Glenwood Middle School

**Winter 2025-2026**

Cheerleading Tryouts

Tryout Clinic:

Thursday, September 25th 5:00-7:00pm

Friday, September 26th 3:30-5:30pm

Tryouts:

Saturday, September 27th 11:00am

*\*Students must have a current physical on file to participate in clinicals & tryouts*

*\*Clinicals and tryouts are mandatory to qualify for the 2025-2026 Season*

*\*In order to tryout you must complete the Tryout Registration Form linked at the bottom of this document by* ***Monday, September 22nd***

Contract Acknowledgments are due the first day of Clinicals

Thank you for your interest in the Glenwood Middle School winter cheerleading program. In this program, all participants are considered athletes and will be treated as such. All athletes are expected to read the following information to understand our general expectations for tryouts. Full program information including a team contract, calendars, and estimated costs, was handed out at the informational meeting. If you missed the meeting and need additional information, please contact mrufus@bcsd5.org.

Dear athletes,

It is an honor and privilege to be a GMS Cheerleader. Accepting a role on this team should not be taken lightly. As a squad, we do much more than support our home team. We are considered role models and representatives of our school district. Please understand the commitment you are making. By devoting your time to the GMS Cheerleading program, you will receive many valuable experiences that you will remember long after you leave middle school.These activities will not only channel your enthusiasm and spirit in a constructive and beneficial manner but will give you a sense of pride, accomplishment, and life long skills.

If you have any concerns or questions regarding clinicals, tryouts, or the program, please contact me directly. I look forward to working with you this season!

Sincerely,

Sierra Voss, Head Coach

svoss@bcsd5.org

Expectations of a GMS Cheerleader:

* Always be respectful and kind.
	+ This includes at school and away from school grounds, in or out of uniform.
* Consider your actions, words and overall self-conduct.
	+ We represent our team, our school and our community with class, manners, pride, and a positive attitude.
	+ GMS staff, students, and community members see our team as a highly respectable program and keeping it this way takes everyone conducting themselves accordingly.
* Uphold a strong character.
	+ GMS Cheerleaders demonstrate sportsman-like conduct.
	+ We follow rules and believe that honesty is always the best policy.
* Attend all practices, games, and appearances.
	+ Being a part of the GMS Cheerleading team is a privilege.
	+ Contribute actively and positively during practices, performances and events.
	+ Our ability to work together, support each other, and create team chemistry is necessary and expected.
	+ If each cheerleader acts with support to others and willingness to go the extra mile, we will continue to improve the GMS cheerleading program.
* By trying out for GMS Cheer, you are presumably accepting the full commitment of being a part of this team.
	+ As a team, we work together! When one person is missing it means we all have to adjust.

*\*The full contract of rules & expectations was handed out at the informational meeting. Please contact Coach Sierra for the contract if you did not receive a copy. .*

Clinic & Tryout Policies:

Clinic & Tryout attendance is mandatory. If you are planning to participate in the Winter 2025-2026 season and are unable to attend any or all clinic/tryout days, please contact Coach Sierra with your circumstance as soon as possible to discuss alternative arrangements.

* + - Clinics & Tryouts will be closed to all spectators.
		- Coach and judges will observe and note each performance on a group and individual level.
		- A variety of skills and performance material will be taught during clinics:
			* Sideline Cheer
			* Chant
			* Jumps
			* Stunt
			* Tumbling (optional)

Performance material will be taught/coached during the clinics. Tumbling will not be taught or spotted during clinics or practices. Any athlete who chooses to tumble for tryouts should execute the highest skill they are able to perform safely and consistently on their own, on a gym floor. Any tumbling executed will be noted and expected to be performed throughout the season. *\*We like to encourage tumblers to continue building their skills by staying active in tumbling classes or open gyms throughout our season.*

Individuals will not only be noted on their abilities but also their attendance, presentation, attitude, observed potential, teacher recommendations, team morale, and overall behavior.

Clinical Attire:

Participants will be required to wear cheer shoes or athletic tennis shoes, white ankle/no-show socks, athletic shorts (no spandex), plain full coverage t-shirt/tank and hair fully pulled back and secured. Athletes should NOT wear items that say “cheer” or indicate previous involvement in our cheer program. Finger nails are to be no longer than the fingertip. Fake tips and acrylics, no matter the length, are not allowed. Jewelry MUST be removed. This includes piercings, body jewelry and plastic inserts. Visible tattoos are not acceptable and must be covered. Food, including gum, is not permitted.

Tryout Attire:

Participants will be required to wear cheer shoes or athletic tennis shoes (flat sole preferred), white ankle/no-show socks, and hair fully pulled back and secured. Each athlete must wear uniform attire consisting of a t-shirt/tank (full coverage) and athletic shorts (no spandex). Shirts and shorts must be plain and black, red, or white (the school logo or small brand logos are fine). Athletes should NOT wear items that say “cheer” or indicate previous involvement in our cheer program. Finger nails are to be no longer than the fingertip. Fake tips and acrylics, no matter the length, are not allowed. Jewelry MUST be removed. This includes piercings, body jewelry and plastic inserts. Visible tattoos are not acceptable and must be covered. Food, including gum, is not permitted.

*\*Athletes who do not adhere to the policies and attire requirements will not be able to participate in clinicals or tryouts. Athletes must have a current physical on file with their current school nurse*

**Tryout registration form:**

<https://forms.gle/2goRQNwkVZrfuVZk6>