

# NORTH GWINNETT cheerleading HIGH SCHOOL

## 2025-2026 NGHS Cheer Tryouts Informational Packet

North Gwinnett High School Cheerleading is a longstanding, strong cheer program, and we are looking forward to another great season!

GAME DAY STATE CHAMPIONS 2024 

\*Follow us on  @cheerforNGHS for updates and reminders\*

\*Email Head Coaches, Hayley.Garner@gcpsk12.org AND Tabatha.Johnson@gcpsk12.org with any questions\*

### TRYOUT PARENT/GUARDIAN MEETING:

Tuesday, February 11th @ 6:30 pm at North Gwinnett HS in the MPR (room next to the Java Dawg)... for Rising 9th graders and/or anyone new to the program.

### TRYOUT REQUIREMENTS:

1. **REGISTER** for tryouts by Thursday, March 6 @ <https://tinyurl.com/NGHSCheerTryouts2025>
2. **COMPLETE ALL PAPERWORK**
  - i. **Physical** - You must have the correct, CURRENT physical on file with the high school. Physicals do not transfer from other schools. Go to [nghsbulldogsathletics.com](http://nghsbulldogsathletics.com) (Forms) for the correct Physical form to take to your doctor.
    - \*Rising 9th graders need to contact Kathy Johnson (NGHS Athletics Secretary) about Rank One for physicals @770-271-5140 or [kathy.johnson@gcpsk12.org](mailto:kathy.johnson@gcpsk12.org)
    - \*All others will have to go to Rank One to do all forms.
  - ii. **Rank One Forms** - All other insurance and release forms need to be completed and submitted on Rank One.
3. **ACADEMICALLY ELIGIBLE** - If you are a rising sophomore, junior, or senior, you need to have passed 5 out of 6 classes in the previous term (incoming freshmen are automatically eligible for the fall).
4. **ATTENDANCE** - You must attend all days of tryouts for the squad(s) for which you are trying out. If you have a conflict, please contact Coach Garner & Coach Johnson.

### SKILL REQUIREMENTS per team:

#### Spirit Team Requirements:

There are technically six spirit (sideline) teams to try out for: 9th Grade football, JV football, Varsity football, JV basketball, Varsity basketball, and Game Day. but see below for more specifics. All cheerleaders trying out for our spirit squads need to have strong motions, strong jumps, strong dance skills, strong presentation when performing, and the ability to remember cheers, chants, and dances. Tumbling skills are also encouraged but not required! **MOST IMPORTANT:** Be loud and smile on the sidelines; look like you enjoy cheering for your school!

9th Grade football spirit: 9th graders only

JV football spirit: 10th graders only

Varsity football spirit: 11th and 12th graders only - (Should be able to perform one-legged stunts)

JV & Varsity basketball spirit: grade level will not apply to be on a team (Varsity level should be able to perform one-legged stunts and should have strong dance skills)

Game Day: the best 24 cheerleaders we have on any of our spirit teams

### Competition Team Requirements:

There are two competition teams to try out for: JV and Varsity, but positions on teams can be fluid due to skills, injuries, etc. All cheerleaders trying out for our competition squads need to have strong jumps, strong dance skills, and experience with stunting and tumbling.

For Varsity competition: All grade levels – strong tumbling and strong stunting are required

*Tumbling skills:* standing tuck, two or three bhs to tuck/layout/full, running tuck, running layout, running full, standing full. A large part of the rubric is tumbling, so any and all tumbling skills are encouraged!

*Stunting skills:*

Flyers – extreme flexibility, all body positions, switch-ups, full-ups, quick tosses, full downs, etc. Everything to the extended level. Stunting is another large part of our rubric!

Bases/Backspots – comfortable with extended stunting, switch ups, full-ups, quick tosses, full downs

For JV competition: 9th, 10th, 11th graders only – any tumbling skills (or working on tumbling skills)

and some experience with stunting (prep level). Flyers need to be flexible, and bases/backspots need to be strong and confident!

### HOW TO PREPARE FOR TRYOUTS:

We strongly encourage you to work on the following things before tryouts. Go take some classes at a gym!

1. **Jumps:** We require several jumps at tryouts (toe touch, pike, hurdler). Work on your height and form (especially arms). For competition, you will need to connect jumps.
2. **Motions:** We will drill motions at tryouts, and we expect you to be working on your sharpness and form. Learn some cheers and then watch yourself in the mirror to self-correct!
3. **Voice:** You need to be loud and efficient.
4. **Stunting:** Work to do your best with stunting. We expect more at each level. Work to be flexible in what positions you can do and with whom you stunt. Take a stunt class to prepare yourself for this skill!
5. **Tumbling:** Tumbling is a requirement for competition cheerleaders (see previous page). Tumbling is not required to make a spirit squad, but still highly encouraged.
6. **Strength and Stamina:** Athletes are expected to be in shape and able to complete a practice. Those cheering competitively should be capable of completing a routine without being completely winded. We encourage strength training and aerobic workouts.
7. **Dance:** Dance skills are required for all squads; high level dance skills are required to make Varsity Basketball.

### TRYOUT SCHEDULE:

Date	Who comes to tryouts this date	Time & Location	Shirt color to wear (hair up in ponytail) (no lengthy nails)
<b>WEEK ONE</b>			
<b>Monday, March 17</b>	All cheerleaders	3:30-7:00 in Main Gym (Rising 9th graders, 4:30-7:00) *Jump evaluations & Learning material	White
<b>Tuesday, March 18</b>	Spirit	4:00-7:00 in Main Gym (Rising 9th graders, 4:30-7:00) *May finish up jump evaluations if needed, and stunting evaluations with 11th and 12th graders	Red
<b>Wednesday, March 19</b> 11th/12th Spirit Evaluations	Spirit	*4:00 – 7:00 - 11th and 12th graders report for evaluations in Main Gym *4:30 – 6:30 - 9th and 10th graders report to Old Gym (review material with graduating seniors)	Black
<b>Thursday, March 20</b> 9th/10th Spirit Evaluations	Spirit	4:30 – 7:00 - 9th and 10th graders report for evaluations in Main Gym *11th and 12th graders do not need to report today	Grey

Date	Who comes to tryouts this date	Time & Location	Shirt color to wear (hair up in ponytail) (no lengthy nails)
<b>WEEK TWO</b>			
<b>Monday, March 24</b>	Competition	4:00-7:00 in Main Gym (Rising 9th graders, 4:30-7:00)	White
<b>Tuesday, March 25</b>	Competition	4:00-7:00 in Main Gym (Rising 9th graders, 4:30-7:00)	Red
<b>Wednesday, March 26</b>	Competition	4:00-7:00 in Main Gym (Rising 9th graders, 4:30-7:00)	Black
<b>Thursday, March 27</b>	Game Day	4:00-7:00 in Main Gym (Rising 9th graders, 4:30-7:00)	Grey
<b>Friday, March 28</b>	Game Day	4:00-7:00 in Main Gym (Rising 9th graders, 4:30-7:00)	White

**Numbers will be posted on Saturday 3/29 after 2:00 pm**  
**on <https://www.nghsbulldogsathletics.com/sport/cheerleading/coed/>**

You will know what team you have tentatively made. Team placement can change!

Varsity spirit teams will be decided after summer practices at the end of June.

Competition team placements will be decided at the beginning of summer practices in June.

## **IF YOU MAKE A SQUAD:**

Our season technically starts in August, but good summer practices and camps are **CRITICAL** for a successful season, so review all dates below and make sure you're ready to commit to all of them!

## **Important Dates & Summer Schedule:**

<b>Mandatory "Made It" Meeting</b> (parents & cheerleaders)	<u>Thursday, April 3rd</u> @ 6:30 pm at NGHS in the MPR (room next to the Java Dawg) -Calendar dates, fundraising and season details will be discussed. We need everyone at this meeting!
<b>Mandatory Uniform Sizing</b>	<u>Thursday, April 17th</u> - After school in the upstairs of the gym
<b>Physical Date at NGHS</b>	<u>TBA</u> - NGHS hosts a date to get updated physicals on campus
<b>Mandatory Spirit Uniform pickup date</b>	<u>Saturday, April 26th</u> <ul style="list-style-type: none"> <li>- Seniors 10:00-10:30 am</li> <li>- Juniors 10:30-11:00 am</li> <li>- Sophomores 11:00-11:30 am</li> <li>- Freshmen 11:30-12:30 pm</li> </ul>
<b>Spirit Camp</b>	TBD but in June
<b>Competition Choreography</b>	Weeks of June 9th and June 16th (Dance Choreo 7/16 & 7/17)

<b>Dead Weeks Per GHSA</b> (no practices allowed)	Monday, May 26 through Sunday, June 1, 2025 Monday, June 30 through Sunday, July 6, 2025
<b>Association Cheerleading Camp</b>	July 28-31 (all spirit cheerleaders need to attend – in the evening)
<i>The season officially begins!</i> <i>Practices are now mandatory!</i>	Monday, July 28

### Summer Practices \*times may change slightly depending on space availability

	Mon.	Tue.	Wed.	Thur.	Fri.
~JUNE~ <b>Spirit</b> Conditioning/Practice 6/2 - 6/5 6/9 - 6/12 6/16 - 6/19*	9:00-10:30 (everyone)  10:30-11:15 (Varsity only)	9:00-10:30 (everyone)  10:30-11:15 (Varsity only)	9:00-10:30 (everyone)  10:30-11:15 (Varsity only)	9:00-10:30 (everyone)  10:30-11:15 (Varsity only)	
~JUNE~ <b>Competition</b> Conditioning/Practice 6/2 - 6/5 *6/9 - 6/12 6/16 - 6/19*  *Routine Choreography: the weeks of 6/9 & 6/16	11:30-1:30 (all competition cheerleaders)	11:30-1:30 (all competition cheerleaders)	11:30-1:30 (all competition cheerleaders)	11:30-1:30 (all competition cheerleaders)	
~JULY~ <b>Competition</b> Conditioning/Practice 7/14 - 7/17 7/21 - 7/23  *Dance Choreo: 7/16 & 7/17	9:00-12:00 (all competition cheerleaders)	9:00-12:00 (all competition cheerleaders)	9:00-12:00 (all competition cheerleaders)	9:00-12:00 (all competition cheerleaders)	

Please make every effort to arrange your summer plans around our practice and camp dates. We need everyone there! You still get several weeks off during the summer for vacations!

## Fall Practices

Varsity Competition	-Monday, Tuesday, Thursday, Friday	2:30-4:00 pm
JV Competition	-Monday, Tuesday, Thursday, Friday (Aug) -Monday, Tuesday, Friday (Sept-Oct)	3:30-5:00 pm
Varsity Football Spirit	Wednesday	3:45-5:30 pm
Game Day *TBA depending on the Game Day State Championship date	Days will vary depending on the month and practice space availability. (Aug-Dec) A schedule will be set by Aug 1st and given to the girls.	3:45-5:45 pm
JV Spirit	Wednesday	2:30-4:15 pm
9 <sup>th</sup> Spirit	Wednesday Tuesday (August)	2:30-4:15 pm 2:45-4:15 pm

### Other Important Information

- **Competitions** will be Saturdays, beginning in mid-September and going through November (JV season runs through October). We could call a practice on Saturday during the Month of August. **State is TBA**
- **NGHS hosts a competition in the fall on a Saturday** - all competition cheerleaders and at least one parent from each family need to work this event
- **Varsity football games** are Friday nights @ 7:30PM.
- **9<sup>th</sup> and JV football games** are Thursday nights for football season @ 6PM.
- **Game Day Squad-** during the month of Oct and Nov the number of practice days will increase because the STATE event is typically in Dec.
- **Winter Practices for Basketball Season:** TBA

# NORTH GWINNETT *cheerleading* HIGH SCHOOL

## FEES & FUNDRAISERS 2025-26

- **Fees:** All fees need to be paid in full in order to receive campwear, shoes, two Corky Kell tickets, etc., and for the Cheerleader to be able to attend the end of the season banquet in March.
- **Fundraisers:** There are **three mandatory fundraisers** for all cheerleaders. There is a minimum amount, but the cheerleader can sell more than the required amount to earn money towards his/her fees.
- **Extra fees:** Some Cheerleaders may have extra fees based on specific team or grade level requirements.
- **How to Pay:** Fees are paid on MyPaymentsPlus and Fundraiser amounts are paid by Venmo (@nghs-cheer) or check to NGHS Cheer Booster Club.
- **Families with multiple cheerleaders in the program:** a discounted fundraising fee will be applied.
- **"Thursdays are for cheer things"** - Every date is a Thursday - follow us on instagram @cheerforNGHS for weekly reminders!
- Any cheer family in need of an amended payment schedule or assistance, please do not hesitate to contact the Booster Club Treasurer directly at nghstreasurer@gmail.com.

### FEES

Team(s) you're on	Due Date for payment on MyPaymentsPlus	
	<i>By April 17th</i>	<i>By May 15th</i>
Football Only <b>or</b> Basketball Only	\$830	\$930
Football <b>and</b> Basketball	\$930	\$1,030
Comp <b>and</b> Football	\$930	\$1,030
Comp <b>and</b> FB <b>and</b> BB	\$960	\$1,060
Competition Only	\$880	\$980

### FUNDRAISERS

Fundraiser	Amount	Payment Due Date (Venmo or Check)
<b>1. SchoolFundr Online Fundraiser</b> (get to keep 100% over \$300) *Each Cheerleader will need 20 email addresses for this, and is required to raise a minimum of \$300	<b>\$300</b>	<b>May 1st is the Mandatory KickOff Meeting!</b>
<b>2. Sponsorship Sales</b> (minimum \$300 sponsorship required) -\$301 to \$999, 50% will go towards fees -\$1000 and above, 75% will go towards fees	<b>\$300</b>	<b>May 8th</b>
<b>3. Pink Cards</b> (get to keep 100% over \$200) *Each Cheerleader will sell a minimum of 10 cards at \$20 each	<b>\$200</b>	<b>September 4th</b>

### EXTRA FEES

Extra Fee	Amount	Payment Due Date (Venmo or Check)
<b>1. 9th graders or Cheerleaders new to our cheer program</b> *Backpack: \$35 and Rain Jacket: \$140	\$175	May 1st
<b>2. Varsity Football JUNIORS</b> *Warm-up	\$275	May 1st
<b>3. Spirit Camp</b> *Two days away at CGSU learning material from CDA coaches *Payment is due 5/1 but if you need to split it into two payments, you can pay \$200 on 5/1 and the other \$200 on 6/1	\$400	May 1st
<b>4. Competition Cheerleaders (JV &amp; Varsity)</b> *Choreography/music/gym time	\$300	July 1st
<b>5. Game Day Cheerleaders</b> *Team Fee	\$200	October 2nd

### OTHER FUNDRAISERS THROUGHOUT THE SEASON

<b>Cheerleader for a day</b>	During basketball season, we host youth cheerleaders for a day of learning cheers and a routine to perform at a varsity basketball game.	~Date TBD, but usually in January
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\*If you pay by Venmo, please note that there is a 3% service fee that needs to be included.

\*All checks can be:  
 placed in a dropbox at 272 Beech Tree Hollow, Sugar Hill (in Wild Timber neighborhood)  
**OR**  
 brought to Coach Garner's room 821 (hand it to her directly)