in order to meet the expectations of the Berkeley Cheerleading Program.

Practices :

- ❖ **V, JV**, Approximately 1-2 days per week (1-2 hours) & are subjected to change.
 - Practices: TBA 4:15-6:00
- ❖ **GAMES**: Times/days will vary

****Attendance at all games and practices are mandatory.****

If you are ill or have a family emergency, the Coach needs to be notified by a parent or guardian in order for this absence to be excused. **Please notify the Coach 48- hours before the absence or as soon as possible**; only under extreme circumstances will prior notice not be expected. Please email the coach to notify her of an absence.

Fundraising:

- ❖ ALL cheerleaders are expected to help promote and participate in team fundraising events. Including but not limited: program sales, 50/50 raffle, team fundraising.

Practice Schedule and Information

- Calendars will be distributed monthly (Dates and times are subject to change).
- Transportation to and from practice is the responsibility of the parent/guardian.
- Consistent late pick-up from practice will result in a consequence or possible removal from the team.
- No cell phones at practice. **Phones must on silent and placed in your Bookbag**
- Cheerleaders must be ready at the designated practice time.
- No guests/parents are permitted at practice.

Cheerleading Rules and Regulations

The established guidelines below outline what is expected of cheerleaders at BHS. Be sure you and your parents read and fully understand them.

Students participating in cheerleading are expected to be in school **the entire day** in order to participate in games or practices, except where specifically exempted by a physician.

Behavior at practices, games, and other events should consistently demonstrate good sportsmanship, willingness to work with others, and positive school spirit.

- **UNIFORMS:** All cheerleaders will be expected to purchase their own uniform this season.
- **ATTENDANCE:** You will be expected to be at all games and practices and on time. Jobs, club activities, extracurricular activities, doctor's appointments, etc. must not interfere with cheerleading. Cheerleaders can have no more than three unexcused absences. Excessive absences will result in danger of losing their spot on the team.
- **PIERCINGS:** No cheerleader will be allowed to wear ANY jewelry during practice/ games/ team function. Cheerleaders who fail to follow this rule will sit out of any practice/ games/ team function until the jewelry is removed. NO EXCUSES! Cheerleaders who continue to break this rule will be removed from the team.
- **PUBLIC DISPLAY OF AFFECTION:** No cheerleader in uniform or any BHS gear should be displaying any type of PDA. You are representing BHS Cheer. This is inappropriate including but not limited to: kissing, cuddling/ hugging, laying on, holding hands.
- **NAIL RULES:** Cheerleaders should not have acrylic nails. Natural nails should be cut down so they won't cut anyone. Nail colors need to be natural (NUDE OR CLEAR ONLY), no French or bright colors will be allowed for game/ team functions.
- **HAIR RULES:** ALL HAIR SHOULD BE AN APPROPRIATE LENGTH! Hair should be no longer than mid back.(DOWN) THIS IS FOR SAFETY! All hair will be required to be a natural color. Absolutely no fashion colors. ALL CHEERLEADERS WILL BE REQUIRED TO DO THE SAME HAIRSTYLE FOR GAMES/TEAM FUNCTIONS. PLEASE KEEP THAT IN MIND. If Cheerleaders hair is not in compliance with the Hair Rules they will sit out until the issue is corrected.
- **TATTOOS:** No Cheerleader is allowed to have tattoos. If a child has a tattoo prior to making the team it must be fully covered for any/all games,team functions.
- **GAME DAY:** if you do not come to game/team function without required material. (bow,uniform, shoes) you will sit out for the game.
- **STUDENT MISBEHAVIOR:** bullying/ fighting/ disrespect/ Illegal activity will not be tolerated. Cheerleaders who break these rules will be addressed based on the BCSD disciplinary standards and the BHS athletic code of conduct.

Cheer Rules and Regulations Form

(Please sign and bring to the first day of tryouts)

My child, _____ (print student name) has my permission to be a cheerleader at Berkeley High School. I understand that my child must abide by the rules and regulations set forth by the coaches, athletic department, and the principle of Berkeley High School. I understand that all forms attached must be completed by **October 5th** or my child will not be allowed to tryout. I understand that my child must attend all practices (unless excused by the coaches) and tryout sessions, or my child will not be considered for a cheerleading position.

I understand that my child will be evaluated by the BHS cheerleading coaching staff and outside judges, and we agree to abide by the decision of the coaches.

I understand all costs involved as stated in the tryout packet.

I understand if my child is removed or quits the cheerleading team, we will not receive a refund.

I understand by the very nature of the activity, cheerleading and tumbling carry a risk of physical injury. No matter how careful the participant and coaches are, how many spotters are used, or what landing surface is used, the risk cannot be eliminated. The risk of injury includes minor injuries, such as muscle pulls, dislocation, and broken bones. The risk also includes catastrophic injuries, such as permanent paralysis or even death from landing or falling on the back, neck, or head. I understand these risks and will not hold BHS or any of its personnel responsible in the case of accident or injury at any time. I understand if my child makes the team, myself and my child will have to attend the mandatory parent meeting October 8th @5:00PM in the Old Gym.

Parent/Guardian Signature _____ **Date** _____

I, _____ (print student name) am interested in being a cheerleader at Berkeley High School. I have read and understand the tryout packet, especially regarding my responsibilities of being a role model, the time commitment required, and other obligations set forth for being eligible for tryouts and remaining on the squad in good standing.

I understand the physical risks of cheerleading as stated above.

If elected, I promise to abide by the rules and regulations set forth by the advisors and the principle of BHS. I promise to cooperate and follow the instructions of my coaches. I understand that the final team will be posted Friday night on 10/6/2026 on the Berkeley Athletic page and the BCSD Rooms page. I understand if I make the team myself and a parent **MUST** attend the mandatory parent meeting October 8th @5:00PM in the Old Gym.

Students Signature _____ **Date** _____

Current Grade Level: _____