



2026-2027
Merrill F. West High School
Cheer Squad Tryout Packet

Dear Cheer Squad Candidate:

Thank you for your interest in trying out for the West High Cheer Team. This should be an exciting time for everyone. Although tryouts should be a fun experience, cheerleading is a demanding sport, and thus the selection process has been structured to reflect the work and commitment required of a cheer squad member throughout the year.

In this packet you will find:

- Qualifications
- Selection Process
- Tryout Schedule
- Tryout Questionnaire
- Permission Slip
- Cheer Application
- Grade Check Form
- Teacher Recommendation Form (You will need to make copies for each teacher you have)

You must also have your doctor fill out a Physical Form which can be found online at:
<http://whsathletics.com/handbooks.php> and click on Physical Exam Form.

All of the information you need in order to be eligible to tryout is included in this packet. Please pay special attention to the specific deadlines; they will be strictly enforced. If you have any questions, please contact me at mlundell@tusd.net or through our Band App.

Sincerely,

The WHS Cheer Program

Qualifications

Each candidate must:

- Be in the WHS school attendance area or have an approved inter-district or intra-district transfer.
- Have a minimum 2.0 GPA and NO F's.
- Not have more than 15 hours of Saturday School.
- Be an incoming freshmen, or current freshmen, sophomore, or junior.
- Submit a signed cheer application form agreeing with the WHS cheer squad goals and philosophy as verbally stated at the tryout meeting.
- Submit a signed Parental Release form, Insurance form (Family ID), and have a current physical on file with West High prior to tryouts.
- Be dedicated to making participation in the West High Cheer Team your number one priority among all other extra-curricular activities.

Tryouts (General Information)

- The squad will be selected based on a points scale on practice/panel evaluations and teacher evaluations.
- Candidates will be evaluated mainly on their leadership ability, teamwork, and attitude.
 - Athletic ability will also play a factor however, we are looking for students who will work well together and promote positive school spirit.
- You must wear comfortable clothes to be able to move in and athletic shoes (no Vans or Converse type shoes). Your hair must be pulled away from your face.
- All required forms must be submitted as soon as possible.
- Each candidate will need to get at least 4 Teacher Evaluation forms completed.

Tryout Points

TOTAL POINTS POSSIBLE: 205 pts

- 5pts per day you "attend" tryouts (5pts x 4 days = 20pts)
- 30pts per teacher evaluation (4 teacher evals x 30pts = 120pts)
- 5pts for all additional paperwork (4 papers x 5pts = 25pts)
 - Permission slip, cheer application, grade check, interview questions
- Skills and behavior (jumps 5pts + motions 5pts + strength 5pts + attitude 5pts = 20pts)
- Thursday tryouts judging overall skills, attitude, and ability to learn (20pts)

Tryout Schedule

Monday, March 30 th 4:00 pm- 6:00 pm	Learn routine and cheer. In Cafeteria.
Tuesday, March 31 st 4:00 pm- 6:00 pm	Practice routine and cheer. In Cafeteria.
Wednesday, April 1 st 4:00 pm- 6:00 pm	Practice routine and cheer. In Cafeteria.
Thursday, April 2 nd 4:00 pm- 7:30 pm	Perform routine and cheer to the judge panel.
Friday, April 3 rd 10:00 am	Team Posting on Instagram. @whs_pack_cheer

Cheerleader Application

Please print the following information clearly

Name: _____ Date of Birth: _____

Address: _____

Current School: _____ Current Grade: _____

Parent/Legal Guardian Name: _____

Personal Information:

Are you currently employed? _____ If so, where? _____

Are you currently a member of any club, organization, or team which requires practice time? _____

If yes, please list: _____

List any honors or awards you have received while in school: _____

Student Signature: _____

Parent Signature: _____

West High School Cheer Squad Grade Check

Student's Name: _____

Current School: _____

Grade for 2026-2027 _____ ID Number: _____

Subject	Teacher	3rd Quarter	Current Grade	Teacher Initials

- 3rd Quarter Grades will determine eligibility for tryouts.

West High School Cheer Squad Teacher Recommendation

Student's Name: _____

A teacher recommendation for each cheer squad applicant gives an indication of the student's academic standing, motivation, leadership skills, and attitude. Your input will be averaged with the tryout candidate's other instructors and considered in the student's overall tryout score. Your scores and comments will only be seen by the cheer coaches, so please be as honest as possible.

Please rate this student in the following areas on a 1-5 scale:

(5) Superior (4) Above Average (3) Average

(2) Needs Improvement (1) Poor

- | | | | | | |
|---|---|---|---|---|--|
| 1 | 2 | 3 | 4 | 5 | Attitude towards academics and authority |
| 1 | 2 | 3 | 4 | 5 | Citizenship, attitude with peers, respect for school |
| 1 | 2 | 3 | 4 | 5 | Commitment, responsibility, and dependability |
| 1 | 2 | 3 | 4 | 5 | Attendance and punctuality |
| 1 | 2 | 3 | 4 | 5 | Cooperation, courtesy and character |

_____/25 Total Points

Comments: _____

Teacher's Name: _____

Teacher's Signature: _____

Please return to Megan Lundell in the West High Cheer mailbox by Thursday, April 2nd or email the information to mlundell@tusd.net.

Thank you for your assistance and cooperation. If you have any questions, please contact Megan Lundell.

West High School Cheer Tryout Interview Questions

Please answer the following questions to the best of your ability and bring them to the first day of tryouts, Monday, March 30th to turn in and be looked over by the judge panel.

Name: _____

1. What three qualities are most important for a cheerleader to have?
2. What are two ways to get students interested in pep rallies?
3. What makes you a well-rounded individual?
4. What would you do if there was tension among your teammates at a practice?
5. What should cheerleaders do to represent their school in a positive way?
6. What can the cheerleading team do to be more effective on the sideline?
7. What does being on time and ready to go mean to you?