

Be part of the top middle school cheerleading program in the state & nation...



***11 time Kentucky State Middle School Champions  
5 time UCA National Champions  
5 time World School Champions  
2017 & 2018 US Junior National All-Girl Gold-Medalist  
4 time UCA Junior Stunt Champions***

***--EMS Cheerleading Tryout Packet--***

If you are a 5<sup>th</sup>, 6<sup>th</sup> or 7<sup>th</sup> grade student and you will be attending Eastside Middle School for the 2021-2022 school year then you are eligible to try out to be a member of our cheerleading team. Enclosed in this packet is the following:

- ✓ An information sheet about the Eastside Cheerleading program.
- ✓ A tryout questionnaire.
- ✓ A physical and participation form.

Turn in the following information at GymTyme South, at Eastside Middle School or bring with you the first day of clinic:

- Tryout Questionnaire Form
- KHSAA Physical Form/Participation Form (on our school website)
- Copy of your last report card

If you have questions, please contact me by email at [carrie.debold@bullitt.kyschools.us](mailto:carrie.debold@bullitt.kyschools.us).

## **Tryout Information**

Eastside Middle School will be conducting tryouts for their  
2021-2022 cheer squad.

### **WHEN:**

Clinic: May 17 and 18, 2021  
Tryouts on May 20, 2021

### **WHERE:**

Eastside Middle School Gym

### **CLINIC SCHEDULE:**

Monday and Tuesday: 5:30-7:30pm  
Thursday: Tryouts start at 5:30pm

### **WHAT TO BRING:**

I MUST have your participation/physical form on the first day of clinic or you cannot participate. A current physical cannot be dated before May 17, 2020. KHSAA Physical Forms can be found on our school website under "Athletics".

### **WHAT TO WEAR:**

During clinic/tryouts you will need to wear appropriate shoes and clothes for jumping, tumbling and stunting. Your hair must be up and out of your face. No jewelry or gum.

### **TRYOUTS:**

Your score will be based on your tryout score, teacher recommendations, academics, attitude and attendance. Tryouts will be judged on a cheer that will be taught at the clinic, 2 jumps, and tumbling ability. You will be judged in groups of 3-4 people. Stunts will be practiced at the clinic but not judged during tryouts. **There is no tumbling requirement.** Clinic and tryouts are closed and the results are FINAL and WILL NOT be discussed!

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Thank you for your interest in becoming a cheerleader for the 11 time State Champions and the 5 time UCA National & World School Champions, the 2017 & 2018 US Junior National Cheer Team AND the current 2020 US Junior National Cheer Team, Eastside Middle School. Our saying is “don’t let the MIDDLE fool ya!” because the level of difficulty that these cheerleaders work towards will shock you that they are only in middle school. If you have not previously cheered at the middle school level, then you will find that the transition from elementary/youth league to middle school cheerleading is usually very different. The skill level and intensity change quite a bit. However, participation in our program DOES NOT require any previous experience. We are looking for individuals who have a great attitude, work hard in school, want to learn or improve their cheerleading skills, and can be an excellent team player! I look forward to an exciting year of cheerleading and want to give parents a general overview of what you can expect if your child does make the cheerleading squad at Eastside Middle School.

We are looking at taking two teams this year. One team will be the elite team and one will be the developmental team, however, both teams will compete at State, Nationals and have the option of going to camp if we go. At no time will the two teams ever compete against each other. Tryouts on May 20th will determine if your child will be considered part of the Eastside Cheer Program. The team your child will compete on will be determined at a later date. All cheerleaders will cheer games.

We also pride ourselves in giving back to our community. We give time monthly to the Home of the Innocents and do other community service activities throughout the year.

In addition to competition, we cheer for the girls and boys basketball home games and county tournament games. The girls’ basketball season starts in September and boys’ basketball season starts in October and they run through December. So, it does get hectic during this time period with games and competition practices. There will be weeks that we practice and/or have games every day. That is why time management will be very important. There will also be a demerit system which will be based on behavior/attitude, practice/game attendance and academics. Our program is very competitive and being an Eastside Cheerleader is a HUGE time commitment and it takes many hours of practice to be competitive at the state and national level. Please know this going into it. It will cut into their social time and some family time.

Cost is always a big issue in cheerleading. There will be fundraisers to help offset **some** of the cost. Some of the major fundraisers we sponsor are a Golf Scramble, Sell Cookie Dough and host a cheerleading competition. There will be other fundraisers that we work at and sponsor as well. Participation is mandatory by parents and cheerleaders for each one. The following is a general list of items that our fundraisers are projected to pay for:

- Shoes
- Spirit Wear
- Competition fees
- National trip to Florida in February (including transportation)

Optional to be paid out of pocket:

- Gym fees at Gymtyme South (May 2021-February 2022)
- Warm-up suit
- Summer Camp
- Backpack

**Eastside Cheerleading  
Tryout Questionnaire Form**

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

\_\_\_\_\_

**Phone #:** \_\_\_\_\_

**Grade:** \_\_\_\_\_

**Current School:** \_\_\_\_\_

**Name and telephone # of your last cheer coach:** \_\_\_\_\_

**Please answer the following questions:**

1. **Have you ever been a cheerleader before? If so, where and for how long?**
  
2. **Have you ever participated in stunts or pyramids? If so, were you a flyer, base or spotter?**
  
3. **Which do you prefer: flyer, base or spotter? Why?**
  
4. **What is the most difficult stunt you have performed?**
  
5. **Do you have a standing back-handspring? Yes or No**  
**Do you have a standing tuck? Yes or No**  
**If so, what type of running tumbling do you have?**
  
6. **Have you ever quit a cheerleading squad before? Yes or No**  
**a. If so, why?**
  
7. **Why do you want to be a cheerleader at Eastside Middle School?**