

Dallastown Cheerleading

Tryout Information | DASD Grades 7-12 | 2026-2027

Hello and welcome! We are so excited that you are interested in becoming a cheerleader at Dallastown Area High School and Dallastown Area Middle School! If selected, there are certain personal and financial obligations that a cheerleader and her/his parents must understand. Please review our program expectations at www.dallastowncheerleading.com BEFORE completing the registration Google Form.



Registration Deadline: The Tryout Registration Google Form is due by **May 3rd, 2026.**

Squads and Eligibility

Athletes are placed on teams based on season preferences, tryout scores, and grade eligibility. Practices, tumbling, and workouts begin in the summer.

JUNIOR HIGH CHEERLEADING

- **JH Football:** Grades 7-8 (Fall)
- **JH Winter (Basketball & Wrestling):** Grades 7-8 (Winter)
- **JH Competition:** Grades 7-8 (Fall/Winter) *Must be selected for the fall football cheer team*
 - *The JH Competition will be formed in September with athletes from the JH Football squad.*

HIGH SCHOOL CHEERLEADING

- **Junior Varsity Football:** Grades 9-12 (Fall)
- **Varsity Football:** Grades 9-12 (Fall)
- **Varsity Basketball:** Grades 9-12 (Winter)
- **Varsity Competition:** Grades 9-12 (Fall/Winter) *Must be selected for a fall football cheer team*

Note: To avoid conflicts and ensure student-athlete wellness, competition team members cannot be affiliated with another competitive cheer program. Placement for a JV or Varsity level team is earned, and the coaches will seek to place athletes where they can have the most impact on their personal growth and positively impact the team they are placed on.

Commitment

Cheerleading is a fun athletic activity, but the sport requires a great deal of dedication. Those who are selected for the team will be expected to make cheerleading a top priority (behind academics). Participants will not be granted excused absences to participate in other activities.



BOOKMARK OUR MASTER CALENDAR

[Link: [2026-2027 Master Cheerleading Calendar](#)]

This document is updated LIVE. Please bookmark it for real-time changes.



Communication

Our program uses the app, Band, to communicate with student-athletes and families. All team members and families will be required to join the program-wide group in addition to team-specific groups.



Financial Overview

- **Financial Agreement:** All team members and parents must sign the Financial Agreement at the first meeting.
- **Fundraising:** Individual fundraising (sub sales, gift cards, etc.) can be used to offset individual costs and the funds can carry over year-to-year. Group fundraising events (car washes, concessions, bingo, hosted competition) are required participation for **ALL** athletes and parents.

Anticipated Costs

Category	Estimated Total Cost	Key Deadlines - <i>Expenses are rough estimates!</i>
JH Sideline & Comp	\$500 – \$1,000	Camp payment due 5/11/26; Apparel due 5/29/26 <ul style="list-style-type: none"> ● UCA Camp \$230 ● UCA Stunt Clinic - approximately \$60 ● UCA Regionals (comp only) - approximately \$75 ● Apparel ranges from \$100-\$500
HS Sideline	\$500 – \$750	Camp payment due 5/11/26; Apparel due 5/29/26 <ul style="list-style-type: none"> ● UCA Camp \$365 ● Apparel ranges from \$100-\$500
Varsity Competition <i>(in addition to the sideline expenses)</i>	+\$2,000.00	Monthly \$250 installments (July–Dec); Final balance 1/4/27 <ul style="list-style-type: none"> ● Proven Stunt Clinic \$250 ● UCA High School Nationals \$1,750

- **Mandatory UCA Camp:** July 30, July 31, and August 1, 2026.
- **Water Donation:** One case of water due at practice on **5/26/26** for the Graduation Sale on **05/28/26**.

Competition Dates

From the last weekend of October through February, we will be competing almost every weekend on either Saturday, Sunday, or both days. Exact competition schedules from host schools are typically not released until the Wednesday before each competition weekend. Most events take place in the morning and afternoon. While most competition dates are still TBD, we have included possible options for your reference. However, athletes should expect to compete every weekend during this time. **Absolutely no travel plans should be made during the season (August -February) unless approved by a coach.** If an athlete cannot commit to this schedule, they should not try out for the team. Again, please do not make travel arrangements, as clinics and competitions will be scheduled on Saturdays, Sundays, or both days throughout the season, leading up to Nationals in February.

REQUIRED Competition Group Fundraising Events:

- **All competition families are required to donate items, volunteer time, aid in set-up/clean-up, and help run concessions at the annual bingo fundraiser.**
- **All competition families are required to donate items, and volunteer time to help set up, sell concessions, and clean up at the DTOWN Showdown Competition!**
- **All competition families are required to donate items, and volunteer time to help set up, sell concessions, and clean up at any other events that are scheduled!**

Important Dates:

Open Gym Practices (5:00 PM – 7:00 PM @ DAIS Gym)

Please plan to attend at least 3 open gym practices before tryouts! We strongly encourage you to attend as many as possible.

- | | |
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| <input type="checkbox"/> Monday, March 30 | <input type="checkbox"/> Thursday, April 23 |
| <input type="checkbox"/> Wednesday, April 8 | <input type="checkbox"/> Monday, April 27 |
| <input type="checkbox"/> Wednesday, April 15 | <input type="checkbox"/> Wednesday, April 29 |
| <input type="checkbox"/> Monday, April 20 | <input type="checkbox"/> Thursday, April 30 |

Tryout Material: Tryout Material will be released on our website on **Friday, April 10, 2026**

Optional Parent Meeting: Monday, April 20, 2026 @ 7:00 PM after open gym

- This will be informal for parents to ask any questions regarding tryouts and our program

Official Tryouts (5:00 PM – 8:00 PM @ DAIS Gym)

Tryout candidates must attend ALL nights of tryouts for their respective age group. If a circumstance arises, please communicate ASAP by emailing dallastowncheerleading@gmail.com.

- Tuesday, May 5:** Incoming high school and junior high candidates
 - Bring sneakers for running the mile (outside)
- Thursday, May 7:** Incoming high school candidates only
 - Varsity Competition Evaluations will occur during a portion of this night
- Friday, May 8:** Incoming high school and junior high candidates
- Saturday, May 9:** Incoming high school and junior high candidates (9 AM-2 PM)
 - Varsity Competition Evaluations will occur during a portion of this day

Post-Tryout Schedule

- **Mandatory Family Info Meeting:** Monday, May 11 (5:00 PM – 8:00 PM @ HS Theater Room)
- **Apparel Fitting:** Thursday, May 14 (Time TBD @ Miss Williams's Classroom)
 - A parent/guardian must be present throughout the fitting. The fitting should take about an hour for an athlete's designated time. Athletes should wear a sports bra and briefs/spandex shorts to try on practice wear items needed for the upcoming season.
- **Spring Practices:** High School: May 18–21, May 26, May 27
Junior High: May 20 (tumbling), May 26, May 27
- **Youth Camp:** June 8 – June 11 (@ DAIS Gym, report 7:00 AM – camp ends at 12:00 PM, dismissed shortly after this time following any cleanup needed)
 - All high school cheerleaders will be asked to work this fundraising event, as it is a group fundraiser benefiting our sideline budget expenses!

Summer Schedule (Starting June 15)

- **Mondays/Thursdays:** High school 5-7 PM; Junior high 6-8 PM (Includes Lifting/Workouts)
- **Wednesdays: High School** 5-6:30 PM (@ DAIS); 7-8 PM (Tumbling @ Titanium Athletics)
Junior High -6-7:30 PM (@ DAIS); 8-9 PM (Tumbling @ Titanium Athletics)
- **Mandatory UCA Camp Prep Practices:** July 27–29
- **Mandatory UCA Camp:** July 30 – August 1

Scoring Expectations and Rubrics

TRYOUT SCORING CRITERIA

The information below shows the criteria judges will use to evaluate your tryout. All information is subject to change.

- **Sideline Chant:** voice, correct motion technique, memorization, and confidence
- **Cheer:** voice, correct motion technique, memorization, and confidence
- **Dance:** motion sharpness, correct motion placement, rhythm, and confidence
- **Jumps:** height, arm placement, leg placement, pointed toes
- **Motion Technique:** arm levels, motion sharpness, motion placement
- **Tumbling:** see tumbling breakdown grid below, candidates should be able to independently execute their best standing AND running skills without a spotter
- **Stunting:** see the stunting grid below
- **Fitness:** push-ups (30 secs.), squats (30 secs.), pull-ups/hang (30 secs.), flexibility (sit and reach), and 1 mile timed run
- **Quiz:** basic knowledge of cheerleading, our program, and football-related questions
- **Appearance and Readiness:** white top (tucked in), black/navy athletic bottoms, sneakers (cheer preferred and bring running sneakers on the fitness eval day of tryouts), and hair in a neat ponytail with a white cheer bow (**absolutely no jewelry or spacers**)

TUMBLING BREAKDOWN

Points	Standing Tumbling	Running Tumbling
1	Cartwheel	Round-Off
2	Single Backhandspring	Round-Off Backhandspring
2.5	Multiple Back Handsprings / Cartwheel BHS	Round-Off Multiple Back Handsprings
3	Cartwheel Tuck	Round-Off Tuck
3.5	Back Handspring Tuck	Round-Off BHS Tuck
4	Standing Tuck	Round-Off BHS Layout
5	Toe-Touch Tuck / Standing Full	Round-Off BHS Full

STUNT POSITION BREAKDOWN

Top Person	Bases/Back Spots	Transitions
<ul style="list-style-type: none"> • Body control • Flexibility • Motion placement • Legs straight/locked 	<ul style="list-style-type: none"> • Stability of the stunt • Solid stance- positioned shoulder-width apart • Feet stationary 	<ul style="list-style-type: none"> • Entries • Dismounts • Speed/control/flow from skill to skill

FITNESS SCORING RUBRIC

SKILL / POINTS EARNED	5	4	3	2	1
PUSH UPS (30 sec)	25+	24-16	15-11	10-6	5 or less
SQUATS (30 sec)	25+	24-16	15-11	10-6	5 or less
PULL-UPS OR HANG (30 sec)	5+ pull-ups	3-4 pull-ups	1-2 pull-ups	31-45 seconds	0-30 seconds
FLEXIBILITY	15+	13.01-14.99	10-13	6-9.99	Less than 5
TIMED RUN (1 mile)	Less than 8:00	8:01-8:30	8:31-9:30	9:31-10:30	10:31+

VARSITY CHEERLEADING

Our varsity level teams reflect the very best of our program! We have a few additional expectations and requirements to earn a position on the varsity team.

- **Material-** PERFORMANCE and exceptional Game Day presence :) We should be able to put you in the demo video and enthusiasm should show what is expected in a Game Day routine
- **Jumps-** at least be level, if not hyperextended
- **Tumbling-** minimum of a standing back handspring
- **Stunting-** straight up extended level stunts and lib (flyers should have flexibility to hit a variety of body positions like an arabesque, heel stretch, scale, or bow & arrow); all stunters benefit from proper weight training to build strength & perform elite stunt skills