



2025-26 SOUTHWEST DEKALB



## **CHEER TRYOUTS**

After reviewing the electronic packet, teacher recommendations & verifying grades, **ALL** candidates who are eligible to participate in tryouts will be notified using the **BAND** app. Please download the app on your phone to receive tryout details (time slot, material videos, etc.). If you do not receive an invite to tryouts via **BAND** app, you are not eligible to participate in tryouts.

### **PREPARING FOR TRYOUTS:**

The cheer, chant, jump sequence and dance routine that candidates are expected to learn will be pre-recorded and available for **ALL** candidates who are eligible to participate in tryouts using the **BAND** app. The scheduled plans for the week of tryouts are as follows:

**Sat., March 29 - Sun. March 30, 2025:**

Pre-recorded cheer material **VIDEOS** WILL BE **UPLOADED** IN the **BAND** app by the end of the day, 3/29/25. Candidates will have the opportunity to learn the material on their own.

**Mon., March 31 & Tues. April 1, 2025**

**CLINIC OFFERED - 4:00-6:00 pm**  
**(OPTIONAL, NOT MANDATORY!)**

Candidates will have the opportunity to practice as a group, get assistance and ask questions, if needed.

**LOCATION: GYM**

**Thurs., April 3**

**TRYOUTS 4:00 PM - 6:30 PM**  
**LOCATION: GYM**

### **TRYOUTS ATTIRE:**

**NAVY** Soffe **SHORTS** (Amazon, Target, Dick's, Walmart, etc.)  
**WHITE T-SHIRT** (must be tucked in)  
**WHITE RIBBON/CHEER BOW**  
**WHITE CHEER/TENNIS SHOES**  
**HAIR (ONE PONYTAIL) \*HAIR CANNOT EXCEED WAISTLINE**

**NO JEWELRY OF ANY KIND**  
**NAILS MUST BE SHORT IN LENGTH (NO LONGER THAN THE NAIL BED & NEUTRAL in COLOR)**  
**NO VISIBLE TATTOOS**

**\*Former cheerleaders are PROHIBITED from wearing ANY cheer apparel that distinguishes her/him from the rest of the candidates.**

**Results:** Candidates will be notified by **TRYOUT NUMBER**

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In order to be eligible for Cheer Tryouts, candidates MUST ensure that the following items are UPLOADED by the DEADLINE DATES & TIMES: **(03/25/2025 by 3:30 pm)** (NO EXCEPTIONS):

1. SUBMIT electronic Cheer Application
2. UPDATED Transcript (See Counselor, if needed)
3. Signed Projected Budget/Payment Plan
4. UPDATED physical examination form (DeKalb County Form is 4 pgs.)

**A NURSE WILL BE AVAILABLE FOR PHYSICALS (\$25) in the TEAM ROOM (Thursday, 3/20/2025 from 3:30 - 5:30 pm.)**

**Requirements:**

- A. ACADEMIC Eligibility—please note: Candidates are required to meet guidelines set forth by **G.H.S.A. RULE.**

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**QUESTIONS???**

**CONTACT Coach Manuel: [robynmanuel17@gmail.com](mailto:robynmanuel17@gmail.com)**

**NOTE: Please keep all documents in ONE envelope as they will be collected from ALL candidates who make the teams during our 1st meeting.**

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The Electronic Cheer Tryouts Application QR Code is located on the school website, Cheer IG, front office & posters around the school.

Upload Required Forms Using the QR Code Below:

