

# WLHS Cheer Tryouts 2025-2026

May 5th-9th

6:00-8:00 PM

WLHS Auxiliary Gym



## Parent Meeting

May 5th 6:00 pm WLHS Commons B

**Please fill out and bring the following forms with you to our parent meeting on**

**May 5th:**

- ✓ Printed Photograph
- ✓ Conflict form
- ✓ Signatures of Participation
- ✓ Teacher Evaluation Form (one for each class)
- ✓ S2 transcript

## Welcome to West Linn Cheer 2025-2026

We are thrilled to kick off the 2025-26 cheer season and are excited that you're considering joining the West Linn High School Cheer Team! Before deciding to try out, please review all the information in this packet to ensure you fully understand the time commitment and expectations involved. Being a cheerleader at West Linn High School requires a significant dedication of time and effort. Our cheerleaders participate in a variety of activities including fundraisers, camps, summer practices, games, and competitions. Additionally, cheerleaders are expected to contribute many hours both during and after school. Academics are a top priority for our coaching staff, and we expect every team member to maintain a strong academic performance in order to participate in practices and events. Your commitment to the cheer team must take precedence over other activities, as each member's dedication is essential for the success of the squad. There may be instances where practices run longer than scheduled or the team is asked to perform at unscheduled events, and it's crucial that all members are flexible and prepared to participate. Due to limited gym availability at West Linn High, practices are often held late, starting at 7:30 PM. As such, it is important that you stay on top of your academic responsibilities to ensure that you can attend all practices and required activities. All squad members are required to attend every scheduled practice, meeting, and performance in full.

Fundraising is the responsibility of all members and is mandatory for all members (and all parents). Besides trying to bring down the individual cost involved in belonging to the group, there are many costs that must be covered for the benefit of the entire group. You must be committed to fundraising your own expenses as well as your team expenses. If you decide to quit or are dismissed from the squad, the remaining balance will be due immediately. Once an item has been ordered, it becomes your responsibility to pay.

The rules and regulations outlined later in this packet are strictly and fairly enforced. Furthermore, all OSAA and West Linn – Wilsonville School District rules and regulations along with the Athletic Code of conduct will be strictly enforced. A tentative schedule for August practices has been made available and included in this packet. Any conflicts should be addressed on the conflict form and turned in as soon as possible. This does not excuse your athlete, but it does give us a place to start a conversation. Some dates will be deleted, and some added to the calendar depending on squad readiness and changes in the athletic schedules. If, after reading the accompanying information, you feel that you would like to belong to the WLHS Cheer Organization please carefully follow each of the steps for trying out.

Being a part of West Linn Cheer can be some of the most rewarding experiences and best memories and times of your life. Cheerleaders will get to know each other in such a way that it cannot be compared to that of any other team. We wish all of you the best at tryouts; Enjoy the process and GOOD LUCK TO YOU!

Thank you,

Coach Shannon Maloney/Head Coach WLHS Cheer

## WLHS CHEERLEADING TRYOUTS 2025-2026 DATES & TIMES

### Current 9th – 11th Grade Tryouts:

- May 6th and 7th -Tryout Clinics @WLHS/Main gym 6:00-8:00 pm
- Gameday and Sideline Tryouts: May 8th 6:00-8:00 pm
- Traditional Tryouts: May 9th, @WLHS/Main gym 6:00-8:00 pm

### Incoming 9th Grade Tryouts: Will be held in an incoming 9th grade group ONLY

- May 6th and 7th -Tryout Clinics @WLHS/Main gym 6:00-8:00 pm
- Gameday and Sideline Tryouts: May 8th 6:00-8:00 pm
- Traditional Tryouts: May 9th, @WLHS/Main gym 6:00-8:00 pm

### ATTENDANCE

- Attendance at tryouts is **mandatory** unless previously excused by a coach.
- Absences will only be excused for prior, unavoidable commitments and/or illness.

### REQUIRED PAPERWORK

- Please access, print out the forms and read our **2025-26 Tryout Packet**
- The packet can also be found on our website at: [westlinncheerleading.com](http://westlinncheerleading.com) or can be picked up in the athletics office at WLHS
- Please sign and bring these forms (found in the Tryout Packet) with you to our parent meeting on May 5th:
  - ☐ Printed Photograph
  - ☐ West Linn Cheer Conflict Form
  - ☐ Signature of Participation and Waiver
  - ☐ Teacher Recommendation form (one for each class, so please make copies)
  - ☐ S2 Transcript

### MAY 6TH AND 7TH TRYOUT CLINIC STRUCTURE

*May 6th - May 7th* - **All current 9th-11th Grade** athletes will be split into small groups to learn and practice tryout material.

*May 6th - May 7th* – **All Incoming 9th Grade** athletes will be split into their own age group. All candidates will rotate in their own age group and learn tryout material.

### MAY 8TH AND 9TH TRYOUTS:

**May 8th: Gameday Comp Team and Sideline Tryouts:** You will perform **TWO** connected jumps, plus one additional jump, a situational chant, show your tumbling and the fight song.

**May 9th: Traditional Comp Team Tryouts.** You will perform **TWO** connected jumps, plus one additional jump, a situational chant, show your tumbling and a dance.

\*There will be a sign-up sheet available to try out in groups of **four**. If you are not able to sign-up, a coach will place you in a group. **8th Grade athletes will need to perform with other 8th grade athletes.** Tryouts are closed to parents and friends. Other candidates may not watch.

#### **The following will be performed on May 8th for Game Day and Sideline Teams**

- Situational Chant
- Fight Song
- Standing and running tumbling: **To make it on the Gameday team you must show that you have a back walkover.** *Back handspring preferred*
- Jumps: Each candidate must perform the following jumps: Two connected jumps with variety plus one additional jump

#### **The following will be performed on May 9th for Traditional Team**

- Situational Chant
- Dance
- Standing and running tumbling: **To make it on the Traditional team you must show that you have a back handspring.** *Running or Standing Tuck preferred*
- Jumps: Each candidate must perform the following jumps: Two connected jumps plus one additional jump

#### **WHAT TO EXPECT DURING TRYOUTS**

Tryout time slots will be posted for athletes to sign up in groups of four. 8th Graders will be together.

- Please give yourself plenty of time to stretch and warm-up before your official tryout. There will be a mat in the Commons to warm up tumbling.
- Please remain in the commons after you perform as we may have call back.
- Teams will be posted on our website: [westlinncheerleading.com](http://westlinncheerleading.com) on Saturday, May 10th.

#### **WHAT TO WEAR**

- Candidates are to dress in athletic attire, black t-shirt, and black shorts, tennis shoes at clinics and tryouts. No WLHS High School Cheer or Youth Cheer gear allowed.
- Hair is to be secured back, out of face and eyes (bangs below the eyebrows must be secured back).
- No jewelry of any kind. This includes **spacers** for new ears, nose, belly button or other piercings. So please refrain from getting this done before tryouts.
- ***Fingernails are to be athletic length, no acrylics. Neutral color REQUIRED***
- Tattoos are fine as long as we cannot see them while in uniform.

#### **TEAM PLACEMENT ANNOUNCEMENT**

2025-26 INDIVIDUAL NUMBERS will be posted on Saturday via our website: [westlinncheerleading.com](http://westlinncheerleading.com). **NEW!: We will not have a second tryout in AUGUST this year.**

## WEST LINN 2025-26 VARSITY REQUIREMENTS

**VARSITY COMPETITION TEAMS:** (Composed of Traditional and Game Day): Eligible Grades: Incoming 9th – 12th Grade. **NEW THIS YEAR:** *If you try out for our Traditional Comp Team you will NOT automatically make our Gameday Comp Team. These are TWO separate Varsity Competition Teams. If you would like to be on both teams you will need to try out for both our Traditional and Gameday Varsity Competition Teams.*

### **Traditional Competition Team:**

**Minimum Requirements Traditional Team:** We encourage you to showcase your best tumbling skills at tryouts! If you can perform a running or standing tuck, layout, or full, we'd love to see it. A standing back handspring is the minimum tumbling requirement to secure a spot on the mat but it does not guarantee you spot on the floor. If you are close to mastering a back handspring but are unable to perform the skill unassisted on May 8th or 9th, you may be considered for an alternate position with the opportunity to continue working on the skill. Alternate skills will also be considered, including advanced abilities in cheer, dance, jumps, and stunts.

In season time commitment for all competition team members: August-March

- 3 times per week for 1-3 hours each (This includes 2 days of tumbling practice at Empire Athletics). Attendance at all mandatory August Varsity cheer commitments
- Friday home and away Football Games (once drill downs are passed)
- Basketball games (Up to 2 games a week)
- Mandatory Competitions: The majority of Saturdays from December through February.
- State Alternates: Due to tumbling requirements, some members may be alternates and not compete in every competition.

### **Gameday Competition Team:**

**Minimum Requirements Game Day Team:** A minimum of a back or front walkover should be demonstrated at tryouts. A back handspring is preferred with a hope to progress in tumbling skills throughout the year. Alternate skills considered: Strong ability to cheer, dance, jump and stunt.

In season time commitment for all competition team members: August-March

- 3 times per week for 1-3 hours each (This includes 2 days of tumbling practice at Empire Athletics). Attendance at all mandatory August Varsity cheer commitments
- Friday home and away Football Games (once drill downs are passed)
- Basketball games (Up to 2 games a week)
- Mandatory Competitions: The majority of Saturdays from December through February.
- Alternates: Due to tumbling requirements, some members may be alternates and not compete in every competition.

- Nationals Competition opportunity in February contingent on team vote and skill assessment.

### **VARSITY SIDELINE TEAM: Eligible Grades: 9th – 12th Grade**

- Due to limited practice and performance space, we will consider making cuts during tryouts.
- Strong emphasis on musicality for this team. Strong crowd leading skills, good school leadership.
- In season time commitment: **August-December**
- 1-2 times per week for 1-2 hours each.
- All August Varsity cheer practice commitments.
- Home football and away games (once drill downs are passed)
- **NEW THIS YEAR: Our sideline team will ONLY go through Football season.**

### **CHEER ATTENDANCE POLICY AND EXPECTATIONS**

ALL practices, games, and events are MANDATORY. This includes practices that need to be added at the last minute. Illness, family emergencies (i.e.: funerals, etc.) and mandatory school events that are approved by the coach and listed on the Conflict Form (located below) are the only absences from a game, practice or other event that will be allowed. We must be given a two week's notice for your absence to be excused. **Vacations and jobs will not be considered excused absences and dental, doctor, hair and other appointments must be made after school, outside of practice time. All practices are mandatory to stunt at games and compete even if excused on the conflict form.** Cheerleading is a large time commitment, and families need to be prepared to make that commitment along with their cheerleaders.

### **ELIGIBILITY**

- Cheerleaders are expected to remain academically eligible in accordance with the OSAA's and the West Linn/Wilsonville School District's Eligibility Rules

### **CONDUCT**

- As a West Linn High School Cheerleader, you will represent yourself, your team, your school, and your coaches always. Your actions need to reflect that honor. If they do not, you may be removed from the team.
- Vaping, drinking, and drug use are grounds for suspension or dismissal in accordance with the WEST LINN High School Athletic Training Rules WEST LINN 2025-26 TRYOUTS

### **CHEERLEADING**

- Team members will be expected to follow all rules set forth in the attendance policy above. Parents and athletes will need to read and sign that they agree to abide by these rules if they are selected for the team

### **MARK YOUR CALENDAR**

**WEST LINN VARSITY CHEER 2025-2026 IMPORTANT DATES:**

<b><u>EVENT TEAM DESCRIPTION DATE</u></b>	<b><u>TEAM</u></b>	<b><u>DATE</u></b>	<b><u>TIME</u></b>	<b><u>LOCATION</u></b>
PARENT MEETING	ALL	MAY 5th	6PM	COMMONS B
TEAM TRYOUTS	ALL	MAY 6th-9th	6PM	WLHS
UNIFORM FITTING	ALL	MAY 14th	6PM	STAFF CENT
WEIGHT TRAINING	ALL	MAY-AUG	TBD	WEIGHT RM
PRACTICES BEGIN	ALL TEAM	AUG 4		WLHS
GWL STUNT CAMP	TRAD/GD	AUG 5-8		GREAT WOLF
GAMEDAY CHOREO	GD	AUG 11-13		WLHS
TRAD STUNT CLINIC	TRAD	AUG 14-15		WLHS
DAILY DOUBLES	ALL	AUG 11-22		WLHS
BURGER DRIVE	ALL	AUG 23rd		HAMMERLE PARK
KIDS CLINIC	ALL	SEP TBD		WLHS *Pink Out
TUMBLING COMP 2X PER WEEK	TR/GD	AUG-FEB		EMPIRE
CHOREOGRAPHY	TRAD	SEPT 9,11,25		WLHS
ALL-STATE	INDIV	OCT		TBD
OCCA GAMEDAY COMPETITION	GD	NOV		TBD
UCA REGIONALS	GAMEDAY	NOV		TBD/SEATTLE
UCA NATIONALS	GAMEDAY	FEB 4-9		FLORIDA
OSAA STATE	TRAD	FEB 14		OREGON CITY HS

**TEAM AND INDIVIDUAL FUNDRAISERS**

**TEAM FUNDRAISERS** -There are several mandatory team fundraisers designed to support various expenses, including choreography, competition music, halftime performance, football game shirts and accessories, fall team lunches, team parties, training, equipment, and other team-related needs. Examples of these fundraisers include the Fall Kids' Clinic, Burger Drive, and the West Linn Cheer Competition.

**TEAM & INDIVIDUAL SPONSOR BANNER FUNDRAISER** - You will also have an opportunity to fundraise some of your personal cheer expenses over the summer. Our Banner Sponsor Fundraiser is an excellent way to offset your uniform expenses. Forms will be due August 11Th. More info to come. ***We do require each cheerleader to acquire a \$100 Banner Sponsor*** and then after that requirement has been met, all other sponsors you acquire go directly to offset your personal cheer expenses.

### **APPAREL AND ACCESSORY EXPENSES**

Below are the required fees that each cheerleader will be responsible for paying throughout the season with the costs and the date in which the payments will be due.

#### **BREAKDOWN OF APPAREL AND ACCESSORIES**

- ALL TEAM VARSITY UNIFORM: Long sleeve, cheer top, black sports bra, cheer skirt and briefs.
- ALL TEAM UNIFORM ACCESSORIES: Poms (white, green and gold), team black rain jacket, athletic sweatpants, crew neck sweatshirt, team backpack, game/comp bows and cheer shoes.
- ALL TEAM CAMP/ PRACTICE APPAREL: 2 practice tops, 2 pairs of white Nike sports socks, black Nike pros (If you have your own black Nike pros you don't need to buy pros).

### **VARSITY CHEER FEES**

<b><u>DUE DATE</u></b>	<b><u>DESCRIPTION</u></b>	<b><u>FEE</u></b>
JUNE 1ST	GWL CAMP FEES	\$511.00
AUG	ALL TEAM VAR UNIFORM	\$347.59
AUG	ALL TEAM UNIFORM ACCESSORIES	\$328.00
AUG	ALL TEAM CAMP/ PRACTICE APPAREL	\$214.00
AUGUST – FEB	Traditional Team Tumbling / 2X week	TBA MONTHLY
AUGUST – FEB	Gameday Team Tumbling / 2X week	TBA MONTHLY
SEP	UCA or USA Nationals	TBD

*\*Prices are based on last year's numbers and could be subject to change.*

*\* We will know exact prices a couple days after fitting on May 14th. You may pay through the Varsity payment portal for most of our uniform and accessories in August after our Sponsor Banners are due August 11th. We will not be able to pay in the Spring.*

*\*Returning members may owe less due to already having some of the uniform items.*



# CONFLICT FORM

(PLEASE RETURN ON MAY 5TH 2025)

Cheerleading has become a multi-season sport and we are incredibly excited to give our athletes the opportunity to participate in community events, games and competitions on both the local and national level. As a sport, we require that our athletes attend all practices, games and cheer events. Unlike other team sports, we cannot execute critical components of our sport (stunts, competition routine, etc.) if we do not have all team members present. We understand that important family functions occur, and we are hoping to partner with our parents to communicate in advance any conflicts that may arise so that we can plan practices accordingly. Our attendance policy has been created to keep everyone motivated and to give our team the best chance as a successful season. Practices are not listed here as they are mandatory and could happen any time during the week. Please contact coach Shannon if you have any questions.

• **Team Clinics, Camps and practices begin in August.** Stunt Group assignments will be assigned at these practices. Daily Doubles are **MANDATORY** if you wish to cheer and begin **August 11th** and last until school begins. Depending on field availability, practices are Monday – Thursday during the week. These practices are mandatory for game preparation and team selection. If you are unable to attend these practices, it would be best for you to wait a year to be on the team.

• **UCA Camp/All Competitions/Choreography and Stunt Clinics are mandatory to attend if you wish to compete. Please see the dates listed above in the packet.**

**2025-2026 Cheer Competitions:** We plan to compete most weekends December – February.

- o NOV TBD OCCA Gameday Competition \_\_\_\_\_
- o NOV TBD UCA Regionals Comp \_\_\_\_\_
- o DEC 6th MCMINNVILLE \_\_\_\_\_
- o JAN 3rd LAKER Rumble \_\_\_\_\_
- o JAN 17 LION CHEER CHALLENGE \_\_\_\_\_
- o JAN 24 DAVID DOUGLAS \_\_\_\_\_
- o JAN 31st LAKERIDGE \_\_\_\_\_
- o FEB 7th TUALATIN LAST CHANCE \_\_\_\_\_
- o FEB 14th OSAA State Competition \_\_\_\_\_

*\*Dates will be updated when the sanctioned school competition calendar comes out late spring.*

**Potential Conflicts please list on the line below:**

\_\_\_\_\_

We have **NO** conflicts with the above dates. \_\_\_\_\_ We have listed conflicts above \_\_\_\_\_

Athlete Signature & Parent Signature \_\_\_\_\_

## Signatures of Participation – (Please return on May 5th, 2025)

*Please carefully read and sign this page and return at tryouts no later than 6:00 pm May 5th, 2025*

1. I understand the decision of the coaches is final and not negotiable after tryouts
  2. I understand that teams are chosen on a basis of S2 grades, attendance in S2, evaluations, and skill level
  3. I understand that coaches are happy to discuss any athlete's strengths and weaknesses to help them improve, but that the coach must also consider what is best for the team as a whole.
  4. I understand that cheer must become the 1st priority in terms of co-curricular activities Including other optional school programs, work, and other performance teams. This is an August -March commitment for Traditional Competition Team.
  5. I understand that if our athlete is selected this year, the athlete will need to try out for a competition team every year and their position on the squad is NOT guaranteed – Skill improvement, attitude and grades all play a part in whether they get a position on the team
  6. We understand and agree to the payment plan and will stay up to date with my own cheer account
  7. I understand that my social media accounts are a reflection of me as a leader at WLHS
  8. I understand and agree to the calendar given and realize changes can be made by coaches
- I have read and agree to abide by the West Linn Cheer Squad Rules and Policies. I sign this understanding that I, as a parent, cannot change or alter these rules and I am allowing my athlete to try out for this team knowing that these are the rules and I agree to the terms of the program as it stands.

\_\_\_\_\_ Athlète Signature & Date

\_\_\_\_\_ Parent Signature & Date

# Empire Athletics Private Team Training Policies / Billing

Thank you for choosing Empire Athletics Sherwood for your Private Team Tumbling Classes.

The following covers all enrollment and billing policies for private tumbling classes. All athletes attending classes must be registered for the class

- Cost is \$55 per month for 1X a week
- A Link for online registration will be provided
- Trial classes are not permitted for private team classes
- All registrations will automatically re-enroll each month for the duration of the class
- If you choose to stop attending classes, you must un-enroll prior to the end of the month
- You may drop online, or you may email [Dirk@empiresthleticsgym.com](mailto:Dirk@empiresthleticsgym.com) to drop
- All accounts must have a credit/debit card on file for automatic billing
- All accounts will be billed at the 1st of each month
- Cards will be charged between the 1st and 5th of each month  
Athletes with outstanding balances on the 15th of each month will not be permitted to participate until their accounts are current.
- Outstanding accounts will be turned over to collections after 90 days
- Make up classes are not offered for private team classes
- Refunds or credits are not offered for missed private team classes