

# CDMS Cheerleading Tryouts

Cheer Season 2025-2026

Anyone in middle school is encouraged to try out regardless of cheer background or level of experience!

## Practice & Tryout Dates

Thursday, May 8th during QUEST- Informational meeting (7th graders)

Friday, May 8th- Informational meeting (6th graders)

Monday, May 12th: 3:30-5:00 PM in MS Gym (practice)

Tuesday, May 13th: 3:30-5:00 PM in MS Gym (practice)

Friday, May 16th: 3:30-5:00 PM in MS Gym (tryouts)

You must attend the practices in order to try out.

(Practices and tryouts are closed to spectators)

## Important Information

### ● State Cheer Rules to note:

- o Hair needs to be in a ponytail (no flyaways or face-framing pieces, all hair must be away from the face)
- o No jewelry (at any time including practice, tryouts, or games)

### ● Practice Attire:

- o Athletic shoes (or white cheer shoes, if you have them)
- o Athletic shorts and a T-shirt for practice

### ● Tryout Attire:

- o Athletic shoes (or white cheer shoes, if you have them)
- o Black athletic shorts
- o Saber T-shirt OR plain purple, gold, black, or white T-shirt

\*\*\*If there is a conflict with the tryout dates because of other school extracurricular activities, please reach out to Coach Tibbetts [cassandra.tibbetts@cd-csd.org](mailto:cassandra.tibbetts@cd-csd.org) CDMS encourages multi-sport athletes and Coaches will work together to support you. Thanks!