

# GRIMMER CHEERLEADING TRYOUTS 2022 SEASON

**IMPORTANT:** All girls must have a current physical on file in the nurses office to attend tryouts. If you do not have a physical on file, dated after April 1, 2021 ,you will not be able to attend tryouts!!! The physical form is available on the GMS web site or in the main office at GMS. If you have on file and make the team, you will need to get a new physical on file before the beginning of the 2021 school year.

<b>Dates:</b>	WED. MAY 4TH	call out meeting	advisory period
	Wed.	May 18th tryout practice	3:50-5:30
	Thurs.	May 19th tryout practice	3:50-5:30
	Fri.	May 20th final tryouts	3:50 -you can leave right after your try out is done.

**The new GMS cheerleaders will be posted by tryout number on the main entrance doors of GMS after 7:00pm on May 20st.**

Dress code for practice days: Shorts and t-shirt, gym shoes with socks, high clean pony tail, no jewelry,

Dress code for final tryouts: blue or black shorts with white t-shirt, gym shoes with socks, high clean pony tail, no jewelry, number you are given at tryouts

ANY QUESTIONS CONTACT: MICHELLE MIKRUT 219-712-1064  
MIKRUT4@COMCAST.NET





## **GRIMMER CHEERLEADING RULES REGULATIONS, EXPECTATIONS AND GUIDELINES**

Welcome prospective cheerleading members and parents. We would like to take this opportunity to introduce ourselves as Grimmer Cheer Coach Michelle Mikrut. We would like to thank you for your interest in trying out for the GMS cheer program. I am looking forward to having a great season. In order to have a great season, it is important for you and your parents to read through the following very carefully. You must make sure this is something you are willing to agree with and abide by **BEFORE** you commit to possibly becoming a member of the team. If you should have any questions or concerns please do not hesitate to ask. Michelle  
219-712-1064 [mikrut4@comcast.net](mailto:mikrut4@comcast.net)

### **CONDUCT**

Please take time to review Grimmer's agenda book for the Students Rules on Conduct. All cheerleaders should follow all rules on conduct, athletic rules and regulations outlined by the LCSC. Cheerleaders must remember that they represent GMS when in their uniform as well as when they are out of uniform. Set a good example for others!!

### **GRADES:**

We are part of the LMAC (Lake Middle School Athletic Conference) and follow the guidelines set forth by the Conference and IHSAA. To be eligible for participation in sports or extracurricular activities, students must:

To be eligible to try out for or join an extracurricular activity, a student must pass 6 subjects with no more than one (1) "F."

The academic eligibility standards must be maintained throughout the duration of the extracurricular activity.

Grade checks will be held every three (3) weeks. If a student fails to meet this standard during the season after a grade check, he/she will be placed on probation until the next grade check.



## **PHYSICALS**

All students who wish to participate on an athletic team must have a current physical packet on file before trying out for or joining any sport. Physicals must be dated after April 1st to be valid for the next school year. The athletic handbook is part of the physical packet.

## **FINAL FORMS**

Please go to Grimmer's website and complete FINAL FORMS.

## **PRACTICES**

Practices are usually held two times a week during school and during the summer. This can vary and change throughout the year due to schedules etc. Cheerleaders are expected to attend all practices unless excused by coaches prior. It is hard to practice when even one member is not present. Once the squad is picked we will go over attendance policy.

## **GAMES**

Cheerleaders must attend every scheduled game. We will be cheering for football and basketball games. Football games are usually once per week and basketball usually twice per week. Our season is over by mid December.

## **CHEER CAMP**

Cheer choreography camp and cheer stunt camps will be held early summer. We are still working on dates. This camp is mandatory so we will get this date ASAP. This is where the girls will learn their competition routine and where they learn basis stunts! We hope to do at least 2-3 competitions this year.

## **COSTS AND EXPENSES**

Costs shown below are APPROX. and are not limited to: Participation fee \$110.(due in August), Transportation fee, possible UCA camp \$50, Choreography camp \$200, possible stunt clinic \$40, competition fees \$40, practice t-shirts Pro AM sports \$60, practice shorts \$50(purchase on your own), Varsity apparel \$350-400 shoes, socks, spankies, body liner, backpack, warm up jacket and pants. Bow may be included in the Varsity order or we may be getting them from an independent bow maker approx. \$50.



Cheerleading is a commitment that is made by cheerleaders, parents and coaches. At least one time during the season every single one of us will have to make a sacrifice for cheerleading. We must work together in order for us to be a successful team. Girls and their parents must realize the expectations and rules governing Grimmer's cheer program. We expect respect from both cheerleaders and their parents in reference to the rules and /or consequences. The above rules are followed rigidly.



### TRYOUT PERMISSION SLIP

By signing this document you understand that all decisions made by the judges are confidential and final. All tryouts are closed to parents.

Also by signing this form you understand all of the cheer rules and guidelines as well as costs associated with the cheer program.

Please cut or tear this bottom portion of the paper and return to cheer coaches at tryouts. If coaches do not receive this you cannot try out for the team.

I give my daughter, \_\_\_\_\_,  
permission to attend cheerleading tryouts.

\_\_\_\_\_  
(parent signature)

I agree to abide by the cheer guidelines.

\_\_\_\_\_  
(student signature)