



Lorain High School

2025-2026 Cheerleading Information Packet

Dear Future Cheer Family:

We would like to thank you in advance for your interest in and support of Lorain High School Cheerleading!

Clinics/tryouts will take place **Monday, November 3rd, Wednesday, November 5th, and Thursday, November 6th from 4:00 to 7:00 p.m.** Tryouts will be held in the **Lorain High School Cafeteria** – please enter through the cafeteria doors on the west/back-side of the building labeled “Lorain Athletics Center”. Participants **must** attend **all three** days in order to be considered for the squad. Tryouts are open for participants only – no relatives or friends.

Participants will be evaluated in the following performance areas:

- Academics/Eligibility
- School Behavior/Conduct
- Jumping/Flexibility
- Motions/Technique
- Team/Group Work Ethic
- Attitude/Spirit

Participants will be notified through a post in the tryout Google Classroom by Monday the following week if they have been selected to join this season’s squad. Please do not be discouraged if you are not selected this season, as there are many ways to support and show spirit and pride for Lorain High School, and we welcome you to try out again in the future!

Thank you again for your interest, we look forward to meeting all of you!

Kerilynn Daniels, Varsity Cheerleading Coach

Bianca Cruz, JV Cheerleading Coach



Expectations and Guidelines

ACADEMICS:

The coaches believe that the student part of “student athlete” is one of the most important parts of being a cheerleader. We will use the Final Forms platform to determine academic eligibility for participation; students not meeting the OHSAA requirements will not be permitted to try out or remain on the squads (if selected). We will also be checking in with teachers throughout the season to be sure that you are keeping up with your assignments and reserve the right to have you sit out practices and/or games if you are not making satisfactory progress in your classes.

PHYSICALS:

Participants must have a current physical on file to participate in tryouts. If you are signed up in Final Forms you already received an email from Coach Daniels with a reminder. **THERE ARE NO EXCEPTIONS TO THIS RULE!**

CLINICS/TRYOUTS ATTIRE:

- Hair must be pulled back and away from your face in a neat full ponytail, if long enough to do so.
- Previous squad members are **not** permitted to wear any cheerleader gear. Lorain spirit-wear is allowed as long as it is not cheer related.
- Tops must fit properly – no crop tops, deep/low-cut necklines, or anything skin-tight or see-through. Think regular t-shirt.
- Bottoms must fit properly – no spandex, denim, or anything skin-tight or see-through (leggings and biker shorts **are** acceptable).
- Athletic/gym shoes only – “fashion” tennis shoes are not permitted (i.e. Converse, Vans, etc.). These shoes are a safety issue for jumping/tumbling.
- No jewelry of any kind is to be worn (i.e. rings, bracelets, necklaces, earrings, facial piercings). If you have a new piercing and cannot remove it, it must be **fully** covered by a bandaid.

TRYOUT MATERIAL:

Participants will learn a combination of cheers and chants along with proper jump technique. Participants will also create one cheer in a **COACH DETERMINED** small group. Each of these items will be performed in front of the judges.

SOCIAL MEDIA:

Please understand that inappropriate or distasteful photos or activity on social media will **not** be tolerated. Cheerleaders are representatives of Lorain High School at **all** times. Setting a good example both during and after school hours and online is a requirement of being on the squad. Failure to adhere to these social media rules is grounds for disciplinary action including and up to dismissal from the squads.

PARTICIPATION:

If selected for this season’s squads, you must be willing and able to carry out the requirements of being a cheerleader (i.e. practice, games, fundraising, special events, etc.). **Be sure to consider your personal interests, employment, extracurricular activities, school workload, family, etc. prior to participating in tryouts.**

Further information will be provided to those selected to join this season’s squad at the Parent Meeting (TBD). Please do not hesitate to contact us with any questions or concerns you may have at kdaniels@lorainschools.org (Coach Daniels) or bcruz@lorainschools.org (Coach Cruz).

Cheers,

The Coaches

Student Academic Report

Please have this form completed by each of your current teachers. This form should be submitted to Coach Daniels or Coach Cruz on the first day of clinics or via email to kdaniels@lorainschools.org or bacruz@lorainschools.org.

Student First and Last Name: _____ Grade: _____

[illegible]