

## **2026 - 2027 EMMAUS CHEERLEADING TRYOUTS**

Thank you for your interest in the Emmaus Cheerleading Program! We are so excited to get this season started! This packet contains important information about our tryouts, program, and season. Please read this packet carefully and in its entirety. Also, please make sure you have completed the tryout registration linked below

The Emmaus Cheerleading Program is evolving. As our program continues to strive to be even better, the skill level and requirements increase and the strong commitment of athletes and parents is needed. While our season is very fun and exciting, it is also very demanding and time-consuming. We advise all athletes and parents to seriously consider the amount of time, hard work, and dedication necessary before making the commitment to try out for one of our teams.

**\*If you have any questions after reading this packet, please contact Coach Eileen at [EHS Cheerleading@eastpennsd.org](mailto:EHS Cheerleading@eastpennsd.org)\***

Below is a brief list of general commitments and expectations for the 2026-2027 season for game day cheerleaders:

- Attend at least two open gyms in April
  - You will NOT be able to try out unless you attend two open gyms.
- Attend mandatory tryout date
- Attend mandatory parent/athlete meeting
- Attend pre-season and summer practices May - July
- Attend UCA Commuter Camp (MANDATORY)
  - HS - UCA Masters Camp - June 12-13, 2026
  - Location: Nazareth High School
- Attend all practices, games, and events. Our official season spans from August until the completion of the boys and girls basketball seasons in March.
- Participate in fundraising efforts to support our teams and offset costs throughout the season.

This packet further details the expectations and anticipated costs for the season. We understand that costs can be overwhelming. Because of this, we will provide as many individual and group fundraising opportunities as possible.

Please see the anticipated costs sheet below for what can be expected for game day cheerleaders.

## **EMMAUS CHEER TEAM TRYOUT CHECKLIST**

In order to try out, you must complete the following forms. Due dates can be found below. ALL FORMS MUST BE COMPLETED BY DUE DATES LISTED BELOW. Athletes may not try out without all completed forms and paperwork. All forms and paperwork are linked below.

### **Read the Tryout Packet**

- Complete before April 14th, 2025

### **Fill out the Tryout Registration Form ([TRYOUT Registration](#))**

- Complete before April 24th, 2025

### **Access the tryout material**

- Learn the fight song, cheer, and sideline **BEFORE** we begin open gyms on April 14th, 2025.
- Material can also be found in Band App

### **Sign the Emmaus [Intramural Activities](#) Consent Form**

- Turn in to a coach by first day of Open Gyms April 14th, 2025

### **Sign the Emmaus Cheer Team Guidelines Form**

- Turn in last page only to a coach on Tryout Day
- Please read over the entire packet with Parents/Guardians
  - Copies can be picked up during Open Gyms

## **Tryout Info Quick Facts**

### **Dates:**

- Open gyms begin on Tuesday, April 14th, 2026
  - Open Gym Dates:
    - April 14th, 5:30-7:30pm - EHS Main Gym
    - April 16th, 5:30-7:30pm - EHS Main Gym
    - April 21st, 5:30-7:30pm - EHS Main Gym
    - April 23rd, 5:30-7:30pm - LMMS Cafe
- Tryouts are April 25th, 9am - 1pm - LMMS Cafe
- Mandatory Parent/Athlete Meeting; 6pm-7:30pm - EHS Cafe 2

## Tryout Cheerleader Expectations

### **Expectations for all cheerleaders in the Emmaus Cheerleading Program:**

- Positive attitude.
- Dedicated with an excellent work ethic.
- Demonstrates that they are coachable.
- Absorbs and applies corrections from coaching staff with determination and a positive attitude.
- Team player.
- Follows guidelines of the program.
- Remains academically eligible for athletics.

### **Cheer, Sidelines, & Fight Song Expectations for all Sideline Cheerleaders:**

- Sharp motions.
- Correct placement of motions.
- Loud and defined vocals in cheers.
- Smiles throughout all cheers, dances, and while on the sideline.
- Precise timing and rhythm.
- Enthusiastic spiring/rallying in between or before cheers.

### **Overall Impression**

- On time, follow directions (attire, no jewelry, athletic- cut nails, etc.), spirited, confident, etc.

### **Jumps for all Sideline Cheerleaders:**

- Demonstrates height and flexibility.
- Demonstrates proper form (toes pointed, chest up).
- Demonstrates sharp motions and correct placement in approach, during the jump, and after landing.
- Executes landing (snaps feet together).
- Toe touch and jump of choice.
  - Jump of choice may be: Double toe/Connected Jump, pike, or hurdler \*\*  
Jumps should be executed at an elite level for Varsity consideration. \*\*

**Tumbling expectations for all High School Cheerleaders:** Tumbling skills are preferred on all of our teams but are not a requirement. Due to our high school teams' competitive nature, tumbling skills are highly suggested.

\*\* Athletes who display exceptional skills in other areas will still be considered for our teams. Any athlete considered for Varsity **should be working on or open to working on tumbling skills**. All tumbling skills performed at tryouts should be maintained throughout the season. \*\*

Athletes will be permitted to work with all other high school athletes during open gyms. The **coaching staff** will determine the tryout groups for stunting. These groups will be

determined by the staff through multiple days of observation at open gyms. Athletes will be placed into groups with other athletes who have demonstrated similar abilities. Individuals considered for Varsity should be able to execute the required skills on any group deemed to have similar abilities by the coaching staff. Athletes need to be able to demonstrate and execute the above requirements with several different group members. For example, a top girl trying to earn a position on Varsity should be able to execute a skill on multiple groups and not just a senior “power group.”

Please keep in mind that while stunting is important, it is only a fraction of the overall tryout score.

### Anticipated Costs

Please do not let costs deter you from trying out for one of our teams. We provide many individual and group fundraisers throughout the season to offset most of these costs!

V & JV Sideline	Varsity Competition
<p>Uniform Items</p> <ul style="list-style-type: none"> <li>● Bows - \$20</li> <li>● White Cheer Shoes - \$45</li> <li>● Spandex - \$10</li> <li>● Poms - \$26</li> <li>● Custom Warm Up Jacket - \$60</li> </ul> <p>Practice Wear (Due at Parents Meeting)</p> <ul style="list-style-type: none"> <li>● Shirt (4 Pack) - \$50</li> <li>● Crewneck - \$20</li> <li>● Shorts (3 Pack) - \$90</li> </ul> <p>UCA Camp</p> <ul style="list-style-type: none"> <li>● UCA Masters Commuter Camp at Nazareth</li> <li>● Dates: June 12 - 13, 2026               <ul style="list-style-type: none"> <li>○ \$339 (Due at Parents Meeting)</li> </ul> </li> </ul> <p>Other Fees</p> <ul style="list-style-type: none"> <li>● EPSD Athletic - \$35               <ul style="list-style-type: none"> <li>○ <i>Separate check Payable to: Emmaus High School</i></li> <li>○ Due August 8th</li> </ul> </li> </ul>	<p>Varsity Competition Team Additional Purchases -</p> <ul style="list-style-type: none"> <li>● E Socks - \$13/pair</li> </ul> <p>Nationals - \$1,500</p> <ul style="list-style-type: none"> <li>● Please do not let this price deter you from competition. We work all season to fundraise to bring the costs down as much as possible.</li> <li>● Realistically, it might cost around \$400-700</li> <li>● \$150 Deposit will be due August 17th</li> </ul>

*\*These are estimates and are subject to change.\**

**Please note because our UCA camp is very early in the season, payment for Practice Wear and UCA Camp is due right after tryouts.**

Please reach out to Coach Eileen at [EHScheerleading@eastpennsd.org](mailto:EHScheerleading@eastpennsd.org) if you have any questions about what you have read in this packet.