



## 2024-2025 HMS Cheerleading Tryout Packet

Dear Cheer Applicant & Parent/Guardian,

It's that time of year for HMS cheerleading tryouts!

The purpose of this packet is to let you know the time commitment, expectations, and costs associated with cheerleading at HMS. It will also address the tryout schedule, and any questions or concerns parents/guardians/students may have. If you have any further questions about tryouts or expectations for the team, please contact the coaches at the information listed below.

Both cheerleader applicants and parents/guardians should read the contents of this packet very carefully - **there are new requirements as we head into the 24-25 season.** Being selected as a Ranger cheerleader is an honor and privilege. The cheerleaders selected have a responsibility to the school, squads, as well as their other members.

**Applicants must complete the necessary attached form and bring it to Coaches on the first day of clinics.**

Good luck and thank you for your interest in becoming a member of the HMS Cheer Team!

Any questions?

**Morgan Slone**

Middle School Coach

[mstone@hlsd.org](mailto:mstone@hlsd.org)

PLEASE FILL OUT YOUR 24-25 TRYOUT INTENTIONS HERE:

<https://forms.gle/EdWELFMnEDeyvgLF9>

### TEAM SELECTION INFO (\*NEW FOR 24-25 SCHOOL YEAR\*)

- If you quit any team you make (Competition, Football sideline, or Basketball sideline), you will be removed from all teams and not eligible to try out the following year. **\*\*This does not apply if you must be removed due to an injury and have a doctors note\*\***

### IMPORTANT DATES! THESE ARE MANDATORY!

- July 22-23 - Camp (9-4)
- August 8- Traditional Choreography (if you are chosen for the team)
- **If you make the competition team, all competitions and practices are MANDATORY.**

### REQUIREMENTS FOR TRYOUTS

During tryouts, you will be asked to complete the following:

- Required Skills:
  - Cartwheel or Round off
  - Motions/Jumps/Voice/Spirit
- Additional skills not required:
  - Stunting and Tumbling
    - Stunting can be taught during the season. Due to safety reasons, we will not be teaching it at tryouts.
- You will be learning and performing a chant, cheer, and dance.

### WHAT TO BRING TO THE FIRST DAY OF CLINICS

- Release of Liability
  - Located in the back of the tryout packet. Due first day of clinics **WITH A PARENT SIGNATURE!** – you may not participate without this form. **\*NO EXCEPTIONS\***
- Current physical if not already on file with the athletic office.
- Printed or Email copy of your **CURRENT GRADES**

### HOW TRYOUTS WORK

You will receive a number on the first day of clinics. As well as learning the material, you will be constantly observed during the whole clinic/tryout process.

We will also be doing a themed week to make things fun. Express yourself and your personality by participating!

- **Wednesday, May 1st - PINK OUT**
  - Warm up, stretch, jump, learn dance and chant
- **Thursday, May 2nd- RED WHITE AND BLUE**  
Warm up activity, stretch, jump, learn cheer, review material,
- **Friday, May 3rd- FAVORITE TEAM (review day)**
  - Warm up, Stretch, Jump/ tumble, review
- **Saturday May 4th - TRYOUT DAY! GREEN AND GOLD DAY!**

- Stretch and begin reviewing promptly at 8:00 am in the IS gym.
- You will be called in groups of 3/4 into the IS Cafeteria and asked to perform the cheer, chant, dance, jumps, and tumbling.
- YOU MUST STAY UNTIL ALL TRYOUTS ARE OVER.
- YOU MUST BE GAME DAY READY! For girls this means hair pulled back in a high/low/half ponytail with a bow, clean makeup and lip color, no jewelry. For boys this means t-shirt and shorts, hair styled, clean look.

*\*Note – if you are in track or softball, please do not worry. We will work with you and your schedule – please notify one of the coaches if you have any conflicts.*

## SCORING AND RESULTS

- All judging of tryouts will be conducted by judges that do not work in the district or live in the community.
- Coaches will be reaching out to all IS/MS teachers, counselors, and principals with a list of names for those trying out. Any negative feedback will impact your scores and placement on teams.
  - Coaches select teams based off of outside judges scoring, however the coaches have a final say on team placements.
- All results will be given directly to the athletes after the tryout sessions complete. They will find out if they have made the football sideline team. Competition teams will be made using tryout scores and constant monitoring of athletes throughout the summer. Basketball tryouts will be held directly after football season. Only current members of the Hamilton Cheerleading team will be able to tryout for basketball and competition teams..
- Each participant that made the team will receive a paper once they made it stating dates and times for a MANDATORY parent meeting and fittings.
  - **At least one parent/adult must attend. If a parent/adult is not in attendance with their student, the student will be removed from the team.**
  - If the parent/adult cannot make the meeting, please reach out to the coaches to make other arrangements.
- We will hold a separate fitting this year for new gear. Parents are required to come to these fittings with their cheerleader to ensure correct sizes are ordered.

All tryout results are final. The coaches and Athletic Department will not answer any phone calls until the following week. Any emails about scoring/teams/etc will be answered by the following Friday.

# FINANCIAL

\*\*Please note that most items can be covered if you choose to fundraise\*\*



## Hamilton Middle School Cheerleading Estimated Expenses by Team - 2024-2025



Sideline		Competition	
Football	Basketball		
<b>Camp Wear</b>	\$ 206.96	<b>Camp Wear</b>	\$ 206.96
<b>Poms</b>	\$ 30.50	<b>Poms</b>	\$ 30.50
<b>Cheer Shoes</b>	\$ 104.95	<b>Cheer Shoes</b>	\$ 104.95
<b>Briefs</b>	\$ 28.95	<b>Briefs</b>	\$ 28.95
<b>Warmup Jacket</b>	\$ 105.90	<b>Warmup Jacket</b>	\$ 105.90
<b>Warmup Pants</b>	\$ 74.95	<b>Warmup Pants</b>	\$ 74.95
<b>Bow</b>	\$ 25.00	<b>Bow</b>	\$ 25.00
<b>Camp Fees</b>	\$ 125.00	<b>Camp Fees</b>	\$ 125.00
		<b>Camp Fees</b>	\$ 160.00

**Sideline**

Total Fee: \$702.21

**Total**

\$831.71

KEY

**Yellow** ---> Only need to buy once (if you buy it during sideline you are not repurchasing for competition)

**Green** ---> If on sideline and comp this will be two separate purchases (so athletes can have sideline bows and competition bows)

- Please use this sheet as a tool to help you estimate costs for the year, not what your exact bill will be.
- Your costs will vary depending on what your athlete needs and what team(s) your athlete is on.

\* If you are selected for the competition team the only expenses on top of sideline cheer will be competition fee of \$160 and an additional bow \$25. None of the other items will need to be purchased again.

\*\* OUR GOAL IS TO COVER ALL FEES LISTED WITH FUNDRAISED MONEY!!

**RELEASE OF LIABILITY**

In consideration of being allowed to participate in any way with the Hamilton Township Cheerleading program and/or its related events and activities, I \_\_\_\_\_ (Your Name) the undersigned, acknowledge, appreciate, and agree that:

1. Risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis and death, and while particular skills, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and,
2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and,
3. I willingly agree to comply with the stated and customary terms and conditions for participation. If, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the school immediately; and,
4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE, INDEMNIFY, AND HOLD HARMLESS the Hamilton Township Cheer Team, their officers, officials, agents, and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and if applicable and owners of premises used for the activity (Hamilton Township Cheer Team), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property associated with my presence or participation, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

Participant's Signature \_\_\_\_\_

Age (as of today) \_\_\_\_\_

Date Signed \_\_\_\_\_

For Parents/Guardians of Participants of Minority Age (Under 18 at Age of Registration): This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above of all the Releases, and, for myself, my child and our heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releases from any and all liabilities incident to my minor child's involvement or participation in these programs as provided above, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES to the fullest extent permitted by law.

Parent/Guardian Signature \_\_\_\_\_

Print Name \_\_\_\_\_

Date Signed \_\_\_\_\_