

## DAVID L. RAHN JUNIOR HIGH

### Cheerleading Tryouts for the 2017-2018 Season

Thank you for your interest in David L. Rahn Junior High Cheerleading. We look forward to seeing you at this year tryouts. Please read the ENTIRE package before trying out.

Cheerleading is considered an athletic sport and will be treated as such. You must realize that as a DLR cheerleader you will be expected to run, cheer, stunt, and jump. You must keep up on your homework in order to be eligible; therefore time management is key!

There are certain financial responsibilities involved with cheerleading, that you as parents and students need to be aware of prior to tryouts. We have a few fundraisers thought out the season that the cheerleaders are required to do, to help pay for uniforms and miscellaneous expenses. However, the cost of the following items will be the cheerleader's responsibility. (The following are approximate cost and are subject to change and please note these are estimated prices high on the side of caution). Last year the total cost for shoes, body liner, brief and cheer bows were \$104.00. Please do not let this scare you away from cheerleading.

Shoes	\$55-\$75
Body liner	\$40-60
Socks	\$10
Briefs	\$10-20
Stunt Camp	\$40
Cheer Camps	\$75
Hair bows	\$15-20
Activity Fee	\$50

Drug Testing                    \$40

Sport Physical                \$?

Uniforms will be provided through team fundraising.

- 1. We welcome everyone to try –out, no experience needed. We will teach you everything you need to know for try-outs. You do not need to know how to tumble.**
2. Tryouts will consist of two clinic days and one tryout day. You will be judged on the following. Sharp Motion(5 points)-Jumps (5 points per jump)-Cheer(5 points)- Chant(5 points)- Optional Tumbling(5 points)- Clear loud voice(5points)- Overall Impression(5points)-Attitude(5 points)-Coach's Line (5points) Coach's Line (5 points)... There will be 4 or 5 judges. It will be in your best interest to stretch and practice AT HOME.
3. What to wear at tryouts: On the day of tryouts you must wear a PLAIN white t-shirt, PLAIN red shorts, gym shoes and red hair bow.
4. Cheer Try-outs practices will be held May 30, 2017 5:30pm-7:30pm, May 31, 2017, @ 5:30pm-7:30pm @ the Etnyre gym. Tryouts will be June 1, 2017 @ 5:30pm @ the Etnyre Gym. Tryouts start at 5:30pm. Practices and tryouts are closed, meaning that only those trying out, judges and coaches will be allowed into the practice area. Those trying out will be assigned a number. The girls try-out by number not be name, and with outside judges.
5. Students wanting to try-out will need a signed consent form before try-outs.
6. If you have any questions or concerns please call Diana Stienmetz 1-815-973-1176

7. IF YOU AND YOUR FAMILY WILL BE OUT OF TOWN ON VACATION DURING TRY OUT. PLEASE GET AHOLD OF COACH STIENMETZ TO ARRANGE ANOTHER DATE FOR YOU TO TRY OUT.
  
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THINGS TO REMEMBER

HAVE FUN

SMILE

STRETCH, STAY CLAM AND BREATH

HAVE FUN

SMILE

MAKE MOTION SHARP

HAVE FUN

SMILE

BE LOUD & SHOW SPIRIT

MOST IMPORTANT: HAVE FUN & SMILE, SMILE, SMILE, SMILE, and SMILE.