

# Competition Cheerleading Information





# Competition Tryout Dates

- Monday, March 8<sup>th</sup> – Wednesday, March 17<sup>th</sup>
  - If your daughter is also trying out for sideline cheerleading she will need to attend those tryouts on Thursday, March 18<sup>th</sup> as well.
  - **Attire:** Wear Lambert colors with no team name or affiliation on clothing.
- Main Gym at LHS from 4:30-6:00
- A list will be posted on Friday, March 12<sup>th</sup> after cuts have been made. The girls on this list will attend the 2<sup>nd</sup> week of tryouts.
- The final list of 2021 cheerleaders will be posted on the Lambert Competition Cheerleading Webpage late Friday, March 19<sup>th</sup>.





# Competition Eligibility & Spots

- JV competition- 9<sup>th</sup> thru 11<sup>th</sup> grade
  - 16-20 spots
- Varsity competition- All grades
  - 16-20 spots





# Approximate Cost for Competition

- Varsity: \$850
- JV: \$750
  - will include choreography, music, practice clothes, shoes, bag, sweatshirt, warm-up (varsity), bow, bloomers, uniform usage, competition fees, transportation, etc.





## Important Competition Dates

- Team meeting: March 23<sup>rd</sup> @ 4:30pm
- Parent meeting: March 23<sup>th</sup> @ 6pm
  - **Money Due!!!!**
- Sizing meeting: March 30<sup>th</sup> @ 4:00pm
- Summer Practices: Tuesday - Thursday
- Choreography: June 11-12 (All Day)
- Mini Camp Dates (Varsity Only)
  - June 14<sup>th</sup> thru June 17<sup>th</sup>
  - July 12<sup>th</sup> thru July 15<sup>th</sup>
- Longhorn Cheer Classic in September (date TBD)





# Tryout Procedures

- Tryouts are closed sessions
- Students are not allowed to tryout with finger nails over GHSA regulation or artificial nails (cut to the end of the finger).
- Student are not allowed to wear jewelry of any kind- rings, earrings, nose-rings, bracelets, anklets, or belly. We should not have to remind them.
- No cell phones allowed in the gym- all personal items should remain in the locker room.
- Students should stay on task at all times and remember that **the whole 2 weeks are a tryout.**







# Requirements for Lambert Competition Cheerleading

- Completed Application Packet
  - Due Friday, March 5<sup>th</sup>
- **Athletic Forms**
  - The following forms MUST be dropped off to front office  
ATTN: Jane Conley
    - Physical packet contains 8 pages that must be filled out **COMPLETELY.**
    - Dragonfly account must be created and uploaded completely in order to participate at tryouts.
      - Don't worry about the insurance card being uploaded or the immunization records portion but everything else must be completed prior to tryouts.
  - All the forms above are due Friday, March 5<sup>th</sup>





# Lambert Cheerleading Expectations

- Follow all rules stated by the LHS Cheerleading Constitution
- Attend summer choreography camp.
- Participate in all fundraisers and community service
- Maintain high academic standards
- Participate in pre/post-game activities and preparations
- Attend practices & competitions
- Comply with all-star policy







# Coaches Contact Information

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