2025-2026 Cheerleading Information Packet



CHEERLEADER CHECKLIST

MUST be Completed *BEFORE* Tryouts!

DO NOT turn this in

Participants must have the following forms completed *and* returned by the FIRST DAY of tryouts.

___Cheerleading Application Form

___Teacher Recommendations (2)

___Printed copy of current grades

___Physical Examination Up-to-date

___Cheerleading Attendance Rules Sheet

TRYOUTS DATES

Tuesday & Thursday, August 12 & 14, 2025 (Clinics)

Friday, August 15, 2025 (closed tryouts)

4:30pm - 6:00pm

(Yeager Middle School Gym)

Coach Contacts: Tanya Brown - tanya.brown@dcssga.org Marsha Britt - marshat.britt@dcssga.org

DRESS CODE FOR TRYOUTS:

For tryouts wear school solid colored t-shirt and shorts. No jean shorts, low cut shirts, cropped tops, tank tops, half tops, or screen/pattern printed tops. Prospective cheerleaders must wear athletic sneakers and standard white, low-cut socks. Hair must be in a neat ponytail (bow optional) and no hair in the face. No jewelry of any kind is allowed.

You will be judged on the following:

Voice Projection/Spirit - Loud and Clear, Show Team Spirit - Go Mustangs, Yeager Mustangs

Jumps - Height pointed toes, straight back, controlled preparations and landing, motion placement.

Cheer/Chant - Precise (sharp) motions, strong vocal projection, memory of words.

Dance - Coordination, rhythm, precise motions, memory of dance.

Appearance and Overall Impression- Neatness, effort, Tidy attire with visible tryout number, hair pulled back in ponytail and out of face. Shows facial expression enthusiasm and crowd appeal, ability to recover if mistakes are made, self-confidence.

Tumbling Skills (Optional/ Bonus Points) – For those participants who have tumbling skills (back walkover and/or back handspring). It is extremely important that you are only performing skills that you have mastered and can do on your own.

Results: Yeager Middle School Cheerleading tryout results will be posted on the gym doors and the cafeteria doors. The results will be posted **Saturday morning, August 16, 2025. First practice Wednesday, August 20th from 4:30 - 6:00.**

For those selected to the team, there will be a **mandatory cheerleader and parent meeting** to meet with the coaches on Wednesday, August 20th at 6 pm. The meeting will be held in the school gym.

TRYOUT JUDGES' SCORE SHEET

PARTICIPANT #	POINT VALUE	SCORE
Voice Projection/Spirit (Loud and Clear, Show Spirit-Go Mustangs, Yeager Mustangs)	**10**	
Cheer/Chant Performance (Precise (sharp) motions, strong vocal projection, memory of words)	**10**	
Dance Performance (Coordination, rhythm, precise motions, memory of dance)	**10**	
Jump Technique (Height, pointed toes, straight back)	**10**	
Appearance/Overall Impression *(neatness, effort, hair pulled back in ponytail, tidy attire-school colors, tryout number visible, show facial expressions with enthusiasm)*	**10**	
Tumbling (Optional Bonus Points) (cartwheel, roundoff, back handspring)	**5**	
TOTAL SCORE=	**50**	

Judge Name:_____ Date:_____

NOTES:



YEAGER MIDDLE SCHOOL Cheerleading
2025-2026 Information Packet



CHEERLEADING ATTENDANCE RULES

Practice is *very* important and each cheerleader must be present at each practice to make this season the best season it can be! Missing practices affects the *entire squad* and consequences must be given to correct. A system of being side-lined (*sitting out*) will be used to address minor infractions throughout the season. *(A season is defined as the moment one makes the team.)*

FOOTBALL/BASKETBALL SEASON PRACTICES:

Please initial next to each bullet point below, to indicate you understand fully and completely.

____● Social Media Infraction: side-lined next game + team probation remainder of season.

____● Late to practice: run for every minute late to be completed after practice.

____● Unexcused absence from practice: side-lined 1st half of next game.

____● Failure to turn in fundraising money on time: side-lined 1st half of next game.

____● Missing part of uniform for cheer event *(shoes, bow, skirt etc.):* will not participate.

____● Late for pickup: 1st offense run 2 laps next practice; 2nd offense run 4 laps next practice; 3rd offense side-line 1 quarter of a game; 4th offense side-line 1st & 2nd quarter of a game + team probation remainder of season; 5th offense - removal from cheerleading team.

****NOTE**** Any cheerleader side-lined from any game *or* part of a game, must sit with their coach*, in full uniform*, the entire time. He/she must also attend *all* practices in preparation.

REMOVAL FROM THE SQUAD: If a cheerleader is side-lined for MORE THAN 4 OCCASIONS, he/she will be removed from the squad on their 5th one. Every attempt will be made to "correct" fairly and equally, and to make consequences of actions known ahead of time. Parents/Guardians will be kept informed of problem situations.

I have read and understand the YEAGER MIDDLE SCHOOL Cheerleading Attendance Policies and the consequences attached to each one. I understand that more than 5 infractions will cause removal from the team.

Parent Signature_____ Date: _____

Cheerleader Signature_____ Date: _____

CHEERLEADER APPLICATION FORM



For Coaches Use Only

Application Form____
Teacher Recommendation #1____
Teacher Recommendation #2____
Cheerleading Attendance rules____
Printed Copy of Grades____
Physical Examination on File____

PARTICIPANT # _____

Name: _____

School Year Grade: _____ Age: _____Student Cell Phone: _____

Parent/Guardian Name(s) _____

_____

Parent/Guardian Cell Phone: _____ Best Time to Reach: AM / PM

Parent/Guardian E-mail: (*for important information/ correspondence.)*

_____ _____

I state that the above information is true and correct.

Student Signature_____ Date _____

Parent/ Guardian _____ Date _____

Application DUE no later than **August 12, 2025** TO**:** Mrs. Brown or Ms. Britt/ Cheer Coaches.

YEAGER MIDDLE SCHOOL Cheerleading
2025-2026 Information Packet

TRYOUT GUIDELINES

ACADEMICS:

Potential cheerleaders will be required to submit a copy of their current grades. Students not meeting the academic performance requirements will not be permitted to try out.

ROUTINES:

You will learn a dance, cheer and chant. Small groups will also be created where you will try out with the group to be performed in front of the judges.

PHYSICAL PACKET:

Schedule this appointment ASAP! Do not wait until the week of. If we do not have a current physical on file, you will **NOT** be permitted to try out.

SOCIAL MEDIA:

Please note that inappropriate or distasteful photos or activity on social media will *not* be tolerated. Cheerleaders are representatives of YEAGER MIDDLE SCHOOL at *ALL* times. Setting a good example, both during and after school hours is an absolute must.

CLINIC & TRYOUTS:

a. ALL cheerleaders must ***fully participate*** in ALL PRACTICES, GAMES, fundraisers and/or events.

TRYOUTS:

- Cheers and chants- taught during clinics.
- Dance Routine- taught during clinics.
- Jumps- toe touch, pike, hurdler, and Spread Eagle.
- Tumbling- includes general tumbling *and* it's optional.



MISCELLANEOUS RULES:

1. Hair must be pulled back, away from face, in a neat ponytail. *Bows optional.*
2. Wear school spirit gear *or* colors. *(t-shirt, shorts and white tennis shoes.)*
3. T-shirt must be tucked in at *all* times.
4. No jewelry of ANY kind is to be worn (*rings, earrings, nose rings, necklace, bracelet, etc.)*
5. Tryouts are "closed" and only open to those participating. NO Exceptions.
6. You may repeat a skill if you make a mistake. *(1 Time Only*)
7. All required forms must be signed/ turned in *before* tryouts begin, to participate.



YEAGER MIDDLE SCHOOL Cheerleading
2025-2026 Information Packet

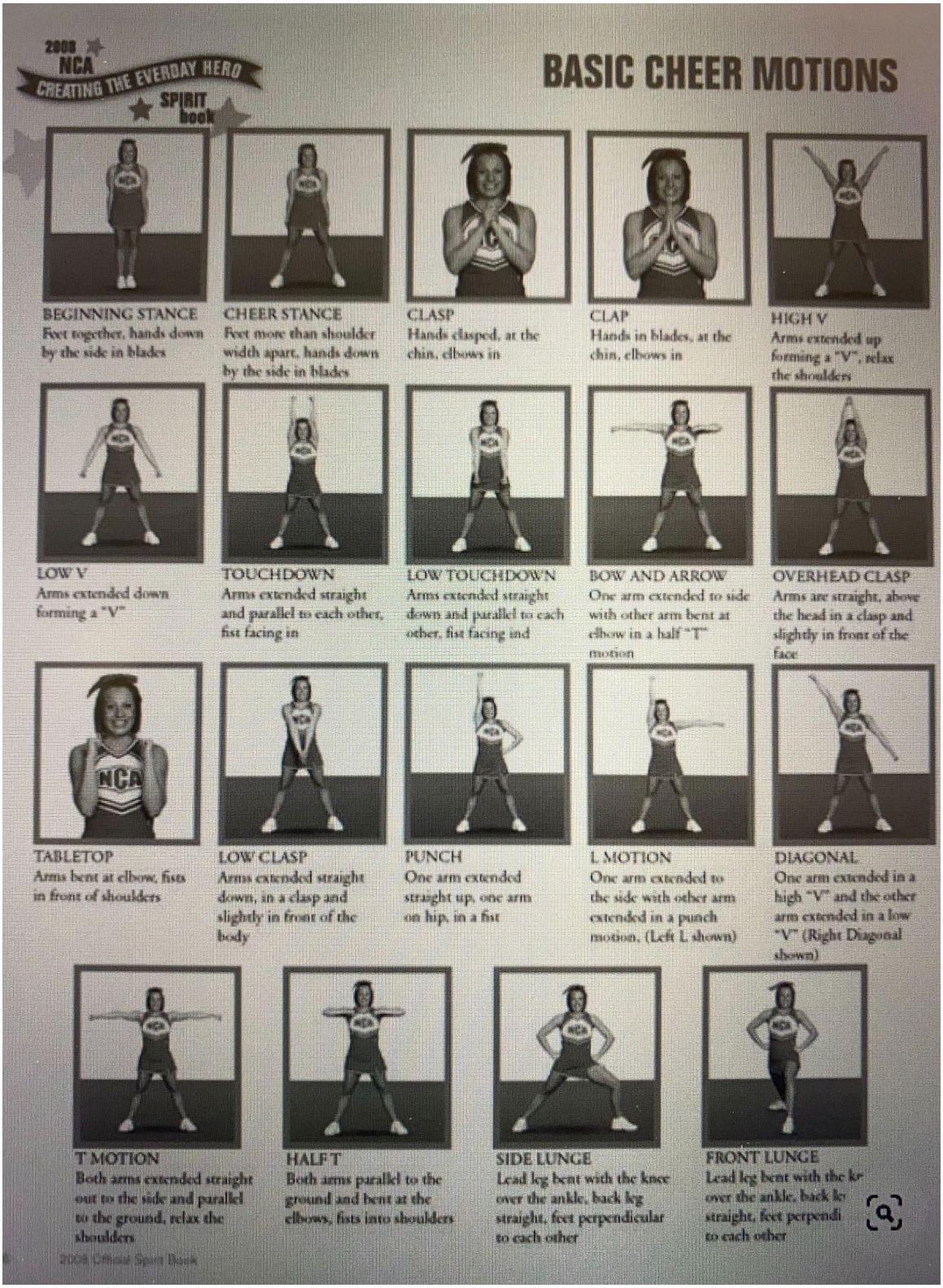


MAKING THE SQUAD:

Cheerleading *is* demanding and takes dedication and commitment. Please note, the season begins once placed on a squad. It must be understood that *if* placed on a squad, you are willing to carry out the requirements of that squad and the responsibilities it comes with. Be sure to take into consideration your *personal interests, extracurricular activities, school workload, family time* and *other* obligations.

General Conduct and Responsibility

- Uniform and Appearance:
  - Entire uniform shall be worn to school on the day of a game or event. (at the discretion of the coach or captain)
  - Uniform (including warm-ups or outerwear) shall be worn at (to) all games and events. You must wear uniform pieces that are part of the uniform.
  - Each cheerleader is responsible for the care and maintenance of all uniform pieces; anything lost must be replaced immediately. Missing uniform parts will result in no game participation.
  - Uniform and additional uniform items are to be purchased and kept by the cheerleader. Uniforms are not to be loaned out or borrowed by any non-team members.
  - Hair accessories must be school colors or match hair color. Questionable accessories must be pre-approved by the coach. Hair must be out of the face at all times and off the shoulders.
  - No jewelry may be worn during practice or games. This includes belly button rings, nose rings, necklaces, etc.
  - Fingernails must be kept short. This is for the student's safety and is a National Federation Rule.
- General:
  - Cheerleaders shall not eat or chew gum while on the field, court or in the cheering area. NO gum at practice!
  - Attendance is required at all events. A cheerleader's major role is the promotion of school spirit. Being a cheerleader requires a major time commitment in the summer, fall and winter months involving cheering at events, participating in fundraisers, practices, assembly planning, and spirit promotion activities.
- Social Media: Facebook, Twitter, Instagram and Social Networking Sites:
  - Do not post any pictures or comments on social networking sites or websites that could be construed as inappropriate
  - If cyber bullying is happening online, school consequences may result in addition to team consequences.
  - Please remember that your profiles are not only a representation of yourself, but also of your entire team and school. Please be responsible and display a high level of integrity and self-respect.
  - Discipline: will follow the "Code of Conduct" set forth by the Douglas County School District. As a Cheerleader you are expected to follow the "Code of Conduct" year around.


2008 NCA
CREATING THE EVERDAY HERO
SPIRIT book
BASIC CHEER MOTIONS
BEGINNING STANCE
Feet together, hands down by the side in blades
CHEER STANCE
Feet more than shoulder width apart, hands down by the side in blades
CLASP
Hands clasped, at the chin, elbows in
CLAP
Hands in blades, at the chin, elbows in
HIGH V
Arms extended up forming a "V", relax the shoulders
LOW V
Arms extended down forming a "V"
TOUCHDOWN
Arms extended straight and parallel to each other, fist facing in
LOW TOUCHDOWN
Arms extended straight down and parallel to each other, fist facing ind
BOW AND ARROW
One arm extended to side with other arm bent at elbow in a half "T" motion
OVERHEAD CLASP
Arms are straight, above the head in a clasp and slightly in front of the face
TABLETOP
Arms bent at elbow, fists in front of shoulders
LOW CLASP
Arms extended straight down, in a clasp and slightly in front of the body
PUNCH
One arm extended straight up, one arm on hip, in a fist
L MOTION
One arm extended to the side with other arm extended in a punch motion, (Left L shown)
DIAGONAL
One arm extended in a high "V" and the other arm extended in a low "V" (Right Diagonal shown)
T MOTION
Both arms extended straight out to the side and parallel to the ground, relax the shoulders
HALF T
Both arms parallel to the ground and bent at the elbows, fists into shoulders
SIDE LUNGE
Lead leg bent with the knee over the ankle, back leg straight, feet perpendicular to each other
FRONT LUNGE
Lead leg bent with the kn over the ankle, back le straight, feet perpendi to each other
2008 Official Spirit Book

Confidential Teacher Recommendation

Candidate Name: _____ Teacher: _____

Subject Taught: _____ Building: _____

Greetings Teacher,

The above-named student is applying for a spot on the Yeager Middle School Cheerleading Squad. Please evaluate the candidate in each of the following categories below.

I thank you in advance for your honesty, time and attention, with helping in this selection process!

Mrs. Brown/Ms. Britt, Cheerleading Coaches

Please return this form to: Mrs. Brown or Ms. Britt, *as soon as possible*, or by August 11, 2025.

LOW = 1, *not an issue* HIGH = 5, *was an issue*

Attendance Issues	1 2 3 4 5 N/A
Tardiness Issues	1 2 3 4 5 N/A
Preparedness/ Work Ethic Issues	1 2 3 4 5 N/A
Ability to Work Well with Others	1 2 3 4 5 N/A
Leadership Skills	1 2 3 4 5 N/A
Respect for Authority	1 2 3 4 5 N/A

Total_____ /30

Comments:

_____
_____
_____
_____
_____
_____

Teacher Signature: _____ Date: _____