

# Grimmer Basketball Cheer Tryouts

- ~October 17-18 after school-5:30
- ~No experience necessary
- ~meet in GMS cafe
- ~please wear any blue and white t-shirt and shorts, gym shoes and hair in pony tail
- ~ try out cheers and jumps will be posted on our instagram (gms.\_cheer) prior to tryouts so you can learn
- ~must have physical on file dated after April 1, 2022
- ~ final forms online must be filled out
- ~expenses if you make the team:
  - \*participation fee \$90
  - \*body liner and spankies \$50
  - \*all white gym shoes similar to these \$50 approx
- ~cheering for boys basketball.
- practices would start right after tryouts and the season would end before winter break.
- ~practices are after school until 5:30
- ~tentative practice and game schedule is attached and is subject to change.

ANY QUESTIONS TEXT/CALL COACH MICHELLE 219-712-1064

**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 IHSA. 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 come to school and leave early due to illness, please notify the coaches. If the cheerleader requires doctor's care, a note is required to be able to come back to practice. We will require documentation for doctor's 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 doctor's 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.

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

\*If your daughter is sick with ~~the~~ doctor's note...please give copy to coaches.

\*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.

**GAMES:** All cheerleaders are REQUIRED to be in attendance and ON TIME for all basketball and football games! Attendance procedures are the same as previously stated. For most 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 is if they present the coach with a note PRIOR to leaving the school that day.



**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.

**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!

**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 to be a GMS cheerleader.

**Any questions you can call or text me Coach Michelle  
219-712-1064**