



**Online Application Due 3/2/2025 by 11:59PM**

## **Football Sideline Cheerleading & Competition Cheerleading Tryout Information Packet**

Enclosed is information regarding cheerleading tryouts for the Hillgrove High School Football and Competition Cheerleading squads. To try out for the Hillgrove cheerleading program, you must meet all eligibility requirements as outlined by the Georgia High School Association, including that you live in the Hillgrove district, currently are enrolled in Hillgrove or a Hillgrove feeder middle school and that you are academically eligible at the time of tryouts. **Online applications must be completed by 11:59pm on 3/2/2025. LATE APPLICATIONS WILL NOT BE ACCEPTED.** Applicant must ensure there is a current CLEARED physical uploaded in the SY2024-2025 Athletic Registration online in ParentVUE in order to try out for the 2025 Football and/or Competition Cheerleading program.

**\$30 non-refundable clinic fee due on 1<sup>st</sup> day of Clinic –  
Forms of payment (Cash or CashApp - \$Hillgrove Cheer)**

### **Program Details & Time Commitments**

Parents and applicants should discuss the applicant's decision and consider the time and financial requirements involved with each squad. Being selected to participate in the HHS Cheerleading program is a privilege that requires a dedicated commitment.

### **Varsity Football Sidelines (10<sup>th</sup> – 12<sup>th</sup>)**

- Overnight Spirit Camp – June 12-14 @ Kennesaw State University (Main Kennesaw Campus)
- Pre-Camp practice/Instruction for JV/9<sup>th</sup> camp – July TBD
- Fall Practice Days- Mondays and Fridays (as needed) throughout the season
- Varsity Football Games (Friday nights) – Including all playoff games

### **Varsity Game Day Comp Team (10<sup>th</sup> – 12<sup>th</sup>)**

- This is an invite-only team that competes with sideline material – Band Dance, crowd-leading cheer, Fight Song
- Choreo – TBD @ Hillgrove & Game Day Clinic (July) at Hillgrove
- Fall Practice Days – Wednesdays after school, AM practices are possible later in the season
- All scheduled 1-2 competitions (Saturdays) & overnight State Competition (location TBD)

### **Varsity Football Performance (Varsity Comp only eligible)**

- Fall Practice Days- Mondays and Fridays (as needed) throughout the season
- Varsity Football Games (Friday nights) – Home games only

### **JV Football Sidelines (10<sup>th</sup> – 11<sup>th</sup> grade eligible)**

- Sideline Camp – July 11<sup>th</sup> & 12<sup>th</sup> @ Hillgrove
- Fall Practice Days- Mondays and Thursdays (until games begin)
- JV Football games (Thursday nights)

### **Freshman Football Sidelines (9<sup>th</sup> grade only)**

- Sideline Camp – July 11<sup>th</sup> & 12<sup>th</sup> @ Hillgrove
- Fall Practice Days- Mondays and Thursdays (until games begin)
- Freshman Football games (Thursday nights)

### **Varsity Competition Squad (9th – 12th graders)**

- Choreography Camp – June 2<sup>nd</sup> & 3<sup>rd</sup> at Hillgrove
- C3 Team Culture Workshop @ North Forsyth High School – PM Session
- Summer Practices - (select Tue, Thu – 9AM – 11AM)
- Fall Practices (Tues 3:45 – 5:30 Hillgrove, Thursday – 4:15 – 6 Stingrays)
- All Scheduled Competitions (Saturdays) – Including Region & State weekend

### **JV Competition Squad (9th – 11th graders)**

- Choreography Camp (June - TBD) – @Hillgrove
- C3 Team Culture Workshop – June 9<sup>th</sup> @ North Forsyth AM session
- Summer Practices – (select Tue, Thu – 9AM – 11AM)
- Fall Practices (Tues 3:45 – 5:30 Hillgrove, Wed – 4:15 – 6 Stingrays)
- All Scheduled Competitions (Saturdays)

Basketball Cheerleading Tryouts will be held during Fall 2025.

### **Cheerleading Tryout Information for the Football Sideline & Competition Squads - The previous year on the sideline and/or competition squad does not guarantee a position on the upcoming 2025 squad**

Tuesday, March 25	4:30 – 6:00	Comp clinic & assessments
Wednesday, March 26	4:30 - 6:00	Comp assessments
Thursday, March 27	4:30 – 6:00	Sideline Material Clinic
Monday, March 31	4:30 – 6:00	Sideline Material Clinic & assessments
Tuesday, April 1	4:30 – 7:30	Sideline assessments (rising 9 <sup>th</sup> & 10 <sup>th</sup> )
Wednesday, April 2	3:45 – 5:00	<b>Gameday material*</b> (10 <sup>th</sup> -12 <sup>th</sup> )
Thursday, April 3	4:30 – 7:30	Sideline assessments (rising 11 <sup>th</sup> & 12 <sup>th</sup> )

**\*Gameday material is ONLY for 10<sup>th</sup>-12<sup>th</sup> who included Gameday interest on their application**

Attendance is important. If there is an issue, please speak with or email Coach Spiegel [CoachSpiegel10@gmail.com](mailto:CoachSpiegel10@gmail.com).

- Material will be online 3/3/2025 – Prospects should practice material before tryouts & come prepared
- Time for tumbling practice is given, but tumbling will not be taught for tryouts

### **Tryout Locations:**

Hillgrove High School Auxiliary Gym, 4165 Luther Ward Road, Powder Springs, Ga. 30127

*\*Please note that all instructional clinics and tryouts are closed to spectators. Coaches must have the opportunity to give all tryout applicants their undivided attention, and those tryout applicants have no distractions to deter their focus.*

**(During the clinic, prospective cheerleaders may wear appropriate attire of their preference)**

### **Tryout Day Dress Code:**

- Solid Black cheer shorts/spanks
- White T-shirt or White Tank Top with NO logos or anything printed or cheer-related wording. Bra Straps should NOT be visible.
- Hair must be pulled back in a clean, tight ponytail with a coordinating bow.
- Cheer or athletic shoes with no-show socks.
- **NO JEWELRY OR GUM & NAILS SHOULD NOT BE PAST THE FINGERTIPS PER NFHS & GHSA!**

### **Selection:**

Squads will be formed based on evaluations/assessments compiled by the coaching staff, the fulfillment of requirements, and the coaches' final decision. Please remember that team purpose, cheerleader maturity, and stunt groups must be considered when determining squads. Multiple groups consisting of a flyer, two bases, and a back spot are needed for all squads. They will factor into the formation of each team, especially on the Varsity sideline and competition squads.

### **Eligibility**

To try out, you must meet all eligibility requirements as outlined by the Georgia High School Association, including residing in the Hillgrove district, attending Hillgrove OR a feeder school for Hillgrove, and being academically eligible **at the time of tryouts**. The Cobb County Athletic Handbook can be viewed online.

### **2025 Tryout Announcements:**

Tryout results will be posted online at the Hillgrove Cheer Website the weekend following tryouts at [www.hillgrovecheer.org](http://www.hillgrovecheer.org)

**If a tryout participant wants feedback on their tryout process, the student may contact one of the coaches to schedule a meeting after 4/15/2025. Coaches will not discuss tryout results before that date.**

### **IMPORTANT DATES:**

#### **2025 HHS Cheerleader New Squad Meetings:**

If selected for a squad, cheerleaders must attend a mandatory meeting

- All Squads meet with coaches - Monday, April 14, 2025. Time & Location – TBD.
- Varsity Competition Uniform Sizing – April 14, 2025 at 4 PM
- Vertical Raise fundraiser set up @ Hillgrove – April 15, 2025 (rising 10<sup>th</sup>-12<sup>th</sup> @ 4pm, rising 9<sup>th</sup> at 4:45pm)

#### **2025 Hillgrove High School Cheerleading Booster Club Meeting:**

A **MANDATORY** Booster Club meeting will be held on **Monday, April 21, 2025**. Location TBD.

- Each cheerleader MUST have at least one parent/guardian in attendance.
- Booster Club Dues of \$250 & \$100 camp deposit are due at this time for the upcoming season and can be paid via the cheerleading CashApp - \$HillgroveCheer. Cheerleaders participating on Comp and Football Squads will owe an additional booster club due of \$75.
- **Cheerleading Dues - \$250:** Amounts received as cheerleading dues cover the following organization expenses, including but not limited to practice attire, pom poms, hair bows, expenses incurred for uniforms, and the year-end replacement costs. A detailed budget will be presented to Booster Club Members for discussion and approval. All expenses are projected and represent estimated costs.
- **Extra Squad Dues—\$75:** **This amount covers the additional fees associated with participating in more than one squad.**

### **TRYOUT GENERAL INFORMATION:**

#### **Sideline Squads**

The selection for Sideline Squads is based on the applicant's evaluation and skills assessment (cheer, chant, fight song, dance, toe touch) and a combination of positions needed (flyers, bases, spotters). Applicants will be selected from the rising 9<sup>th</sup>—12<sup>th</sup> grades for the upcoming school year.

- 9<sup>th</sup> grade students will be placed on the freshman squad
- 10<sup>th</sup> & 11<sup>th</sup> grade students can be placed on the JV squad
- 10<sup>th</sup> - 12<sup>th</sup>-grade students (non-comp) can be placed on the Varsity squad
- If your athlete makes the Varsity Competition Squad, they are not guaranteed a spot on the Varsity sideline squad. They will either be placed on the sideline or performance team based on their tryout evaluations.

### **Competition Squad (9th – 12th graders – Varsity & 9<sup>th</sup> – 11<sup>th</sup> graders - JV)**

Selection for the Competition Squads is based on the applicant's evaluation & skills assessment. The coaches will determine which combination of positions (flyers, bases, spotters) will make the squads the most competitive.

Applicants interested in joining the 2025 Competition Cheerleading Program will be assessed in the following areas:

- Stunts/stunting positions – bases, flyers, back spots
- Tumbling – standing and running
- Triple Jump combo Dance/Choreography
- Overall impression- appearance, attitude, work ethic

Per GHSA, only 16 athletes may take the floor and compete. The previous year's placement **on the competition squad does not guarantee a position on the upcoming 2025 squad.** If a cheerleader on the varsity squad does not perform to expectations, they may be replaced anytime during the season. \* Skills checks will be held throughout the season.

### **Basic skills required for all squads:**

- \* The desire and positive attitude of wanting to be a part of the squad
- \* Being coachable - Ability to listen to and follow instructions
- \* Cheer motion knowledge and skill (placement and sharpness)
- \* Voice volume in cheering (being able to lead a group by calling a cheer/chant and being loud)
- \* Rhythm in dancing (must be able to dance to a song with the correctly taught motions and stay on the beat)
- \* Learning memory (must be able to learn multiple cheers and dances and memorize them, then be able to perform them in front of an audience)
- \* Jump knowledge and skill (height, flexibility, and motion sharpness are factors)
- \* Maturity and leadership ability is a must for all teams, as you are considered Ambassadors for the school.

**Expectations for the skills listed above are higher for Varsity Squads**

### **Hillgrove High School Athletic Physical Process**

**HILLGROVE WILL NO LONGER ACCEPT A PAPER PHYSICAL FORM.** Instead, parents must register their student on their ParentVUE site for students in grades 8-12.

For detailed instructions, see the instructions below

To complete an Athletic Registration Application for your student athlete:

- Login to Parentvue
- Click Athletic Registration
- Top righthand corner, select begin an application
- Work your way through the Tabs
- **\*Tab #4 is where you will upload 4 individual documents**

**There should only be a total of 4 documents uploaded – each uploaded individually**

- 1<sup>st</sup> - "Physical Examination" form (1 page)
- 2<sup>nd</sup> - "Medical Eligibility", or named "Clearance" form (1 page)
- 3<sup>rd</sup> – 2024-2025 "Cardiac Arrest" form (1 page)
- 4<sup>th</sup> – 2024-2025 "Concussion" form (1 page)

**\* Delete all additional unneeded forms (such as History forms), and omit from uploading any duplicates.**

For additional instructions please visit website:

<https://hillgroveathletics.com/2023/07/28/athletic-registration/>

Also a video is

available: <https://streamingcobb.cobbk12.org/Panopto/Pages/Viewer.aspx?id=7e17f864-0f86-4d85-9a89-abb40115e37d>

You may also contact our Athletics Clerk, Melissa Garrido for more information at

[Melissa.Garrido@cobbk12.org](mailto:Melissa.Garrido@cobbk12.org)

\*IF YOU DO NOT HAVE A CLEARED PHYSICAL ON FILE, YOU WILL NEED TO HAVE ONE BY 3/25/2025 OR YOU WILL NOT BE ABLE TO PARTICIPATE

#### **HHS Football Sideline Cheerleading 2025 Estimated Costs:**

The following is an ESTIMATE of costs for personal items needed by each cheerleader. Cheerleaders are encouraged to communicate with the booster club as soon as possible when learning about special family or economic needs that will bring about conflict. Parents should also feel comfortable communicating with the booster club when needed.

#### **Estimated total Costs for Sideline Squads**

<b>Team</b>	<b>cost</b>
Varsity Sideline	\$1250
JV sideline	\$800
9 <sup>th</sup> Sideline	\$800

#### **Estimated total Costs for Game Day Comp Squad (invite only)**

<b>Team</b>	<b>cost</b>
Varsity Game Day	\$400

#### **Estimated Costs for Competition Squad**

- There are additional costs incurred with participation on the competition squads. Both JV & Varsity Competition Squads will attend the C3 Team Culture Workshop and Choreography Camp.

<b>Team</b>	<b>cost</b>
Varsity Competition	\$1550
JV Competition	\$1250

Returning cheerleaders will not have to replace items purchased in previous years that are still being used as long as everything is still in good condition and approved by Coach Spiegel.

- Miscellaneous items may be required to be provided by cheerleaders and parents, such as socks, hair bands, etc
- State Fees (transportation, hotel, meals, activity, etc) will be added to your cheerleader's account once they complete the process

#### **Hillgrove High School Cheerleading General Information**

The Hillgrove cheerleading program aims to promote school pride and unity and to lead the student body in demonstrating spirit and support for the teams, coaches, and all athletes. Hillgrove cheerleaders are expected to demonstrate good sportsmanship at all times. A cheerleading handbook will be distributed to all cheerleaders/families at the first booster club meeting, containing detailed information about the cheerleader's responsibilities and the cheerleading program at Hillgrove High School.

## General Behavior

### Interscholastic/Extracurricular Activities Code of Conduct Rule: IDF-R

The HHS program follows the Cobb County Schools rule for Student Conduct with Interscholastic/Extracurricular Activities, **Rule: IDF-R**. Participation in interscholastic/extracurricular (extracurricular) activities in the Cobb County School District (District) schools is a privilege. Students participating in these activities are considered school leaders and role models who represent their school and, more importantly, depict their character. With leadership comes additional responsibility, and student participants must adhere to high standards of conduct. When students violate these standards of conduct, the District may withdraw the privilege of participation in interscholastic/extracurricular activities. This code of conduct aims to establish a minimum expectation of behavior.

### Attendance - HCBC

Cheerleaders **MUST** be present and on time to all practices, games, playoff games & events, performances, fundraisers, pep rallies, camps, competitions, and any other activities designated by their coach.

### Transportation

The Cobb County School District may or may not provide transportation. If CCSD does not provide transportation, it will be the responsibility of the parents and students. Student drivers should not drive other students to/from practices/competitions. When parents and students volunteer to drive their vehicles on school system business, such as sporting events or other school activities, the Cobb County School District does not provide liability insurance or medical insurance; the volunteer is the liable party.

### Academics/Grades

HHS is a school with high expectations for its students. The cheerleading program at HHS will work to promote each cheerleader's success in the classroom, on the sidelines, and on the mat. Cheerleaders must pass all classes. Athletics is **NOT** an excuse for failing grades. If a student struggles with a class, the coach may place the student on an academic contract and/or bench the student until the grade is up to par.

### Uniforms & Equipment; Cheer Clothing & Apparel

The Hillgrove High School Head Coach selects and designs uniforms. Each cheerleader is provided with the required full uniform (shell & skirt). The cheerleader and their parents/legal guardians are financially responsible for all additional items needed (shoes, socks, etc). Only members of the Hillgrove Cheerleading program should wear any cheerleading uniform and apparel.

### Financial Responsibilities

The HCBC program is self-sustaining. HCBC receives no financial contributions from Hillgrove High School or the Cobb County School System. Fees are voted on and approved by the HCBC Executive Board. Program expenses are communicated to cheerleading candidates so that parents/legal guardians have a realistic expectation of program costs. After the squad has been chosen, payment schedules will be provided to selected cheerleaders at the Booster Meeting.

- Cheerleaders are responsible for the cost of camp, clinics and/or choreography
- Cheerleaders are responsible for the replacement cost of any school property that is lost or damaged. (Uniforms and equipment)
- Every effort is made to provide opportunities for cheerleaders to earn money to help offset their financial obligations. ALL cheerleaders must attend and participate in all required fundraising activities or possibly offset participation by covering those funds from personal funds or sponsorships.

### • Fundraising Opportunities

#### Who:

Competition Squads:

Sideline Squads:

Competition Squads:

Sideline Squads:

Varsity Football:

Sideline & Comp Squads:

Sideline Squads:

#### What/When:

Vertical Raise Online Fundraiser - April 2025

Vertical Raise Online Fundraiser - April 2025

Little Hawks Camp – May 27-29, 2025

Little Girls Camp – July 8-10, 2025

Middle School Camp – July 8-10, 2025

Car Wash – summer & fall TBD

Hillgrove Classic Cheerleading Competition – September 2025

**Additional fundraising may occur throughout the season at the Coaches' discretion.**

### **Coaches' Rights**

The coach reserves the right to "bench" a cheerleader for disciplinary or performance reasons. Reoccurring issues with discipline can result in dismissal. A cheerleader's inability to perform at the skill level of tryouts may result in being replaced and/or dismissed from the squad.

### **Hillgrove Cheer Booster Club**

This organization's purpose is to support the Hillgrove High School cheerleading program. The booster club helps supplement the school budget by covering the costs of items such as, but not limited to, transportation fees, uniform needs, spirit materials such as tape, butcher paper, paint, welcome goody bags, the end-of-the-year banquet and award costs for cheerleaders and coaches, holiday parties, coaching needs, etc.

### **Varsity Letter**

Only Varsity Cheerleaders can letter. The following requirements must be met to receive a Varsity Letter:

- You must finish the season academically eligible (refer to the student handbook).
- You must attend & participate in all practices and games unless excused by the coach.
- You must abide by and follow the CCSD student-athlete code of conduct throughout the season.

**[Click here](#) for the 2025 Online Tryout Application. To be eligible to complete the tryout process, it must be submitted by 11:59 p.m. on 3/2/2025.**

**Tryout Material will be uploaded to the Hillgrove Cheerleading website - [www.hillgrovecheer.org](http://www.hillgrovecheer.org) by 3/3/2025.**