

**Welcome to the tryouts for the Arvida Middle School Competition Cheerleading Team**  
**For the 2022-2023 School Year**

**Step 1:** Complete this packet and submit it to Mrs. Paolella, in room 251, by Friday, May 20<sup>th</sup>. Incoming 6<sup>th</sup> graders can email the packet to [apaolella503@dadeschools.net](mailto:apaolella503@dadeschools.net). Make sure to include "Tryout Packet" in the subject line. At that time, you will receive a try out number.

**Step 2: Clinics:** Clinics will be held on Monday and Tuesday, May 23-24<sup>th</sup>, at Arvida, from 4:30-6:30. Prospective Cheerleaders will be taught a Cheer, Jumps, and a short Dance. Make sure to write your number on an index card and safety pin it to your shirt. Try out numbers should be visible at all times.

**Step 3: Tryouts:** Tryouts are Wednesday, May 25<sup>th</sup> starting at 4:30. When it is your turn, you will perform the cheer, jumps, and dance for the judges. As soon as you perform, you may leave. Prospective Cheerleaders will perform in groups of 3. Make sure to wear your try out number.

**You will be judged on the following:**

**Jumps** - Height, pointed toes, straight back, controlled preparations and landing, motion placement.

**Cheer** - Precise (sharp) motions, strong vocal projection, memory of words.

**Dance** - Coordination, rhythm, precise motions, memory of dance.

**Poise and Facial Expression** - Shows enthusiasm and crowd appeal, ability to recover if mistakes are made, self-confidence.

**Appearance and Overall Impression**- Tidy attire with visible tryout number, hair out of face, skills, spirit, cheering and dance ability.

**Tumbling Skills (Optional/ Bonus Points)** – For those participants who have tumbling skills (back walk over and/or back handspring). It is extremely important that you are only performing skills that you have mastered and can do on your own.

**Results:** The Arvida Competition Cheerleading tryout results will be posted on the school website, @ArvidaVikingsCheer Instagram, and you will also receive an email welcoming you to the team. The results will be posted **Friday, May 27<sup>th</sup> at 4:00 PM.**

For those selected to the team, there will be a **mandatory parent meeting** to meet with the sponsor and coaches on June 1<sup>st</sup> at 7 pm. Meeting will be held in the school auditorium.

**PLEASE KEEP THIS PAGE!**

PARTICIPANT NAME: \_\_\_\_\_

TRYOUT NUMBER: \_\_\_\_\_

CURRENT GRADE: \_\_\_\_\_ ID# \_\_\_\_\_

GRADE IN 2022-2023: \_\_\_\_\_

**\*\*\*THIS PACKET IS DUE NO LATER THAN Friday, May 20, 2020. ALL FORMS MUST BE COMPLETED\*\*\***

You have taken the first step in becoming a member of Arvida Middle School's Competition Cheerleading Squad. In addition to competitions, Arvida Cheerleaders will participate in school sponsored functions (i.e. open house and assemblies, Viking Fest and other special events) and will cheer for our afterschool intermural teams throughout the school year. Practices will begin August 2022. All cheerleaders are expected to be at every practice, unless **excused 24 hours in advance** by the sponsor and coaches.

Review the information contained in this packet with your parents, and give careful consideration to the time, practices, financial, and squad obligations, before a commitment is made. Being an Arvida Middle School Competition Cheerleader is a prestigious honor, one that must be **earned and maintained**.

**TO TRYOUT FOR THE COMPETITION CHEERLEADING TEAM, YOU MUST MEET THE FOLLOWING CRITERIA:**

- **Academic Achievement** - All academic grades must be **A's, B's or C's**. - **Nothing lower than a C**. You must have a 2.5 grade point average or higher in all academic classes.
- **Conduct**-All conduct grades must be **A's or B's**. - **Nothing lower than a B**.
- **Effort** - must be **1's or 2's**. -**Nothing lower than a 2**.
- No disciplinary referrals.
- *Attach a **COPY** of your last report card* which reflects your grades & attendance for the 2021 - 2022 school year. This can be obtained via the Student Portal, please ensure it is the "report card" not just class grades.
- Attach a headshot picture of yourself (NOT in cheer attire and NO bigger than a 2 x 3).
- Satisfactory completion of this packet - Must be submitted to Mrs. Paolella, in room 251, no later than May 20, 2022. At that time, you will receive a try out number.
- Incoming 6<sup>th</sup> graders can email the packet to [apaolella503@dadeschools.net](mailto:apaolella503@dadeschools.net). Make sure to include "Tryout Packet" in the subject line.
- **Parent/guardian MUST sign every page - Commitment from Parents and Students is mandatory.**

**DRESS CODE FOR TRYOUTS:**

For clinics, wear athletic attire. For tryouts wear a black shirt with black shorts. No jean shorts, low cut shirts, cropped tops, or half tops. Prospective cheerleaders must wear athletic sneakers and standard white, low-cut socks. Hair must be in a neat ponytail with a bow and no hair in the face. Sports bras are required. No jewelry of any kind is allowed.

**Please use a 4 x 6 Index Card to write your tryout number on.** Please be sure your number is visible.

If you feel you are committed to uphold the requirements of an Arvida Middle School Competition Cheerleader and are proud to represent your school, we welcome you as a prospective competition cheerleader.

\_\_\_\_\_  
PARENT SIGNATURE

\_\_\_\_\_  
PARTICIPANT SIGNATURE

# Arvida Middle School Competition Cheerleading Contact Information

**\*\*PLEASE WRITE NEATLY! \*\***

**STUDENT Name:** \_\_\_\_\_ Grade: \_\_\_\_\_  
Last First 2022-2023

Address: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell: \_\_\_\_\_

Email: \_\_\_\_\_ Birth Date: \_\_\_\_\_

**Guardian's Name:** \_\_\_\_\_

Email: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work: \_\_\_\_\_ Cell: \_\_\_\_\_

LIST ANY MEDICAL CONDITIONS THAT MAY RESTRICT YOU FROM PARTICIPATING IN ANY PHYSICAL ACTIVITIES:

\_\_\_\_\_

Insurance Company \_\_\_\_\_ Policy # \_\_\_\_\_

Doctor's Name \_\_\_\_\_ Phone # \_\_\_\_\_

\_\_\_\_\_  
**PARENT SIGNATURE**

\_\_\_\_\_  
**PARTICIPANT SIGNATURE**

## **2022-2023 ARVIDA MIDDLE SCHOOL COMPETITION CHEERLEADERS RULES, REGULATIONS AND RESPONSIBILITIES**

An Arvida Competition Cheerleader represents Arvida Middle School and must set the highest standards of character and conduct. Everything a cheerleader does reflects on the squad. For this reason, cheerleaders must always set a good example and be careful to act in a courteous and respectful manner. Cheerleaders must be conscious of the fact that they are constantly on display, representing Arvida Middle School even when they are not wearing their uniform.

- ★ An Arvida Cheerleader must obey ALL school rules, always follow the dress code, and promote school spirit.
  
- ★ Arvida cheer practices and activities (fundraising, cheer camp, competitions, games, and performances) MUST be a priority. Other activities, including school clubs and afterschool activities (Band, Orchestra, Drama, etc.) cannot conflict with our schedule. Arvida Cheerleaders may NOT participate in other school sports or club sports teams. Arvida Cheerleaders may NOT be a member of an All-Star squad or any other cheer squad.
  
- ★ Arvida Cheerleaders are not permitted to be a member of a fan or group or make comments on Facebook, Instagram, Snapchat, Twitter, (or any other social networking site) that is negative or derogatory to another student, staff member, or booster club member.
  
- ★ If you are injured, you must still attend practices and specified events even though you are unable to physically participate. You will be required to sit with the sponsor or coaches and lend support to the team. A doctor's note is required to return to practice.
  
- ★ All members of the squad that are not performance ready will be removed from the routine until the sponsor and coaches feel they are performance ready.
  
- ★ Cheerleading is a year-long commitment. Practices start in August and will end in May. Details will be discussed at the Parent / Cheerleading meeting on June 1, 2022.
  
- ★ If you quit or are dismissed from, the Arvida Middle School cheerleading squad after being selected to be a member, you are not eligible to tryout the following season.
  
- ★ Attendance is a very crucial part of being a cheerleader. As you know cheerleading is not an individual sport. The entire team must be dedicated to attending ALL practices and ALL events.

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**PARENT SIGNATURE**

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**PARTICIPANT SIGNATURE**

**2022-2023**  
**ARVIDA MIDDLE SCHOOL COMPETITION CHEERLEADING**

**Parent Meeting:** The first **MANDATORY** parent/cheerleader meeting will be held on Wednesday, June 1, 2022, at 7:00 pm. Attendance by parents and cheerleaders is a must. If a parent does not attend without the prior approval of the sponsor, the cheerleader will be dismissed from the squad.

**First Deposit:** Parents will be required to make the first payment of \$450.00 via CashApp by June 3rd, 2021.

**Camp Dates: SAVE THE DATES:** August 1-4th there will be a MANDATORY cheer camp at the Evolution Cheer Gym, August 1-3<sup>rd</sup> 8:30AM-4PM. Lunch will be provided. August 4<sup>th</sup>, 8:30-12 noon (lunch not included).

**Choreography Dates: SAVE THE DATES:** Cheerleaders are expected to attend Choreography Clinics, held at the cheer gym from 9:00 a.m. to 4:00 p.m. This will be held one weekend in September. Details will be given at a later date, once we have more information.

**Competitions:** We will compete in at least 3 to 4 local competitions and 1 National competition out of the tri county area. It is mandatory to attend all competitions.

**First Team Practice:** The first mandatory practice will be held on Monday, August 22nd, 2022, at the Evolution cheer gym from 4:30 PM to 6:300 PM.

**Evolution Cheer Gym**  
**11921 SW 130<sup>th</sup> St Suite 405**  
**Miami, FL 33186**

**Practices:** Practices will be held Mondays and Wednesdays, at Evolution Gym, from 4:30 PM to 6:300 PM. All practices are mandatory unless excused **24 hours** in advance, by the sponsor and coaches. Additional practices will be scheduled as deemed necessary by the sponsor/coaches.

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**PARENT SIGNATURE**

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**PARTICIPANT SIGNATURE**

## 2022-2023 Budget

Deposit 1: **DUE JUNE 3<sup>rd</sup>**

### Mandatory Uniform Bundle

Uniform (Top & Bottom)	
Practice Shoes	
Practice Bow	
Warm-Ups (Jacket and Pants)	
Backpack	\$450.00

Total: \$450.00

Deposit 2: **DUE JULY 15<sup>th</sup>**

### Mandatory Items:

Practice Sets	\$40.00
Cheer Camp (with lunch)	\$210.00

Total: \$250.00

Deposit 3: **DUE SEPTEMBER 1<sup>st</sup>**

### Mandatory Items:

Choreography (2 days with lunch) & Music	\$ 130.00
Competition Shoes (New Members Only)	\$50.00
Competition Bow	\$25.00
Competition Make Up Bags	\$15.00

Total: \$220.00

### Competition Payments \*\*

October 15	\$200.00
December 1	\$200.00
January 15	\$150.00

Total: \$550.00

### GYM FEES: Paid directly to the gym

Registration Fee (paid once)	\$50.00
Monthly Gym Fees (September-May; 9 Months)	\$100.00

Total: \$950.00

End of the Year Banquet

TBA

\*Parents will be required to buy a parent shirt for competition at \$30.00 each.

If an athlete is dismissed or quits from the squad, there will be no refunds of paid funds.

**\*\*Note:** Fundraising will take place to alleviate some of the **competition costs**. Every athlete and parent have the right and is expected to participate in all fundraising events. The booster club, which is assembled by the parents, is responsible for coming up with fundraising ideas to help minimize costs.

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**PARENT SIGNATURE**

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**PARTICIPANT SIGNATURE**

**2022-2023**  
**ARVIDA MIDDLE SCHOOL COMPETITION CHEERLEADING**  
**APPLICATION CHECKLIST**

Have you turned in the following?

A COPY of your report card for 2020 - 2021 with the first three grading periods.  
A picture of yourself (NOT in cheer attire and no bigger than 2 x 3)

ALL PAGES: Must be signed by both parent and participants

Please be sure to attach your tryout number to your shirt or shorts with a safety pin.

\*REMEMBER, CHEERLEADERS MUST BE ABLE TO FOLLOW DIRECTIONS.  
THEREFORE, TAKE YOUR TIME AND TURN IN ALL REQUIRED PAPERWORK ON TIME.

I, \_\_\_\_\_ (parent / legal guardian's name) verify that  
my child, \_\_\_\_\_ (child's name) is physically fit and can  
participate in clinic/tryout activities; releases Arvida Middle School from liability during  
clinics/tryouts; and, has my permission to participate in Arvida Middle School Competition  
Cheerleading activities for the 2022-2023 cheerleading season.

**I HAVE READ AND UNDERSTAND THE ABOVE POLICIES FOR PARTICIPATION ON THE ARVIDA  
COMPETITION CHEERLEADING SQUAD, AND I ACCEPT THEM AS GOVERNING MY PARTICIPATION.  
WE REALIZE THAT THE SELECTION OF THE TEAM IS FINAL AND THAT THE JUDGES' SCORES AND  
COMMENTS WILL NOT BE VIEWED OR DISCUSSED.**

\_\_\_\_\_  
**PARENT SIGNATURE**

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**PARTICIPANT SIGNATURE**