

2026 - 2027 EMMAUS CHEERLEADING TRYOUTS

Current 6th - 7th Grade Only

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 Mikayla and Jenn at **MSCheer@eastpennsd.org**

Below is a brief list of general commitments and expectations for the 2026-2027 season for Emmaus Middle School 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 April 25th, 2026
- Attend mandatory parent/athlete meeting April 28th, 2026 @6pm
- Attend pre-season and summer practices May - July
- Attend UCA Home Camp
 - Date: August 13 - 14, 2026
- 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 **TBD**. The athlete 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 May 26th, 2025
- Access the tryout material**
 - Learn the fight song, cheer, and sideline before we begin open gyms on April 14th, 2025.
- Sign the Emmaus [Intramural Activities](#) Consent Form**
 - Turn in to a coach by first day of Open Gyms May 13th, 2025
- Sign the Emmaus [Cheer Team Guidelines](#) Form**
 - Turn in last page only to a coach on Tryout Day
 - Copies can be picked up during Open Gyms

Tryout Info Quick Facts

Dates:

- Open gyms begin on Tuesday, April 14th, 2025
 - 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: April 25th 9am - 1pm - LMMS Cafe
- Mandatory Parent/Athlete Meeting: April 28th 6-7:30 - EHS Cafe 2

Sideline 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

Competition Cheerleader Expectations

Motions/Tumbling

- Sharp and Clean Motions
- Clean Jumps
- Loud
- Crowd Leading
- Energetic/Facials
- Power Hurdle Round Off
- Forward Roll
- *Backhandspring *Need to be in the process of working on or willing to work on**

Stunting

Flyers need to demonstrate:

- Legs locked together
- Tightness in all stunts
- Locked Knees (not bent)
- Be able to perform a technically correct extension
- *Bonus: Liberty*

Bases need to demonstrate:

- Proper Form
- Perform a prep and extension
- Knowledge of how to base a liberty, pop-off, and J-up

Backspots need to demonstrate:

- Proper form and grips
- Perform a prep and extension
- Knowledge of how to base a liberty, pop-off, and J-up

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!

Middle School Sideline
Uniform Items <ul style="list-style-type: none">• Bows - \$12 - \$15• Shoes - \$45-\$150• Spandex - \$15• Poms - \$32 (Can buy or borrow from program)• E Socks - \$12/pair (Recommend 3 pairs) **Competition ONLY
Practice Wear <ul style="list-style-type: none">• Practice Wear - \$90 (2 shirts, 2 bottoms)• Crew Neck - \$20
UCA Camp <ul style="list-style-type: none">• UCA Home Camp<ul style="list-style-type: none">○ 3 Day (Lunch provided by Boosters) - \$207<ul style="list-style-type: none">■ \$50 Deposit due TBD
Other Fees <ul style="list-style-type: none">• EPSD Athletic - \$35<ul style="list-style-type: none">○ <i>Separate check Payable to: Emmaus High School</i>

These are estimates and are subject to change.

Please reach out to Coach Jenn and Mikayla at MSCheer@eastpennsd.org if you have any questions about what you have read in this packet.