

**Lakota East High School**  
**Football and Basketball Sideline Cheerleading Try-Outs**  
(Upcoming Grades 9-12)

All “paperwork” must be completed with current physical in Final Forms.

**Clinic and Tryouts will be at the East Main Campus – Aux Gym**

**Tuesday, April 22<sup>nd</sup> Informational Meeting**

6:30pm in the cafe for each cheerleader and a parent  
Paperwork needs to be turned in at this time

**Tuesday, April 29<sup>th</sup> Clinic and Try-Out Day 1 ~ 3:15 - 5:00pm**

*Mandatory to learn material*

3:15 - 5:00pm – Check – in and work in stations to learn the dance, cheer and practice jumps.  
During this timeframe: Try-outs for jumps & tumbling

**Wednesday, April 30<sup>th</sup> Try-Out Day 2 ~ 3:15 – 5:30pm**

3:15pm check-in and find your group members and start warming up

3:15 – 3:30 stretch, practice the cheer

3:30pm – Start tryout process for the cheer (Once your group is over, you can leave)

**Thursday May 1<sup>st</sup> Try-Out Day 3 ~ 3:15 – 5:30pm**

3:15pm check-in and find your group members and start warming up

3:15 – 3:30 stretch, practice the dance

3:30pm – Start tryout process for the dance (Once your group is over, you can leave)

**Squad Placement will be emailed Wednesday, May 7<sup>th</sup> by 5:00 pm.**

For the 2025-2026 Cheerleaders, there will be a **Mandatory Meeting** for **each cheerleader** and a **parent** on **May 8<sup>th</sup> at 6:30pm.**

Any questions or concerns, please contact Susanne Linder  
[susanne.linder@lakotaonline.com](mailto:susanne.linder@lakotaonline.com)  
or 513-755-7211 ext. 15005

Dear Parent(s) and cheerleader candidate:

Welcome to the Lakota East cheerleading program. You have expressed a desire to become a member of a sideline cheerleading squad at Lakota East High School (9 – 12). If selected, there are certain responsibilities and obligations which the parent and student must assume in order to qualify and remain a member of the squad.

**You have been given a cheerleading information packet including a copy of cheerleader expectations and the tryout procedure and requirements. Parents and candidates are required to read and become acquainted with those responsibilities, expectations and tryout requirements. After reviewing the information, both the cheerleader candidate and his/her parent must decide if all parties involved are willing to abide by the expectations and tryout procedures, and are able to make the necessary time commitments. If so, it is required that both candidate and parent “sign” the permission form on the google form.**

After you have read the rules and the decision has been made to participate in the tryout process, please fill out the required forms; See the check list at the end of the packet. **It is the responsibility of the cheerleader candidate to turn in the proper materials. Candidates will be unable to participate in the tryouts until all forms are turned in. NO EXCEPTIONS.**

Cheerleading is a valuable experience for any student at Lakota East. It is a privilege to be a Thunderhawk cheerleader. It can also be an expensive sport. Fundraiser money is used to keep the cost at a minimum, but expenses for personal items will have to be paid by the parent and student

Cheerleading is a big responsibility that takes a great deal of time and effort not only by the students, but also by the parents. The season begins for all chosen squad members in June. We will be working on learning chants to work on over the summer.

We are looking for dedicated athletes to help us continue to build our cheerleading program. Cheerleaders today do so much more than just lead cheers. If you have the desire to support our teams and are willing to put forth the effort to promote school spirit through the sport of cheerleading, then please join us at tryouts. We hope that cheerleading will be an enriching and worthwhile experience for you.

Sincerely,

The Coaching Staff at East

## **SCHEDULES:**

After tryouts all squads will meet on **May 8th. Cheerleaders and one parent must attend.**

**Football Season:** Practices will begin early August. Practice will start after school at 3:30pm. JV and Freshman Cheerleaders will be required to cheer the 1<sup>st</sup> quarter of varsity games for the Homecoming Game, Tomahawk Night, and possibly one more game, depending on the season.

**Basketball Season:** Practices begin as soon as football season ends, typically the first week of November. Practice will start after school at 3:30pm. **Please be aware that games may be scheduled during breaks and holidays.**

- For Varsity Basketball Cheerleaders –Post Season - all Boys Games during the tournaments and Girls Tournament Games once they reach the District Finals level.
- For Freshman Cheerleaders – post season – tournament follows the season (one and done)

## **Tentative Game Schedules:**

Varsity Football – Friday nights at 7:00pm (late August to late October)

JV Football – Saturdays at 10:00am (late August to late October)

Freshman Football – Typically Wednesday evenings (late August to late October)

Basketball Season – Typically Freshman 4:30pm, JV 6:00pm and Varsity 7:30pm (beginning of December through February mostly on Tuesday and Friday nights. May have a few Saturday games and may have games over scheduled school breaks)

## **Summer Commitments:**

**Fundraiser:** Dates TBD

**Summer Practices:** Mondays – June 2<sup>nd</sup>, June 9<sup>th</sup>, June 16<sup>th</sup> and June 23<sup>rd</sup>

**Possible Youth Cheer Clinic:** Dates TBD –typically the week before/of Youth Football Night

## **Estimated expenses for the 2025-2026 Cheerleading Season**

**Participation Fee:** \$300.00  
(family cap based on # of student athletes - school fees must be current for cap to be applied)

**Personalized Cheer Bag:** \$100.00

**Cheer Shoes – per season** approx. \$80.00 details at meeting

Other items you would need to purchase, but may already have: Black briefs, Black body suits, Ribbons

# CHEERLEADING RULES AND EXPECTATIONS

## **Purpose**

- Represent Lakota East High School in a manner which is courteous, respectful, and mature both in and out of uniform
- Uphold high personal standards and maintain integrity
- Achieve high academic standing
- Follow all rules as stipulated by the LEHS athletic handbook including the prohibition of alcohol, tobacco, or drug use
- Promote and uphold school spirit
- Cooperate with the cheer coaches, administration and teachers, game officials, and other squad members

## **Eligibility**

- Athletes must pass the equivalent of **five** solid subjects in a nine week grading period to be eligible athletically for the next nine weeks
- Any athlete maintaining a 1.0 GPA or less will be ineligible
- Weekly eligibility will be generated from HAC.
- Since cheerleaders are selected before the fall semester, a candidate who fails a class during the tryout procedure or by the end of the fourth grading period will be removed from the squad, and the person with the next highest score will be placed on the squad.

## **Uniform and Appearance**

- Any alterations to the school uniform must be approved by the cheer coach
- Cheerleaders should wear their uniforms while attending the games of JV or Varsity
- While in uniform, you should be well groomed: no jewelry, neutral nail polish, no gum, hair pulled back, and natural make-up
- Clean shoes, matching socks, and matching hair ribbons are required when in uniform
- When in uniform at any public function, you should conduct yourself in an exemplary manner

## **Practice and Conditioning**

- In-season practices will be scheduled only by the coach
- Cheerleaders may not tumble without a cheer coach present
- **Scheduled practices are mandatory – including possible additions due to pep rally**
- **Excused absences are:** illness from school (if an excused school absence), funerals, or injury to the participant. Cheerleaders who experience long-term injuries are expected to attend practices and games, even if they cannot participate. The cheer coach reserves the right to determine if the absence is legitimate.
- **Only three excused absences** will be permitted during the season, unless there are extenuating circumstances. Additional absences thereafter will be unexcused and will result in disciplinary procedures outlined in the disciplinary action guideline.
- Leaving practice early will be counted as a partial absence from practice and can result in disciplinary procedures.
- **Anyone who must be late to practice should personally tell her cheer coach before practice.** A failure to tell the cheer coach can result in disciplinary procedures.
- In order to participate in a game, you must attend the practice prior to the event, regardless of the total number of absences or the reason for the absence unless the absence is an excused absence from school
- **If absent from school and therefore going to miss practice or going to miss a game due to illness, it is the cheerleader's responsibility to call her coach at school or at home to inform the coach of the cause of her absence from practice or game.**

- Appropriate athletic attire is expected at all practices, including hair pulled back from face. Failure to bring cheer materials, such as shoes, poms, or locker signs will result in disciplinary procedures.

### **Cheerleader Responsibilities**

- All squad members are expected to work above and beyond what is required. If a cheerleader does not give 100% effort, the entire squad suffers.
- Be prompt
- Be responsible: ensure uniforms, poms, etc. are with you for games
- Be prepared for games: know cheers, chants, dance routines, and perform tumbling stunts
- Cheerleaders will maintain personal calendars to prevent the scheduling of personal appointments (dental, doctor, etc.), vacations, and work schedules will not conflict with practices or games
- Even if you only cheer one season, cheerleaders will be expected to participate in all fund raising activities, during the summer and school year, including clinics.

### **Games and Events**

- When you choose to become a Lakota East cheerleader, you are making a commitment of effort and time. Be sure that you are available according to the schedules. For each squad you choose, you are expected to attend all events, even during school breaks.
- Cheerleaders are expected to report to games, in official uniform, sixty minutes (for football) and forty-five minutes (for basketball) prior to its start.
- Cheerleaders will not leave until dismissed by the cheer coach.
- Cheerleaders must be on time when the team bus is ready to depart for the game
- Game formation, as set by the cheer coach, should not be broken to socialize
- Cheerleaders will not be permitted to eat, drink, or chew gum while on the field or court, or in front of spectators
- Cheerleaders absent from school the entire day may not participate in practice or games to be held on the day of the absence
- For basketball, the JV squad is expected to sit through the 1<sup>st</sup> quarter of the varsity game, and the varsity squad is expected to sit through the 3<sup>rd</sup> quarter of the JV game.
- For Varsity Basketball Cheerleaders – Expectations for Post Season..... All Boys Games during the tournaments and Girls Tournament Games once they reach the District Final level

Also, according to OSHAA Regulations – only 8 cheerleaders, or seven cheerleaders and a mascot, are permitted on the playing floor. Also, they are permitted on the playing floor only during a time-out, pre-game warm-up and intermissions.

### **Discipline**

- A cheerleader may be reprimanded for any behavior or conduct deemed inappropriate by the cheer coach
- A discipline guideline has been set up to determine the consequences. This will be discussed in detail at the parent meeting.

## **LAKOTA EAST SIDELINE CHEER DISCIPLINE GUIDELINES**

The following cheerleader actions may result in discipline consequences.  
Discipline consequences include being denied participation at a particular cheer event.

1. Being late and/or not prepared for a game or practice.
2. Leaving practice or a game early (without it being excused by the coach ahead of time.)
3. Demonstrating behavior inappropriate for a Lakota East Cheerleader. (Such as displays of inappropriate and/or illegal behavior ANYWHERE, including ONLINE.)
4. Receiving disciplinary action from a teacher. (Example: detention)
5. Being disrespectful to an adult, teacher, another cheerleader, or coach.
6. Not dressing appropriately for practices and games. (Example: forgetting poms or appropriate shoes.)
7. Being picked up more than 15 minutes late from a game/ practice/ cheer event.

Excused Absences Include:

1. Illness
2. Funeral
3. Injury followed with a doctors note

**\*\*Vacations are not excused.\*\***

Cheerleader Responsibility:

If you are not going to be at a practice, game, or cheer event due to illness from school or needing to work with a teacher after school. **IT IS YOUR RESPONSIBILITY TO CALL/TEXT YOUR COACH AND LET HER KNOW!**

## **CHEER TRYOUT REQUIREMENTS**

**Each part of the tryout process will be performed in groups of 3 or 4.**

## **The groups will be randomly chosen on the clinic day.**

### **JUMPS**

- Required jumps for tryouts include:
  - Toe Touch
  - Herkie (either leg)
  - Hurdler (either leg)
- Jump technique will be demonstrated and practiced at the clinic.

### **CHEER**

- A required cheer will be taught at the clinic.
- Cheerleaders will have one opportunity to perform the cheer—they will not be permitted to start over if a mistake is made. In those circumstances, we are looking at the individual's ability to perform during a tension filled performance.

### **DANCE**

- A dance will be taught at the clinic. This will include 6 to 8 counts of 8.
- Cheerleaders will have one opportunity to perform the dance—they will not be permitted to start over if a mistake is made. In those circumstances, we are looking at the individual's ability to perform during a tension filled performance.

### **CHEER QUALITIES CONSIDERED FOR SQUAD PLACEMENT**

As coaches, we value the well-roundedness of a cheerleading candidate. We are dedicated to finding outstanding representatives of not only the East Cheer Program, but also of Lakota East High School.

In addition to the above **REQUIRED** portions of cheer tryouts, coaches will consider some or all of the following when determining individual placement on teams:

- Academic Performance/History
- Responsible Nature of the Cheerleader
- Attitude
- Spirit
- **Tumbling Ability**—although preferred, tumbling is not a required part of tryouts. Tumbling will not be taught at the clinic. If you want to practice tumbling at the clinic, spots and mats will not be provided.
  - Cheerleaders will have the opportunity to perform one standing skill and one tumbling skill.
  - Standing Skill = Back Handspring or Back Tuck
  - Tumbling Pass = Round Off plus one or more *continuous flowing* pass. Examples include:
    - Round off, back handspring.
    - Round off, multiple back handsprings.
    - Round off, back handspring, back tuck.
  - If you have never tumbled, please do NOT make tryouts your first time—we do NOT want anyone to be injured at tryouts.
  - Tumbling passes or standing tumbling should be able to be performed without assistance on a gym floor. **We will not provide mats nor spot tumbling.**
  - Please perform the skill you feel you have perfected the most—it is possible to perform a perfect back handspring and receive more points than a sloppy back tuck.

## CHECKLIST

**All must be completed by the clinic on Tuesday, April 29th.**

- \_\_\_\_\_ 1. Google Form <https://forms.gle/XCAQuhsiygzekgzE7>
- \_\_\_\_\_ 2. Picture of you - Submitted on google form  
(or bring in to clinic if you have trouble uploading)
- \_\_\_\_\_ 3. Preference Sheet - completed in google form  
**We will review the preference sheet with each person at the Clinic/Tryouts.**
- \_\_\_\_\_ 4. 3<sup>rd</sup> Quarter Grades - Print from HAC and submit on google form.  
(or bring in paper copy to the clinic if you have trouble uploading)
- \_\_\_\_\_ 5. Final Forms – all forms for Lakota Athletics are completed online.

Select one of the following as your new sport.

**For Current Grades 9 – 11, Please select the sport – East 2025-2026 Spring Girls Cheer Tryouts.**

For **current 8<sup>th</sup> graders**, you will need to select either **Liberty 2025-2026 Spring Girls Cheer Tryouts or Hopewell 2025-2026 Spring Girls Cheer Tryouts.**

There is a Parent Registration and a Student Registration. **Both** must be complete in order to try out.

Contact Susanne Linder at [susanne.linder@lakotaonline.com](mailto:susanne.linder@lakotaonline.com) if you want to make sure you are in final forms correctly.

- \_\_\_\_\_ 6. Verification of Current Physical (see below)  
Physicals are good for one year from the date of the exam. **You will need to upload directly to Final Forms or you can turn pages 3 and 4 into us and we will give it to the training staff to upload.**

**You will not be able to tryout without a current physical**