

2023-2024
Mt. Zion High School Cheer

Dear prospective Cheerleader and Parents/ Guardian,

Your interest in the Mount Zion High School cheerleading program is greatly appreciated. It is our goal to find talented student-athletes who have a genuine love for cheerleading and strive for academic excellence. Please read all of the information below and make sure that **ALL** paperwork is submitted on or before the end of the day, **Sunday, April 23, 2023.**

In order to try out for the 2022-2023 cheerleading season, you must be academically eligible, have a good discipline record, and have no outstanding balances. The following is required before your cheerleader will be permitted to participate in the tryout process:

- [Cheerleader Information Form](#)
- Complete [DragonFly](#) account requirements
- [Parent's Permission Form](#)

The 2023-2024 cheerleading tryout clinic will be held at Mt. Zion High School on April 24th-27th from 3:45 pm - 5:00 pm. Official tryouts will be held on April 28th. During the tryout clinic, 2 cheers, 1 dance and 3 chants will be taught. All potential members of the 2023-2024 cheerleading squad **MUST** attend each day of the tryout clinic. **TRYOUTS WILL BE CLOSED TO THE PUBLIC!**

Please consider that there is a great deal of commitment required once chosen as a Mt. Zion High School cheerleader for both the student and parent. The estimated cost for the 2023-2024 cheerleading season is \$700. More details will be given at the Parents' Meeting. You will also receive the 2023-2024 Mt. Zion High School Cheerleading Constitution. This meeting will be held on Wednesday, May 3, 2023. The time will be sent out after the squads are announced.

We thank you in advance for your cooperation and support. Please feel free to contact me via email with any questions or concerns. Thanks again for your interest!

Cheerfully,

Mrs. A. Ponder
Mt. Zion High School
Head Cheerleader Coach

Mrs. J. Grant-Mack
Mt. Zion High School
Assistant Cheerleader Coach

CHEERLEADING TRYOUT TIPS BELOW

SELECTION CRITERIA

CATEGORY	CRITERIA
· Cheer Motions	Sharp, strong, good placement
· Jumps	Height, form, sharpness, landing
· Voice Projection	Loud, clear, natural (no singing)
· Group Chant	Timing (unity with group), formation
· Dance	Agility, execution, timing
· Timing & Rhythm	Routines balanced /flowing smoothly
· Spirit	Enthusiasm and crowd motivation
· Personality Projection	Eye contact, smile, sincerity
· Appearance	Neatness, grooming
· Overall Performance	Physical stamina, overall technique

**** Please note that evaluations will take place each day of the tryouts clinic. Be your best and do your best at all times!!*

- Wear comfortable black, red, or navy blue shorts (no cut-off jeans), a white t-shirt (no tank tops) and tennis shoes. Also bring water and a towel to tryouts
- No food, gum, or jewelry allowed during clinic/tryouts
- Hair should be safely secured (no metal clips)
- Smile, be enthusiastic and confident!

HAPPY CHEERING!!