



Dear Parents,

Your student has shown an interest in trying out for the 2022-2023 Highland School of Technology cheerleading squad. Cheering is a big commitment and requires a lot of time and effort. Before making the decision to try out, here are some things you should know:

Cheerleading is a sport that requires heart and dedication; this means a lot of practice and hard work. We will practice 2-3 times a week, either in person or virtually through Zoom/Facetime. Football games are held on Fridays and basketball games can be any day of the week. As a cheerleader, you will be required to attend all practices, games, and any other events in which we may be participating. Absenteeism of 5 or more absences (excused or unexcused) may result in removal from the squad. Jobs, dance, outside cheerleading, and other outside commitments are ***not*** considered excuses for missing games, practices, or other events.

Cheerleading does not receive funds for apparel (uniforms, t-shirts, cheer shoes, warm-ups, etc.). If accepted to the squad, the uniform set will be \$600. Additionally we will be scheduling a stunt intensive camp that each student will be asked to pay a fee for (cost forthcoming). While we will conduct fundraisers to offset the cost and help pay for some of this, **cheerleaders are ultimately responsible for paying for their uniform set by August 17th or they will not be allowed to participate at games.**

Cheerleaders are expected to be role models in our school. Low grades and behavior problems will not be tolerated and can result in termination from the squad. Cheerleaders should be respectful at all times: on the field or court, at practices, in the classroom and outside of school. Squad members should strive to uphold moral behavior in all places at all times, realizing that their actions not only represent themselves, but our squad, our school and our community.

What You Should Know About Tryouts

Tryouts will be an abridged process this year due to changes in the district and timing. There will be 2.5 days of intensive “camp” and then tryouts the afternoon of the third day. During this time, your daughter will learn new cheers, chants and a dance. Then she will be asked in groups to create a new cheer. She will also learn the proper techniques for jumps and stunting. The last afternoon will be the final tryout. Girls will try-out in groups of two or three. In their assigned group, they will perform for a panel of judges who will score the girls with a rubric. If a girl has tumbling, she will perform it individually, and this will be judged in addition to her overall score.

Cheerleaders are judged on motions, stunting, jumps, voice, crowd appeal, and how well they know the material. They will also be evaluated on scholastic achievement, conduct and overall spirit, which include commitment, attitude, leadership, enthusiasm and coachability, and their performance throughout the week. As with any other sport, the coach has the final word in selection of the team.

In order to be eligible for tryouts, your child *must*

- Have a current physical on file
- Be passing 75% of her classes
- Adhere to state attendance rules
- Rising freshman must be accepted to Highland by the tryout dates*
- Have three teacher recommendations from this semester submitted online
- Have completed her information google form
- Have completed the NCHSAA Initial Screening Questions
- Have completed the GCS Informed Consent paperwork signed

***Rising Freshman** need to be accepted through the lottery to be considered for the squad and **NOT** on the waiting list.

Tryouts will be **August 1st to August 3rd** from 9:00 am to 3:00pm in Highland’s gym. They should dress in proper attire: t-shirt, shorts/athletic leggings, socks and tennis shoes. Hair should be up and out of their face. No gum or jewelry, and nails must be cut to the regulation length. Each day we will start promptly at 9:00 am and last until 3:00pm. Tryouts are a **closed** event, no parents will be allowed in the gym during this time. Please be prepared to pick up your child no later than 3:00pm each day. Girls will need to bring their own water bottle and should bring a lunch and snack. We will break for 30 minutes for lunch each day. On the third day, tryouts will begin at 2 PM. We will work together from 9:00 AM-12:30 PM, and tryouts will be held when students return from lunch. If you have any questions concerning the tryout process or expectations of HST cheerleaders, please contact Ms. Showers by email at kjshowers@gaston.k12.nc.us.

Thank you,
Kymberly Showers, HST Cheerleading Coach