

Parents and Prospective Cheerleaders,

Welcome to Dominican's Cheerleading tryouts for the 2025-2026 school year. Please read over the following handouts and return the consent form by **Tuesday April 8th**. Please take time to review and discuss the cost and time commitments involved.

Remember that cheerleading is a yearlong activity that requires dedication and effort! Dominican High School Cheerleading is a squad that participates in pep rallies, recruitment and fundraising events, selected volleyball and basketball games, and selected Mardi Gras parades. Members must not participate in any other school sport, the robotics team, or the spring musical if they make the team. This is due to the number of practices they will miss if they are involved in these activities. If the member participates in other extracurricular activities, they must not conflict with Dominican Cheerleading. Parents of cheerleaders who do not drive are responsible for providing or arranging transportation to and from practices and events promptly. Failure to do so may result in removal from the squad. Practices are often extended while preparing for certain events throughout the year. Your daughter will receive a calendar informing her of the dates and times. In addition, a positive attitude, cooperation, dependability, punctuality, and the ability to work well with others as well as accept constructive criticism are all important qualities of a good cheerleader.

According to the Dominican High School Cheerleader Constitution, any student trying out for the squad must meet eligibility requirements. These requirements include good disciplinary standing and good academic standing (at least a 2.5 cumulative GPA). Any student not meeting these requirements will not be allowed to try out. Please read the following documents thoroughly and take all of this into consideration before completing the tryout process.

Thank you for your cooperation. I wish you the best at tryouts!

Sincerely,
Kathleen Fasold
Cheerleader Moderator

Dominican High School Cheerleader Clinics and Tryouts **Tuesday– Thursday April 8th– April 10th**

Clinic (Tuesday and Wednesday April 8th – April 9th):

1. The clinic will be held from 4:00 – 6:00 pm. Students **MUST** be picked up promptly at 6:00 pm.
2. Parental/Student Consent, Registration, and Permission slip forms are due on **Tuesday, April 8th**.
Students will not be allowed to participate in the clinic or try-outs if she doesn't have the permission slips signed by a parent or guardian in her possession on that day as well as a copy of her insurance card.
3. Current cheerleader officers and senior members will instruct the girls in a cheer, chant, and dance. The instructors will be available for individual help during the clinic.
4. **Tuesday:** Meeting & begin learning material; **Wednesday:** Practice technique & tumbling

Tryouts (Thursday, April 10th):

1. Tryouts will be held at 4:00 pm. Again, all students must be picked up promptly. **Parents should plan to arrive at 5:30 pm in case try-outs end early.**
2. Students may not tryout if they have not attended the clinic day.
3. Students should bring their \$10 tryout fee on this day
4. Tryouts are required for all students. Students must tryout every year while enrolled at Dominican.
5. Special treatment/recognition will not be given to previous squad members trying out.
6. Girls will sign in upon arrival.
7. There will be two to three qualified and objective judges.
8. The girls will be judged according to:
 - a. Entrance (enthusiasm, crowd appeal, and appearance)
 - b. Cheer/Chant (motion sharpness, voice, timing, placement, facials)
 - c. Dance (timing, placement, facials)
 - d. Physical Ability (jumps, stunting, tumbling)
 - e. Overall Performance
9. Girls may not practice while waiting to try out.
10. Girls must leave the room immediately after trying out. Students will wait in the Siena atrium.
11. Girls may repeat each routine only once.
12. No one will be allowed in the tryout room except the judges, and the moderators.

Results:

Results will be announced no later than Monday April 14th.

Requirements for DHS Cheerleaders:

Previous cheerleading experience preferred but not necessary

Ability to work well in a team

Understands that cheer is a full-time commitment

Lots of school pride & spirit

Tumbling skills are encouraged but not required

Expected Time Commitment

Overnight Summer Camp in July

Choreography Camp in August

Practice after school on campus

Practice after school at off campus facility

Additional practices may be called due to special events

Attendance at events such as pep-rallies and recruitment events

Marching in Mardi Gras parades

***There will be a meeting sometime after tryouts are complete and results are announced to discuss membership in the organization, summer practice/camp schedules, and ordering cheerleader uniforms. This meeting will be mandatory for ALL cheerleaders. Each cheerleader must have a parent representative present at the meeting. Payment for camp, choreography, and May/June/July coaches' fees will be due at this time.**

POTENTIAL APPROXIMATE COSTS INVOLVED

Uniforms	\$1,100
Summer Camp	\$650
Competition Fees	\$50
Choreography	\$150
Coach's Fees	\$1,020
Gym Usage Fees	\$660

Approximate total cost for all members: \$ 3,600

*St. Mary's Dominican High School
7701 Walmsley Avenue
New Orleans, Louisiana 70125*

PERMISSION SLIP FOR ACTIVITY SCHEDULED OUTSIDE OF SCHOOL HOURS

TODAY'S DATE: April 7th 2025

ORGANIZATION / CLUB: Dominican Cheerleaders

MODERATOR(S): Ms. Kathleen Fasold, Mrs. Amy Ruckert and Ms. Kierra Cunningham

TYPE OF ACTIVITY: Cheerleading Try-Outs

LOCATION OF ACTIVITY: Dominican High School Campus, Siena Center

DATE & TIME OF ACTIVITY: April 8th-April 10th 4:00pm-6:00pm

SPECIAL INSTRUCTIONS: Dress in cheer/tennis shoes, fitted tank or t-shirt, hair in ponytail or braids. Bring water in a water bottle and eat a snack before hand.

MODERATORS / CHAPERONES FOR THIS ACTIVITY: Ms. Kathleen Fasold, Mrs. Amy Ruckert, and Ms. Kierra Cunningham

TRANSPORTATION ARRANGEMENTS: Cheerleader candidates are responsible for their own transportation.

THIS FORM MUST BE COMPLETED AND RETURNED TO THE MODERATOR BY: Tuesday April 8th 2025

(Please return only the bottom portion of this form.)

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STATEMENT OF PERMISSION

I request that Dominican allow _____ to participate in the off campus activity named below.
(student's first & last name)

Name of Activity: Cheerleading Try-outs 2025-2026

I concur with the stipulated arrangements indicated above and understand that my daughter is representing Dominican High School, and therefore must abide by the rules and regulations stated in the current Student / Parent Handbook.

I release Dominican High School, the club moderator(s), and /or chaperones approved by the Administration from liability in any manner.

In case of emergency, I give my permission for the club moderator / chaperon to seek medical care as needed for my daughter if I cannot be contacted.

PARENT/GUARDIAN SIGNATURE: _____ **DATE:** _____

HOME PHONE: _____ **WORK PHONE:** _____

CELL PHONE: _____

RELATIVE / EMERGENCY CONTACT PHONE: _____

***PLEASE DESCRIBE BELOW ANY SPECIAL CIRCUMSTANCES, INCLUDING MEDICAL CONDITIONS.

2025-2026 St. Mary's Dominican High School Cheerleader Tryout Registration Form

Participant's Name: _____

Current Grade Level: _____

Address: _____

City: _____ State: _____ Zip: _____

Parent's Name: _____

Phone Numbers (H): _____ (C): _____

(W): _____ (Email): _____

Emergency Contact Name: _____ Phone: _____

Liability & Release: I request that St. Mary's Dominican High School allow (Participant's first & last name): _____ to participate in the 2025-2026 Cheerleader Tryouts on April 8th-April 10th. I understand that my daughter will be evaluated by independent, qualified judges and agree to abide by the decision of the judges. I understand the potential costs involved. I understand that, by the very nature of the activity, cheerleading carries a risk of physical injury. All cheerleaders are trained in the safest methods of the sport as demonstrated and practiced during camp. Despite all attempts by the coaches, moderators, and cheerleaders to avoid injury, risks still exist, including pulled muscles, dislocations, and broken bones. I understand these risks and I release St. Mary's Dominican High School, the club moderators, coaches, judges, and/or chaperones approved by the Administration from liability in any manner. In case of emergency, I give my permission for the club moderators/chaperones/coaches to seek medical care as needed for my daughter if I cannot be contacted. Additionally, I authorize the use of my daughter's photos for the purposes of publicity and marketing materials and on the St. Mary's Dominican High School website.

Parent/Guardian Signature (required): _____

I am interested in being a St. Mary's Dominican High School Cheerleader. I understand the risks as stated above. If selected, I will abide by the rules and regulations set forth by the Cheerleader Constitution and the Student Handbook. I promise to cooperate and follow the instructions of the cheerleader moderator.

Student Signature

Date

My daughter, _____, has my permission to try out for cheerleader at St. Mary's Dominican High School. I understand that she must abide by the rules and regulations set forth by the 2025-2026 Cheerleader Constitution as well as the current Student Handbook. I realize that she must be present for all practices, games, and events unless she is absent from school or excused by the moderator. I have read the rules and regulations in the Cheerleader Constitution and understand that a violation of any of these rules may lead to probation or suspension from the squad.

In order for my daughter to try out for the Dominican Cheerleader squad on Thursday April 10th I understand that my daughter must:

- be in good disciplinary and academic standing
- be in good financial standing with the Dominican Cheerleaders
- attend the clinic on Tuesday & Wednesday April 8th – April 9th
- attend the tryouts on Thursday, April 10th
- return this page signed by tryouts
- be able to attend a mandatory organizational meeting after tryouts are complete
- be able to attend mandatory summer practices and camp
- pay the \$10 tryout fee
- submit a copy of the cheerleader's insurance card

I understand that my daughter will be evaluated by independent, qualified judges and agree to abide by the decision of the judges.

I understand the potential costs involved and will pay them by the designated time.

My daughter will be trying out for the DHS Cheerleaders

Parent/Guardian

Date

I am interested in being a Dominican High School Cheerleader. I understand the risks as stated above. If elected, I concur with the stipulated arrangements indicated above and understand that my daughter is representing Dominican High School, and therefore must abide by the rules and regulations stated in the Cheerleader Constitution as well as the current Student / Parent Handbook. I promise to cooperate and follow the instructions of the cheerleader moderator.

Student

Date