



CHEERLEADING TRYOUTS

Call out meeting
Wednesday April 8
during advisory

Friday May 15 3:50-5:30
Monday May 18 3:50-5:30
Tuesday May 19 3:50-5:00



mmikrut@lcscmail.com

GRIMMER CHEER TRYOUT INFORMATION

~MUST HAVE PHYSICAL ON FILE DATED AFTER APRIL 1, 2026
physicals are available on the GMS web site and in the main
office at Grimmer.

~ FINAL FORMS MUST BE COMPLETED ON THE GMS WEB SITE!
select cheer.

Tryout dates:	Friday May 15	3:50-5:30
	Monday May 18	3:50-5:30
	Tuesday May 19	3:00-5:00 3:50

**Dress code for practice days: athletic shorts and t-shirt. gym
shoes, clean pony tail NO JEWELRY!!

***Dress code for tryout day: blue or black athletic shorts with white t-
shirt, gym shoes. Clean pony tail. NO JEWELRY!!

**THE NEW GRIMMER CHEERLEADERS WILL BE
POSTED BY TRYOUT NUMBER ON THE MAIN
ENTRANCE DOORS AFTER 6:30 ON MAY 19
AND ON THE GMS CHEER INSTAGRAM PAGE
GMS._CHEER! I will also post names on the main
office windows on Wednesday May 20.**

**Practices: May 21st after school till 5:30
May 26 after school till 5
May 26 parent meeting at 5**

Cheerleading Contract

GMS rules, regulations, and guidelines!

The following rules are to be followed by each member of the cheer squad! We expect RESPECT from both the cheerleaders and their parents.

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 most recent 9-week report card grade is used to determine the student's eligibility.

PRACTICES: Attendance is crucial for all practices. If you are absent from school and it is excused, you will be excused from cheer practice. Please email or text coach so they are aware that the cheerleader was not at school and therefore will not be at practice. In fact, due to school rules and regulations, you may NOT attend school practices/games if you miss more than half of a school day. If cheerleaders comes to school and leaves early due to illness, please notify the coaches. If the cheerleader requires doctors care, a note is required to be able to come back to practice. We will require documentation for doctors visits, funerals etc. We understand this seems strict, but commitment is a very important life skill that needs to be learned at an early age. Also, the betterment the squad relies 100% on the attendance of our squad at practice. Please plan all doctors appointments etc. around our cheer schedule, we understand this may be difficult but your cooperation will be appreciated. As it is difficult to practice stunts, routines etc. without all members of the team.

Cheerleaders must be dedicated to the team!

*Doctors appointments are not excused. Please plan appointments around the cheer schedule!!

*If you have a planned vacation...please give a written note or email to coaches stating the dates!!

*If your daughter is sick and does not go to school on practice or game days...please email and let coaches know.

*If your daughter is sent home from school sick on practice or game days.. please let coaches know so we can plan accordingly.

SUMMER PRACTICES

Grimmer Cheerleaders do practice all summer long on Tuesday and Thursday mornings 10-12. Summer practices will start the week of June 1st. Once school starts we will practice twice during the week and have football game one time per week. Football season is August through October. Basketball season runs October through December. There are usually two basketball games per week and one to two practices per week. I will pass out schedules early June for the season.

GAMES: All cheerleaders are REQUIRED to be in attendance and ON TIME for all basketball and football games! Attendance procedures are the same as previous stated. For games the girls will stay after school and then be transported by bus to the game. Cheerleaders will meet in the cafeteria after school, prior to the game and wait for details as to when the bus will be leaving. As for home games, it is the same procedure. Cheerleaders will not be allowed to leave school property before attending games. Parents are welcome to drop off a quick bite to eat and /or anything else that the cheerleader may need. Cheerleaders MUST ride bus to and from games when bus is provided. The only way they are excused from riding the bus if they present the coach with a note PRIOR to leaving the school that day. In the past I had made a dinner list and parents would sign up for a game day to bring dinner for the team rather than each girls parent bringing something in for their daughter ! this usually works well.

ATTENDANCE POLICY FOR GAMES AND PRACTICES: The first unexcused absence will result in a warning. The second unexcused absence will result in being benched for one game. The third unexcused absence will result in removal from the squad.

UNIFORM/APPEARANCE: Cheerleaders must wear their uniforms to school on game days. When wearing their uniform they must wear the body liner underneath the top. If the cheerleader requires more layers, she would wear the team warm up jacket and/or pants. No hoodies, yoga pants or leggings. Also, when wearing uniform to school they need to wear proper cheer shoes and socks. NO BOOTS OR FLIP FLOPS! Game day attire includes cheer shoes, cheer socks, hair bow, uniform, spankies and body liner. Cheerleaders will be required to wear their cheer shirts and shorts for practices throughout the summer and school year. Failure to wear proper practice attire for the first and second offense will be a warning. The third offense the cheerleader will be benched. Hair should be pulled back ... off the face for games and practices. **No jewelry during games and practices.**

JEWELRY AND NAILS!!! NO JEWELRY!! This means during practices, games, competitions or pep rallies!! Any time you are performing NO JEWELRY!! Jewelry must be taken off before the beginning of practices or performances. Cheerleaders will be told to sit if they do not comply with this !! It is a safety issue. Nails.... NO long acrylic nails during the season. We will be stunting and it is a safety issue. For competitions clear or neutral colored polish ONLY!!!

NO ALTERATIONS TO UNIFORM!!! This means no moving buttons, hemmings etc. Please DO NOT remove any tags! Also, you are not allowed to add any type of bling etc. to warm ups or bags. We get matching items so we look like a team. **To wash uniforms, gentle cycle and hang dry...DO NOT IRON THE UNIFORMS!**

ATTITUDE/BEHAVIOR: Please leave all attitude and drama at the door for all games and practices. We reserve the right as coaches to bench and/or remove a cheerleader from the squad for inappropriate language, conduct etc. All cheerleaders are to be positive role models amongst their peers. You never know who is watching you. When you have the GRIMMER cheer uniform on make sure you are representing Grimmer well. We have high expectations for the girls. It is an HONOR/ PRIVILAGE to be a GMS cheerleader.

COMPETITIONS/CHEER CAMP: Cheer camp is mandatory as the girls will be learning the competition routine. The dates of camp TBD. Cost of this TBD. We will be having a Stunt clinic and the cost is approx \$50.00 Competitions: We hope to do 2-3 competitions this year! These are also mandatory. Dates to be announced asap. They are usually in September and October.

The bottom of this document must be completed and signed by the cheerleader and parent and turned in ASAP.

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A common question is expenses:

Here is a list of approx expenses:

- ~Cheer clinic \$50 cash per cheerleader
- ~Cheer camp this varies but can be up to \$100 per cheerleader
- ~Competition fees \$40
- ~Bows \$50
- ~Grimmer athletic fees for the 2024-2025 school year will be on Final Forms starting in August of 2024. Lake Central Athletic fees of \$80 will be on Skyward after Labor Day of 2024.
- ~Practice t-shirts and shorts \$60/shirts (approx.) \$60/shorts (approx), team pullover \$50
- ~Varsity items: shoes \$100, backpack \$100, spankies \$40, bodyliner \$20, warm up jacket \$120, warm up pants \$35. **THESE ARE APPROX. COSTS**

FUNDRAISERS:

I will try and set up a couple canning dates!
We also do a t-shirt sales at the beginning of the school year.
Jr cheer clinic in December

Please contact me with any questions. Michelle Mikrut 219-712-1064,
mmikrut@lcscmail.com

Please sign and return:

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

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

Please return this bottom portion of this page to cheer coaches at first day of tryouts.

We have read the rules and regulations for becoming a Grimmer Cheerleader and i promise to abide by them to the best of my ability.

I give my daughter, _____, permission to attend cheerleading tryouts.

(parent signature)

(parent cell phone number~ to relay information if your daughter makes the team)

I agree to abide by cheer guidelines,

(student signature)

(students cell home number to relay information)