



**VARSITY CHEERLEADING  
TUCKER HIGH SCHOOL  
TRY-OUT RULES, SCHEDULE, AND INFORMATION**

**DUE ON MONDAY, APRIL 12, 2010 AT NOON:**

*REMEMBER this is the day we return from Spring Break!!*

**1. APPLICATION**

**2. PHYSICAL\***

**\*(if you have one on file, complete page 4)**

All forms must be returned to **Ms. Gibson in Room B-219** by **MONDAY, APRIL 12<sup>th</sup>, 2010 at NOON.**

Applications may be turned in before the due date.

If completed forms are not returned **ON** or **BEFORE** the due date, you will not be able to try-out.

There will be **NO EXCEPTIONS.** If the applications contain any falsified information, you will not be permitted to try-out and an administrative referral will be made.

All financial and uniform obligations from the past school year (in any sport) must be completed before any forms will be accepted. The due date is still **MONDAY, APRIL 12, 2010.**

**TRY-OUT SCHEDULE:**

VARSITY TRYOUTS WILL BE MONDAY, APRIL 19 through THURSDAY, APRIL 22\*

- ◆ **Practices will begin each day by 3:30 PM and end by 5:00 PM each day in the First Baptist Church gym.**
- ◆ Dress appropriately with dark shorts (black or navy), white shirt, white socks, tennis shoes.
- ◆ **DO NOT WEAR ANY JEWELRY.**
- ◆ **Hair MUST BE pulled back or up so it is off of the shoulders.**
- ◆ Fingernails should be cut for safety in participation.
  
- ◆ The gym area is off limits to friends and family during the try-outs.
- ◆ Team selections will be posted Friday morning, April 23 in the front lobby of THS.
- ◆ **THE DECISION OF THE COACHES IS FINAL.**

\*Listed below are the criteria the coaches will use in selecting their teams for the season. Their decisions will be based on observations made over a four day period. Candidates should listen closely to comments and suggestions made during daily evaluations as these can be used to aid in their improvement throughout the tryout week.

**DANCE:**

- coordination
- timing
- knowledge

**SPIRIT:**

- enthusiasm
- smile
- energy

**JUMPS:**

- height
- pointed toes
- approach/landing
- arm motions
- must do at least 3 jumps -  
ex: toe touch, herkie, front hurdler, double nine, pike, around the world)

**PERSONALITY PROJECTION:**

- ATTITUDE
- confidence
- rapport/eye contact

**APPEARANCE:**

- neatness
- posture
- appropriate attire  
(hair up, no jewelry, nails cut)

**GYMNASTICS:** (required for Tiger positions)

- skill level
- control
- execution

**CHEERS:**

- voice control
- coordination
- timing
- sharp motions
- knowledge

**STUNTING:**

- execution
- adaptability

**ATTITUDE\***

**TEAMWORK/COOPERATION\***

**GRADES/CLASSROOM CONDUCT\***

**SCHOOL ATTENDANCE\***

***(\*these 4 areas will carry the highest weight in the selection process)***

# CHEERLEADER APPLICATION

NAME \_\_\_\_\_ CURRENT GRADE \_\_\_\_\_

ADDRESS \_\_\_\_\_  
Number and street city and zip code

HOME PHONE: \_\_\_\_\_  
*Please indicate if this number is to remain unpublished.*

**YOU MAY TRY-OUT FOR BOTH FOOTBALL AND BASKETBALL SQUADS...but you will only be selected to cheer for ONE squad.**

**Please mark your 1<sup>st</sup> choice and your 2<sup>nd</sup> choice.**

**If you can only cheer for ONE squad, then mark that clearly as your ONLY choice.**

**Varsity Football**  
(Rising 11th & 12th graders)

Regular \_\_\_\_\_  
Tiger \_\_\_\_\_ (See #6 Below)

**Varsity Basketball**  
(Rising 11th & 12th graders)

Regular \_\_\_\_\_  
Tiger \_\_\_\_\_ (See #6 Below)

## PLEASE NOTE:

1. In order to try-out for cheerleading, a girl MUST have passed 3 classes the previous 1st Semester and be "on track" to graduate.
2. Cheerleading selections are in accordance with DeKalb County Athletic Advisory Committee regulations. **THE DECISION OF THE COACHES WILL BE FINAL.**
3. If a girl declines to cheer for a squad after being selected or is dismissed from a squad for any reason, she will not receive recognition as a Tucker cheerleader nor will she be allowed to try-out for cheerleading the following year. When a girl makes the squad, she MUST be willing to fulfill her obligations in every way.
4. Each girl will be required to pay for the selected shoes, socks, shirts, sweaters, megaphones, camp fees, etc. She will also be required to join the Booster Club for that sport. The approximate cost may be about \$800.00.
5. Stunting is a required part of Tucker Tiger cheerleading. Cheerleaders will be expected to either base or mount according to the guidelines set forth in the G.H.S.A Spirit Rulebook. Each squad must be comprised of members who are able to base, spot, and fly. **In addition, any cheerleader with gymnastics skills will be expected to share her talent in routines and performances.)**
6. The Tiger positions on the Varsity Squads are for the cheerleaders who possess the most outstanding tumbling skills. The position will showcase their skills and will enhance the overall performance of the squad. A girl trying out for Tiger is eligible for a regular cheerleading position if she does not make Tiger. **(All cheerleaders with gymnastics skills will be expected to share their talent in routines and performances.)**
7. Cheerleading can be a wonderful experience but it requires a great deal of personal commitment and sacrifice. Each girl will put in long hours of hard work in preparation for each athletic event and must be willing to make such a commitment of time and dedication **both pre-season and in-season.**
8. All forms must be filled out **COMPLETELY.** Forms that are **LATE, INCOMPLETE, MISSING, OR FORGED WILL NOT BE ACCEPTED!!!**

To the Student:

**I UNDERSTAND AND AGREE TO RESPECT ALL RULES AND STATEMENTS ON THIS APPLICATION IF I AM CHOSEN AS A TUCKER CHEERLEADER. I ACCEPT THE COACHES' DECISION AS FINAL.**

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SIGNATURE OF STUDENT

To the Parent:

**I UNDERSTAND AND AGREE THAT MY CHILD IS RESPONSIBLE FOR EVERYTHING STATED ON THIS APPLICATION AND MUST RESPECT ALL RULES GIVEN THROUGHOUT THE YEAR. I ACCEPT THE COACHES' DECISION AS FINAL.**

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SIGNATURE OF PARENT

**THIS APPLICATION AND ATTACHED MUST BE TURNED IN NO LATER THAN:  
MONDAY, APRIL 12, 2010 at NOON**

**FAILURE TO TURN IN THESE FORMS WILL MAKE A GIRL INELIGIBLE TO TRY-OUT FOR CHEERLEADING.**

**EVERY GIRL MUST HAVE A VALID PHYSICAL FORM IN ORDER TO TRYOUT!**

**A FORGED OR FALSIFIED DOCUMENT WILL RESULT IN A GIRL BEING INELIGIBLE TO TRY-OUT. APPROPRIATE ADMINISTRATIVE ACTION WILL ALSO BE TAKEN.**

**IF YOU ARE ON THE VARSITY TRACK, SOCCER, TENNIS, OR GYMNASTICS TEAM, PLEASE CHECK BELOW:**

**VARSIY GYMNASTICS:**

**VARSIY TRACK:**

**VARSIY SOCCER:**

**VARSIY TENNIS:**

If you have a physical on file\* already at Tucker HIGH School for the 2009-2010 school year, please indicate for which sport(s) the physical has been filed:

**FULL Name**\_\_\_\_\_ **Current Grade**\_\_\_\_\_

***Sports for which you have a physical on file for 2009-2010:***

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***Coach(es) for each sport listed above:***

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- NOTE: Each physical form must be located before you will be permitted to tryout. Do not complete this form unless you are absolutely certain that you have a physical on file for the current school year and that the physical is still valid.
- If you do not, you will be required to complete the attached physical form and submit it with your application which is all due on **MONDAY, APRIL 12, 2010 by NOON**