

Dear Parents and Prospective Athletes,

My name is Erika Evereth and as the new Varsity Cheerleading Coach I am excited to announce Erin King as our new Junior Varsity Head Coach and Victoria Schrom as our new Freshman Head Coach. The Shaker Cheer program is certainly undergoing some changes, but we are anticipating a fun and eventful fall season! Below you will find information about tryouts, what to expect, how to prepare, and practice times.

If you have any questions or concerns please feel free to contact me via email at eeve0629@yahoo.com. You can also visit our cheer website for updates and more information at: <https://sites.google.com/site/shakerhighschoolcheerleading/Home>

Thank you for your interest in cheerleading and I am looking forward to seeing you in the fall!

**Sincerely,
Erika Evereth
Varsity Cheer Coach**

Varsity, JV, and Freshman Cheerleading Tryouts

August 22nd- 25th

3:30pm-5:30pm on the SHS track

Seniors and Juniors will be automatically considered for the **Varsity squad**

Sophomores will be automatically considered for the **Junior Varsity squad**

The **Freshman squad** is only for **Freshman** athletes

Any Sophomore or Freshman athlete that displays an exceptional technical performance during the tryout process may be considered for a more advanced team at the coaches discretion. This decision is solely up to the coaches.

Athletes trying out will be expected to perform various jumps, chants, cheers, and a dance

Stunting and tumbling ability and technique will also be judged

Athletes trying out must also be able to complete a mile run

****It is important to begin preparing for tryouts as soon as possible. Here are some things to try:**

- **Work on motion sharpness and position in front of a mirror**
- **Stretch daily to improve jumps and stunting skills for flyers**
- **Join a tumbling class to improve tumbling skills**
- **Hit the gym for stronger stunts!**
- **Build up endurance by running with a friend every day!**

Practices for all levels will begin August 26th and will be every:

Monday, Tuesday, Thursday, Friday from 3:30pm-5:30pm

(Additional practice times or days could be added)