

South Forsyth Middle School
2024-2025 Cheerleading Clinic and Tryouts Guidelines
Monday, March 25th - Wednesday, March 27th, 2024

- Both male and female athletes may tryout
- SFMS Cheer clinic will be held **Monday, March 25th - Wednesday, March 27th** from 4:30-6:00 to polish the cheer and dance for tryouts.
- SFMS Cheer Tryouts will be on **Wednesday, March 27th from 4:30 to 6.**
- All participants must be dressed out and in the gym by 4:30.
- All participants should wear a plain white shirt, black shorts, and hair up for tryouts. A bow is optional.

Candidates need to come to tryouts each day prepared. Candidates will be judged each day on different elements, including attitude, punctuality, cooperation, respect for authority, willingness to learn, and ability to learn material quickly. The cheer and dance will be posted to the school website for the candidates to practice for tryouts.

Monday, March 25th – Tuesday, March 26th- Candidates will work in groups to practice the dance, cheer, and jumps.

Wednesday, March 27th- Candidates will be judged on two different jumps, standing and running tumbling, and performance of cheer and dance.

Requirements:

- You **MUST** turn in a current physical with your application or have a current physical on file.
- Must have outstanding behavior in all classes. You must turn in five teacher recommendation forms to your teachers. These evaluations will be incorporated into your scores!
- **PARTICIPANTS MUST ATTEND ALL TRYOUT DATES!**
- Attend all choreography sessions. These are **MANDATORY!!** **Choreography camp is July 19-21 from 9-3**
- Maintain *high* academic standards.
- Participate in all pre/post-game activities and preparations.
- Attend all games and practices.
- Participate in all playoff games **regardless** of holidays and All-star Cheerleading.
- Both participants and parents must understand the time involved in cheerleading: summer practice (for football cheer), after school practice, and football games.
- **Academic Eligibility**
Eligibility will be based on the grades posted on the report card for the second semester which will be mailed to students in early June. A candidate failing 2 or more classes for spring semester is not eligible for the squad. This includes connection classes. Grades will be checked by the coach at the beginning of June. If at that time the cheerleader does not meet eligibility, the student will forfeit his/her place on the squad and another student will take their place.

The following is what coaches and judges will be looking for:

- Good Attitude (Teacher recommendations and participation during clinic)
- Jumps (Toe Touch, Hurdler, Pike, etc...)
- Dance (timing, coordination, and precise motions)
- Cheer- spirit, voice projection, and motions- solid arm movements (stiff and precise)
- Tumbling- Candidates will have the opportunity to demonstrate their tumbling skills.

Approximate Cheerleading Cost (for the parents)

- **Football sideline: \$600**

****Clinic and tryouts are closed to ALL spectators.** No one (parents, friends, etc...) will be allowed to watch. If you have any questions, please feel free to contact Coach Barrett. f29668@forsyth.k12.ga.us

Tryout Links

- Please be aware that the clinic days are meant to polish and clean the cheer and dance. Cheerleaders should learn the routines at home prior to attending the clinic.

Application Link: [Application Google Form](#) Due by March 13, 2023

Teacher Recommendation Forms - You must print them out, fill out your information, and then hand them to your teachers. You will need a recommendation from math, science, ELA, SS, and enrichment/literacy.

Clinic: Monday, March 25th – Wednesday, March 27th from 4:30-6:00 to practice cheer and dance for tryouts.

SFMS Cheer Tryouts: Wednesday, March 27th from 4:30 to 6

Cheer: https://www.youtube.com/watch?v=cKR_xHXzEiU

- Change the Words to "Eagles, Eagles, let's get loud"
- You will go through the cheer 3 times

Dance Front/Back View and Teaching: <https://www.youtube.com/watch?v=5GL1jKgcWw>

- Teaching: Use link above- counts start at :40

Jumps (2)- Toe Touch, jump of your choice

Tumbling- optional standing or running tumbling

Tryout Attire: On the day of tryouts please wear black shorts and a white top. Make sure that your outfit is school appropriate. Your hair must also be in a ponytail. A bow is optional. No jewelry or fake nails are allowed.