

TRMS CHEERLEADING 2020-2021

ALL QUESTIONS SHOULD BE DIRECTED TO:
Head Coach Erin Nelson nelson@usd231.com

Spring Tryouts:

Saturday, March 28- Clinic at GEHS from 1-3pm

Try-Out Practice Monday, March 30. Tryouts Tuesday, March 31!

Mon, March 30- Tryout practice 3:30-5 new to TRMS cheer AND 5-6:30pm ALL candidates (TRMS GYM)

Tue, March 31- Tryouts! 3:30-6pm (GYM) Track & Play participants will try-out first & dismiss to their activity.

Any TRMS student in good standing, who will be a 7th or 8th grader, interested in cheering during the 2020-2021 school year is invited to try-out.

Cheer is an **athletic activity** open to girls and boys.

Available Cheer Squads (Please read carefully!)

Football (FB)- Open roster

(same season as Football, Volleyball & Cross Country)

Home game nights usually have 2 games- a 7th grade game & 8th grade game.

We cheer for both games. 1-2 game nights per week.

Girls Basketball (GB)- JV & Varsity Rosters

(same season as Wrestling & Girls Basketball) *SEE Competition/Festival Squad below!*

Home game nights usually have 2 games: JV and Varsity. 2-3 game nights per week.

We cheer for whichever team is at home, whether it is 7th grade or 8th grade.

Typically, JV Cheer will cheer the first game. Varsity Cheer will cheer the second game.

Depending on numbers, some team members might cheer for both games.

Boys Basketball (BB)- JV & Varsity Rosters

(same season as the Play) *NO COMPETITION THIS SEASON!*

Home game nights usually have 2 games: JV and Varsity. 2-3 game nights per week.

We cheer for whichever team is at home, whether it is 7th grade or 8th grade.

Typically, JV Cheer will cheer the first game. Varsity Cheer will cheer the second game.

Depending on numbers, some team members might cheer for both games.

Competition/Festival Squad

We aim to participate in two Game Day AND Performance Routine Festivals during GB season, tentatively November. You must participate in Spring Tryouts and be placed on at least one squad in order to be considered for comp. No one will be assigned to the comp squad until August; there will be a comp tryout at the end of TEAM CAMP (see Important Dates). Any member placed on comp will be expected to cheer GB season *if not participating in GBB or Wrestling*. Wrestlers will start cheering GB after their season is over. Placement on GB squad does not guarantee placement on comp. Competition/Festival squad has additional fees, TBD.

Please note, there is a possibility we will return to the Baldwin Festival in February with small group/partner stunts and individual participants, but will not take a team routine.

ELITE 8 and SUPER 6 ELIGIBILITY

Elite 8 is a prestigious award offered at Trail Ridge MS to those students who engage as active participants in a *variety* of athletic activities 8 seasons during 7th and 8th grade years. Super 6 is amazing recognition for students engaged in 6 seasons. (Serving as a manager does not count toward these awards). Cheerleading can count *no more than two* "credits" per year toward Elite 8 & Super 6. If you seek to achieve Elite 8 status, consider **CHEER** for at least one season!

Spring Clinic, Practice, and Tryouts

Please wear comfortable athletic/work out gear and sturdy tennis shoes or cheer shoes.
No bare midriffs. Hair must be in a ponytail and out of your face, please.
Bringing a water bottle is highly recommended!

Candidates are expected to learn the cheer and motion-technique PRIOR to clinic.
Material will be posted on the 2020-2021 TRMS Cheer google classroom by March 12 so you can
practice during Spring Break! Class code: xu5me7u

The tryout will include cheer, motion tech to music, jumps (toe touch & choice), & spiriting.
**Clinic, Practice, and Tryouts are closed; no outside observers will be permitted.*

Saturday, March 28 Clinic (1:00-3:00pm) **AT Gardner Edgerton HS**
Parent meeting 1:00-1:30 at GEHS. Financial details will be available then.

Monday, March 30- Tryout practice
3:30-5:00 new to TRMS cheer **AND** 5:00-6:30pm ALL candidates (TRMS GYM)

Tuesday, March 31- Tryouts! 3:30-6:00pm (approximately) (TRMS GYM)
Black or navy shorts. PLAIN white or light gray tee. Tennis shoes.
Hair in a high ponytail- cheer bow fine, but NOT required.
Report to gym, ready to go, by 3:30. Tryouts begin promptly at 4pm.
Track & Play participants will try-out first & dismiss to their activity.
Squads will post at our website: trmscheerleading.weebly.com/

Other Important Dates

KSHSAA RULES:

PHYSICAL MUST BE COMPLETED **AFTER MAY 1, 2020**

SEE TRMS ATHLETICS PAGE FOR REQUIRED PAPERWORK FOR ALL ATHLETES.

Completed TRMS Cheer paperwork, INCLUDING PHYSICAL, is due **BY MONDAY, JULY 27!!**

Thursday, April 2: REUSE ITEM CHECK, FITTING and
ORDER FORM with **First \$50 payment due.** Checks to TRMS.

***This is mandatory! You will be able to sign up for a specific time slot.**

TRMS Gym: Thursday, April 2 (STARTS at 3:30) Parents encouraged to attend.

We cannot place an order without payment.

Failure to pay may result in forfeiture of position on cheerleading team.

GEHS hosts: Middle School Cheer Camp!

Wednesday-Thursday, July 29-30 @ 9:00-4:00pm *ALL AT GEHS*

This camp will be our foundation for stunting, jumps, and technique.

It will also include parade practice and learning the first cheer for competition!

Saturday, August 1: Johnson County Fair Parade

TRMS Cheer Team Camp

Monday-Thursday, August 3-6 @ 8:00am-noon at TRMS

We will learn all game chants for all seasons. Stunt groups will be established. Material for
competition tryouts will be taught/reviewed. Thursday, August 6 @ 1:00-3:00pm

First Day of School Greeters: Wednesday, August 12 @ 7am (ALL Cheerleaders)

TRMS Cheerleading Permission Form (2020-2021)

****This permission form is due before try-outs! Give this to Coach Nelson by **Friday, March 27.****

Before trying out for Trail Ridge Middle School cheerleading, you will need to state which sport(s)/activities you **intend to participate in next year.**

Sport(s)/Activities I am planning to participate in are (*circle any that apply*):

Volleyball **Cross Country** **Football**
(occurs concurrent with Football Cheer)

Girls Basketball **Wrestling**
(occurs concurrent with Girls BBall Cheer)

Theater/Play
(occurs concurrent with Boys BBall Cheer)

Cheerleading candidates need to rank the cheerleading seasons in the order in which they would most like to cheer. A ranking of one (1) would be the first preference, a two (2) the second choice, and a three (3) the third choice. **If you are planning on participating in one of the above activities, then put N/A on that season.** Please remember, the more rankings you have down, the better chance you have of making a squad. A "1" ranking does not guarantee placement on that squad. A "2" or "3" ranking indicates a willingness to cheer that season and recognition that, due to scores and limited space, you may be placed on a third choice squad. If you are placed on a squad during which you plan to participate in a sport you may choose to decline invitation to participate in cheer that season.

_____ **Football Squad (August-Early October)**
_____ **Girls Basketball Squad (Late October-December)**
_____ **Boys Basketball Squad (January-March)**

Would you be willing to cheer for more than one season? (*circle one*) **Yes** **No**

Are you interested in participating on the competition team? (*circle one*) **Yes** **No**

By signing below, I am indicating interest in trying out for TRMS Cheerleading. I am a student in good standing at TRMS and my parent/guardian gives permission for me to tryout. I have joined the 20-21 Cheer Classroom (Candidates only. Class code: xu5me7u)

Student Name (Print CLEARLY) _____
Current Grade (6 or 7) & Homeroom/Seminar

Student Signature _____
Parent/Guardian Signature

Phone # (Best Contact) _____
Candidate Email Address

TRAIL RIDGE MS CHEERLEADING TEACHER RECOMMENDATION

****6TH GRADE GIVE TO YOUR 2 CORE & CHOOSE 2 ELECTIVE TEACHERS****
****7TH GRADE GIVE TO 2 CORE TEACHERS & CHOOSE 2 OTHER TEACHERS****
YOU MUST HAVE THE TEACHERS THIS SCHOOL YEAR (2019-2020).

_____ has applied for Trail Ridge Middle School Cheer. It is extremely important that the members of this group are capable of balancing team responsibilities with school work. Please take a few moments to complete this form and put it in **Mrs. Nelson's mailbox by Monday, March 30 at 4pm. Preference: return by Friday, March 27.** The candidates will receive scores in teacher recommendations, grades, and judging scores. **THIS INFORMATION WILL REMAIN CONFIDENTIAL. IT WILL ONLY BE SEEN BY CHEERLEADING COACH(ES).**

Please circle the best response for the characteristics:

DUE MON, MARCH 30

	Excels	Average	Poor		
Conduct in Class: follows and obeys classroom rules and instruction and is honest with self & others.	5	4	3	2	1
Overall Attitude: has a positive outlook on life. Chooses to look on the bright side of challenges. Does not pout/ grumble.	5	4	3	2	1
Leadership Quality: shows excellence as a leader, and is respected by peers and teachers.	5	4	3	2	1
Academic Responsibility: turns in completed, quality assignments at the appropriate time.	5	4	3	2	1
Dependable/ Responsible: when given a task to complete, follows through and is on time.	5	4	3	2	1
Flexibility: able to adjust quickly to changes. Is not rigid in making decisions, accepts advice of others.	5	4	3	2	1
Ability to get along with/respect others: Respects peers and teachers in words and actions.	5	4	3	2	1
Accepts criticism well: when personal or performance skills are constructively criticized, accepts the information, considers the need for change, and does not hold a grudge or act defensive.	5	4	3	2	1

Signature of teacher completing form

Current % or letter grade

Total Score

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