

# NORTH GWINNETT cheerleading HIGH SCHOOL

## 2026-2027 NGHS Cheer Tryouts Informational Packet

NGHS 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:

Monday, February 2nd @ 6:30 pm at North Gwinnett HS in the MPR (room next to the Java Dawg)...  
for Rising 9th grade families and/or anyone new to the program

### TRYOUT REQUIREMENTS:

1. **REGISTER** for tryouts by Thursday, March 5 on the link or using the QR code - *Cheerleader should complete this*



2. **COMPLETE ALL PAPERWORK** for tryouts by Thursday, March 5 - *Parent or Guardian should complete these*
  - 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](https://nghsbulldogsathletics.com) (Forms) for the correct Physical form to take to your doctor. Physicals from the GFL are not the correct form for GHSA.  
\*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.
  - iii. **PARENT/GUARDIAN Sign-Off Form** - NEW THIS SEASON -- In order to try out for NGHS Cheer, a parent or guardian must access our PARENT/GUARDIAN Sign-Off Form to acknowledge our Fees & Fundraisers Schedule and our Cheer Covenant. Your cheerleaders cannot try out until that form is electronically signed by a parent or guardian.



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 asap.

## **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 sharp and smile on the sidelines!

9th Grade football spirit: 9th graders only

IV football spirit: 10th graders only

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

IV & 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: IV 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. Competition Cheer at the high school level is scored on a very specific rubric, so we are looking for certain skills to earn the highest score.

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 IV 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. Stretch every day to improve your flexibility!
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 16</b>	All cheerleaders	3:30-7:00 in Main Gym (Rising 9th graders, 4:30-7:00) *Jump evaluations & learning material	Red
<b>Tuesday, March 17</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	Black
<b>Wednesday, March 18</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)	White
<b>Thursday, March 19</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
<b>Friday, March 20</b>	Game Day	4:00-7:00 in Main Gym (Rising 9th graders, 4:30-7:00)	Red
<b>WEEK TWO</b>			
<b>Monday, March 23</b>	Game Day	4:00-7:00 in Main Gym (Rising 9th graders, 4:30-7:00)	Black
<b>Tuesday, March 24</b>	Competition	4:00-7:00 in Main Gym (Rising 9th graders, 4:30-7:00)	White
<b>Wednesday, March 25</b>	Competition	4:00-7:00 in Main Gym (Rising 9th graders, 4:30-7:00)	Grey
<b>Thursday, March 26</b>	Competition	4:00-7:00 in Main Gym (Rising 9th graders, 4:30-7:00)	Red

Numbers will be posted on Saturday 3/28 after 2:00 pm  
on <https://www.nghsbulldogsathletics.com/sport/cheerleading/girls/>  
You will know what team you have tentatively made. Team placement can change!

## 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 and fees/fundraisers to make sure you're ready to commit to all of them!

## Important Dates & Summer Schedule:

<b>Mandatory “Made It” Meeting</b> (parents & cheerleaders)	<u>Wednesday, April 1st</u> @ 6:30 pm at NGHS in the MPR (room next to the Java Dawg) -Calendar dates, fees, fundraising, and season details will be discussed. <b>A parent or guardian must attend.</b>
<b>Mandatory Sizing Day</b>	<u>Thursday, April 23rd</u> - After school in the upstairs of the gym. All cheerleaders need to be sized.
<b>Physical Date at NGHS</b>	<u>TBA</u> - NGHS hosts a date to get updated physicals on campus
<b>Mandatory Spirit Uniform Pick-Up Day</b>	<u>Saturday, April 25th</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>Mandatory Season Kick-Off Meeting &amp; Start to our SchoolFundr Online Fundraiser</b>	April 30th Only cheerleaders required at this meeting. We will review the season ahead, discuss our Covenant and get our online fundraiser started!
<b>Spirit Camp</b>	June 12, 13, 14
<b>Competition Choreography</b>	Weeks of June 8th and June 22nd
<b>Dead Weeks Per GHSA</b> (no practices allowed)	Monday, May 25 through Sunday, May 31 2026 Monday, June 29 through Sunday, July 5, 2026
<b>Association Cheerleading Camp</b>	Tentatively, the week of July 20th
<b>Picture Day for entire cheer program</b>	July 26th All teams will take pictures this date at the high school (except possibly competition teams due to new uniforms being ordered... we will let those teams know asap)
<i>The season officially begins!</i> <i>Practices are now mandatory!</i>	Monday, July 27

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

	Mon.	Tue.	Wed.	Thur.	Fri.
<b>~JUNE~</b> <b><u>Spirit</u></b> <b>Conditioning/Practice</b> 6/1 - 6/4 6/8 - 6/11 6/15 - 6/18  *Spirit Camp 6/12-6/14	9:00-10:30 (everyone)  10:30-11:15 (Varsity only)	11:00-12:30 (everyone)  12:30-1:15 (Varsity Only)	9:00-10:30 (everyone)  10:30-11:15 (Varsity only)	11:00-12:30 (everyone)  12:30-1:15 (Varsity Only)	
<b>~JUNE~</b> <b><u>Competition</u></b> <b>Conditioning/Practice</b> 6/1 - 6/4 6/8 - 6/11 6/15 - 6/18 6/22 - 6/23*  *Routine Choreography: the week of 6/22	11:30-1:30 (all competition cheerleaders)	9:00-11:00 (all competition cheerleaders)	11:30-1:30 (all competition cheerleaders)	9:00-11:00 (all competition cheerleaders)	
<b>~JULY~</b> <b><u>Competition</u></b> <b>Conditioning/Practice</b> 7/13 - 7/16 7/20 - 7/23	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 - these practices start the week of August 3rd (August 5th is the first day of school)

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
JV Spirit	Wednesday	2:30-4:15 pm
9 <sup>th</sup> Spirit	Wednesday Monday (August)	2:30-4:15 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

### **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**
- **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