



Online Application -Due 3/27/2026 by 11:59 PM to receive Tryout Material on 3/28/2026.

Football Sideline & Game Day Competition Tryout Information Packet

**Please read the entire packet before completing the
online application.**

Parents and applicants should discuss the decision to apply and carefully consider the financial and time commitments required for each squad. Selection to the MHS Cheerleading program is a privilege and requires dedication and commitment.

Jen Spiegel - Head Coach | Varsity Football & Game Day - coach.spiegs@gmail.com

Dani Applegate - Assistant Coach – Varsity Cheer - daniwa001@gmail.com

JV Cheer Sideline Coach - TBD

Craig McKinney – Athletic Director – cmckinney@marietta-city.k12.ga.us

Tryout Clinic & Evaluations Dates/Times

4/13 – Material Clinic & tumbling evaluations- 3:30 – 5:30

4/14 – Material evaluations – 3:30 - 8:00

4/15 – Game Day Material & Stunt clinic 3:30 – 5:30

4/16 – Game Day evaluations 3:30 – 6:30 | **Final Results Posted**

4/17 – Uniform fittings after school – Spring sports, Varsity, JV

****Conflicts with any of the above dates, need to be communicated with Coach Spiegel**

ASAP - Coach.Spiegs@gmail.com**

The online application must be completed by March 27 at 11:59 PM to receive the tryout material

Marietta High School Cheer is a fun, rewarding program, rooted in tradition that brings incredible experiences and lifelong memories. It also requires a significant time commitment from both students and parents, as well as a financial commitment. Our cheerleaders are student athletes who proudly promote school spirit, pride, and sportsmanship in everything they do, both on and off the field.

We expect our cheerleaders to serve as positive role models within the school and the community throughout the entire year. Those selected are held to high standards of conduct on and off campus and should remember that participation in cheer is a privilege, not a right. All rules and regulations outlined in the Cheer Constitution, along with guidelines from USA Cheer, NFHS Spirit, and Georgia High School Association, will be followed. Please read and understand each page carefully before deciding to try out. Attached, you will find all the information needed for students interested in completing the process to join the Marietta High School Cheer program.

At the conclusion of tryouts, coaches will place cheer prospects on squads, and their decisions are final. When evaluating candidates, we look for well-rounded cheerleaders who demonstrate showmanship, strong stunt ability, and a willingness to learn and grow, rather than strength in just one area. As with all sports at Marietta High School, the program's primary focus is maintaining a high-performing Varsity team while developing and training our sub-varsity athletes for future success.

Program Details & Time Commitments

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

Varsity Football Sidelines | Game Day Competition Team (9th – 12th)

- Pre-Camp practice – June TBD
- Overnight Spirit Camp – July 8-11, University of Alabama, Tuscaloosa
- Fall Practice Days- 3-4 days (as needed) throughout the season – location: MHS & Stingrays
- Varsity Football Games (Friday nights) – Including all playoff games
- Game Day Competitions (Saturdays 2-3) & Overnight State Competition – Dec 10-11, 2026

JV Football Sidelines (9th– 11th grade eligible)

- Pre-Camp practice – June TBD
- Sideline Spirit – tentatively June 15-17, KSU-Kennesaw (Commuter camp)
- Fall Practice Days- 2-3 days per week (until games begin)
- JV Football games (Thursday nights)

Physicals

An MCS physical must be on file (using the correct form below) to participate in tryouts. Anyone with a current physical on file with the school system, for the 2025-2026 school year, will be able to try out with their current physical IF IT IS NOT EXPIRED. **FOR THOSE THAT DO NOT HAVE A PHYSICAL AT ALL, PLEASE DOWNLOAD THE PHYSICAL FORMS AT - https://drive.google.com/file/d/1KSX0JAcTMhTQwwYVhtuIqk_dyuOls1DS/view**

For those who have a physical that will expire right after tryouts and make a team, there will be a Physical Night in April so that you can have a valid physical for next season and be eligible for summer workouts, camps, and appearances.

Physical Night - April 20 2026 (Open to all MCS students) - \$20 CASH ONLY

- Be sure that all information and signatures are completed on the correct physical form. The insurance portion must be completed on the physical form. If you need to purchase school insurance, please request information from our Head Athletic Trainer - jhopp@marietta-city.k12.ga.us

Basic Skills for All Squads

We are excited to welcome athletes who are eager to grow, learn, and perform at their best. The following skills help cheerleaders succeed and contribute positively to the team:

1. **Coachability** - Cheerleaders should be able to listen, follow directions, and respond positively to constructive feedback. A willingness to learn and improve is essential. For returning members, coachability demonstrated during the previous season will be considered.
2. **Strength & Flexibility** – Athletes should be able to stunt, jump, and execute motions with sharpness, control, and accuracy.
3. **Voice Projection** – Cheerleaders should confidently project their voices during cheers, chants, and band dances to energize the crowd.
4. **Rhythm & Timing** – The ability to perform motions to music, stay on beat, and dance with precision is important.
5. **Memory & Performance** – Cheerleaders should be able to learn multiple cheers and dances, memorize them, and perform confidently in front of an audience. The ability to quickly learn material and perform with independence is a valuable skill.
6. **Tumbling** – Standing tumbling is preferred. Varsity team members should either have tumbling skills or be actively working toward developing them.



What are we looking for in our candidates:

Overall Impression:

- Spirit/Cheer Personality
- Smile/Appearance

Cheer & Chant

- Motion Technique & Sharpness
 - Voice Projection
- Showmanship & Spirit

Band Chant/Dance/Fight Song

- Timing
- Motion Technique
- Rhythm and Motion
 - Showmanship
- Voice Projection - Band Chant & Fight Song

Stunting Experience

- Strength
- Stunt Positions: (Bases, Backspot & Flyers)

Tumbling on Dead Mat

- Standing Tumbling
 - Back Tuck
- Running Tumbling
- Form & Execution

****If you do not have tumbling skills on a dead mat or gym floor, tryouts is not the time to try and perform the skills****



Team Selections

Varsity Football Cheer | Game Day Competition Squad

This team includes students in grades 9–12. Ninth-grade applicants should select both Varsity and JV on the application to be considered, unless a valid reason is provided. This does not prevent a freshman from earning a Varsity position; it simply allows coaches to determine readiness for the transition to high school cheer and the responsibilities that come with Varsity-level participation.

Varsity Football Cheer serves as the Game Day Competition team. The team's primary goals are to support Marietta High School athletics and perform at their highest level at the GHSA Game Day Cheerleading State Championship and invitationals throughout the season.

- The number of Cheerleaders selected will be determined by the needed stunt groups (1 flyer, 2 bases, and 1 back-spot). Ideally, 4-6 total stunt groups
- Camps & Choreography will be in the Summer.
- We will practice 1 day/week at Stingrays in the Fall- we have requested **MONDAYS** (parents need to arrange transportation)
- Practices for Football Season are 3-4x a week in August – September
- Games are held on Fridays, with some scheduled during school breaks, including potential playoff games over Thanksgiving Break.

Game Day Choreography will be in the summer

- Game Day practices will be October-December at Stingrays 1-2x a week
- Up to 3 Game Day competitions on Saturdays (October- December) plus State Championship
- Football Season ends after the Game Day State Championship – December 10 - 11, 2026

JV Football - Consists of grade levels 9th -11th grade.

- If you have never cheered in High School or do not have experience stunting, this team is recommended
- Camps | Clinics will be in the Summer- We will practice 1x/week at Stingrays in the Fall (parents will arrange transportation)
- The number of Cheerleaders selected will be determined by the needed stunt groups (1 flyer, 2 bases, and 1 back-spot). Ideally, 3-5 stunt groups
- Practices for Football Season are 2-3x a week in August - September
- Once games begin, practices will be 1x a week, as needed, until the end of football season
- Games will be on Thursdays
- Home FNL games – JV cheerleaders will be selling programs

Important Tryout Dates

Attendance is important. If there is an issue or date conflict, please speak with or email a coach. The tryout material will be shared electronically with the candidates who have met all requirements for tryouts. Prospective cheerleaders should practice material on their own and be able to **REVIEW, NOT LEARN**, at tryouts.

Friday, March 27, 2026	Online Application due by 11:59 PM
Saturday, March 28, 2026	Tryout Material will be posted
Thursday, April 2, 2026	Physicals and online Final Forms need to be on file
Monday, April 13, 2026	Tryout Clinic and Tumbling Evaluations (Navy Top, Gray Bottoms)
Tuesday, April 14, 2026	Football Sideline Evaluations (Black top, Black bottoms w/bow)
Wednesday, April 15, 2026	Game Day Material & Stunt Clinic (Gray top, Navy bottoms)
Thursday, April 16, 2026	Game Day Evaluations (White top, Black bottoms w/bow) Final Results Posted
Friday, April 17, 2026	Uniform Fitting after school – Spring sports, Varsity, JV
Monday, April 20, 2026	Physical Day
Tuesday, April 21, 2026	‘Welcome to 2026 Cheer’ Booster meeting (6:00 PM)
Tuesday, May 12, 2026	Apparel fitting with Varsity rep

Team Results

All final team placements will be posted on the Cheer website by 9:00 PM on April 16th. Once teams are finalized, results will be shared on the Marietta High School Athletics and MHS Cheer webpages, and selected athletes will receive an invitation to join their team’s Band App.

A mandatory fitting will take place after school on April 17th. Parent meeting information will be sent to families of selected athletes. Please be sure to review all fees and the payment schedule carefully so you are prepared for upcoming deadlines.



Tryout Attire Guidelines

Clinic & Evaluation Reminders:

- NO LOGOS or anything printed or cheer-related wording.
 - No Crop tops
 - Sports Bra - straps should NOT be visible
- Hair needs to be secured away from the face. *Low pony is preferred*
 - Cheer or athletic shoes with white crew socks.
- Natural makeup w/Red lipstick- Complimentary to skin tone

Please bring water bottle, inhaler, braces, etc

Marietta Sideline Cheerleading 2026-27 Estimated Costs: The following is an ESTIMATE of costs for personal items needed by each cheerleader. All fees are non-refundable. If a cheerleader quits or is removed for any reason, a refund cannot be issued. PARENTS, please review the costs, arrange to make payments in full on the payment dates, and immediately communicate with the Marietta Cheer Association Treasurer if an emergency arises that could affect finances.

Cheer Expenses Descriptions: (\$250) Program Dues/Registration - Amounts received as cheerleading dues cover the following organization expenses: uniform rental & fill-ins, paint & signs, office supplies and booster club annual operational fees. Those that cheer for additional teams (Ex: VFB +VBB) will pay an extra (\$75) at the beginning of the 2nd season.

Varsity Spirit Cheer Camp – (\$550) UCA Camp at the University of Alabama: Cheerleaders will be attending a 4-day, 3-night overnight camp. Includes lodging and 3 breakfasts, 2 lunches, and 3 dinners. Cheerleaders will have team bonding opportunities. Cheerleaders will be evaluated on learned material, as well as get the opportunity to earn spirit awards, and compete in the camp's Game Day Competition against other teams attending that camp.

JV Spirit Cheer Camp – (\$325) UCA Camp at Kennesaw State University. Cheerleaders will be attending a 3-day commuter camp. Meals are included. Cheerleaders will have team bonding opportunities. Cheerleaders will be evaluated on learned material, as well as get the opportunity to earn spirit awards, and compete in the camp's Game Day Competition against other teams attending that camp.

Practice & Uniform Essential Apparel - Uniform and apparel fittings will be held after tryouts. Parents/Guardians will pay Varsity directly. (costs vary)

Stingray Gym Fees: We will practice 1x/week at Stingrays on Mondays. Parents are responsible for arranging transportation.

Game Day Choreography Camp–Varsity Football | Game Day Choreography, Date – late July (Location: TBD)

Fundraising Commitment – If a student and family do not meet the goal of securing sponsors or completing summer fundraising, they will pay the remaining balance toward the profit goal [\$500 - VFB/GD/JV] for each cheerleader. Sponsorships and Spring/Summer Booster Club Fundraisers will count towards the Fundraising Commitment.

- These fees help cover Gifts, offset choreography & music, banquet, transportation, banquet venue & food, banquet awards, team travel costs, camp meals, competition meals, Senior nights, coaching fees, Georgia Coaches Conference, and the year-end replacement costs.

Opt Out Fundraising Fees - To support the success of our program, families are encouraged to help secure sponsors and participate in spring and summer fundraising efforts, such as selling items or recruiting mini campers. If a student or family chooses not to participate in these opportunities, an opt-out fee will be due at the beginning of the season.

- Please note that paying the opt-out fee does not excuse athletes from volunteering at events, making appearances, or attending program-wide fundraising activities that require participation rather than sales. Your involvement strengthens our team and builds a positive cheer community.

Senior Fee- (\$100) Only seniors pay this fee.

Payment Schedules: The first installment payment will be made to the booster club by April 20th. This will cover the camp deposit, with the booster club fees due on May 1st. The remaining cost of the JVFB & VFB camp will be covered by the Booster Club upon receipt of this payment. Invoices will be sent to parents’ or guardians’ email addresses. Payments will be made through the online system of Cheddar Up; **NO PERSONAL CHECKS.**

Date	Item
April 20 th	\$500 Camp deposit due & Booster dues
May 1 st	\$250 – Dues
May 15 th	\$\$ Varies – Due to Varsity for essential attire
June 1 st	\$\$ Varies - megaphone(V) *seniors (meg painting)
July 1 st	\$\$ Varies –Choreo, Stingray fees
August 1 st	\$\$ Varies –,liners, winter wear, warmups, senior fee
September 1st	\$\$ Varies – Game Day fees

The remaining Payments will be in 4 installments. Payments will go towards direct items, not % of bills. Whatever isn't paid for will not be given, just as if you were going to the store or paying for a service.

(If you would like to pay for all items UPFRONT, please let the treasurer know at mariettacheerassociation@gmail.com)

Ex: If camp isn't paid, your child will not be registered for camp. If Camp wear isn't paid for, your child will not have the items needed for camp. Please plan to make payments in a timely manner that doesn't affect your child's participation.

Summer Practice & Workouts - Cheerleaders will have events and practices throughout the summer. Each cheerleader will receive a YouTube link containing all the cheers, dances, and chants for their squad, which they should learn in full. Learning this material ensures everyone is ready to shine at the first game of the season! Cheerleaders who haven't memorized the routines may sit out until they feel

confident and can perform the cheers accurately. We encourage cheerleaders to pair up with a teammate over the break for extra practice and support. Learning together makes it fun and helps everyone succeed!

Lettering Policy: Any cheerleader who completes the season as a member of the Varsity team will receive a letter, regardless of grade level, provided all required conditions are met.

- Must finish the season academically eligible (refer to the student handbook).
- Must finish the season before starting another sport
- You must participate in all activities, including all program fundraisers and at least 3 community service events requested of the cheerleaders.
- You must pay any outstanding financial obligations.
- Missing practices or games for UNEXCUSED absences will forfeit lettering.
- Alternates that attend ALL game day practices and participate in a Game Day Competition will letter.
- In addition to all the above conditions, you must earn the coach's recommendation by demonstrating dedication and commitment, good attitude, hard work, and loyalty to the school, teammates, and the community.

[CLICK HERE](#) for the 2026 Online Tryout Application.

To be eligible to complete the tryout process, the online application must be submitted by 11:59 p.m. on 3/27/2026.



Parent & Cheerleader Candidate Agreement

Bring to Tryouts on April 13, 2026

Cheerleader's Name: _____ Date: _____

I understand that if my child is selected as a candidate for the Marietta High School Cheer team for the 2026-2027 season, he/she must attend all scheduled events, including practices, games, pep rallies, fundraisers, competitions, community service, etc. Some events may result in excused absences from school, such as travel and community events. It will be the student-athlete's job to make arrangements with teachers. I also understand that there may be practices in the summer, camp, and/or choreography in July, as well as Back to School practices. I am aware that coaches can also call a Saturday or after-school practice at any time, with advance notice. **Parent Initials:** _____ **Candidate Initials:** _____

I understand the hard work and dedication required to be a member of the Marietta High School Cheer Team. I am aware of the significant number of events scheduled throughout the year. I will be 100% committed to the team and to the school. I want to be part of this program, and I understand the expectations required of me to maintain my position on the team. I will do my part in elevating school spirit, maintaining a positive attitude, being a positive role model, respecting my coaches and teammates, participating in community-wide events, etc., as a member of the Cheer organization.

Parent Initials: _____ **Candidate Initials:** _____

I am aware that cheerleading is a fall/winter sport. Cheerleaders will cheer in both indoor and outdoor environments. Coaches will follow GHSA rules and the guidance of athletic trainers regarding extreme heat/cold and inclement weather. The focus for the 2026-2027 season will be enhanced sideline cheerleading, raising school spirit, and competing in State Championships. If students' participation declines, they will be removed from the squad and unable to try out for the next season. If the participant is a senior and dismissed, they will not be able to participate in any cheer-related activities, including senior night, banquet, or tryouts for the upcoming team. **Parent Initials:** _____ **Candidate Initials:** _____

I understand that cheerleaders will have to learn cheers and dances on their own time outside of practice and have them ready to clean (not learn) at practices. During the summer, I understand that I may be required to submit improvement videos showing proficiency to the coach. **CHEERLEADERS WILL NOT CHEER ON THE SIDELINES IF THEY DO NOT LEARN THEIR CHEERS IN THE SPRING/SUMMER.** **Parent Initials:** _____ **Candidate Initials:** _____

I understand that any disrespect to my coach, other coaches, teammates, other teams, administrators, school, or game officials will not be tolerated at any time. If I demonstrate any disrespect, I understand there will be consequences for my actions, which may include expulsion from the team.

Parent Initials: _____ **Candidate Initials:** _____

I understand that if I participate in other extracurricular activities outside of MHS cheerleading, every effort will be made to avoid conflicts with my MHS cheerleading commitment. I also understand and agree to communicate with my MHS coach as early as possible about any known conflicts. If there is a conflict, I understand it may affect my ability to participate in a game or performance. **Parent Initials:** _____ **Candidate Initials:** _____

I am aware of the financial commitment for the 2026-2027 Cheer season. I am aware that there could be additional expenses for the cheer team, including but not limited to hotel/travel fees, meals, fundraisers, community service projects, and uniform incidents. I also understand that if I do not meet my fundraising goals, I will be responsible for paying the remaining balance of the commitment fee (the profit goal). I may opt out of fundraising and pay the fundraising opt-out fee before fundraising begins. **NO APPAREL WILL BE GIVEN UNTIL PAID.** Any unresolved invoices will be reported to the school, resulting in students' inability to attend social events such as homecoming, prom, and graduation, as well as the loss of parking privileges. If the cheerleader does not have the items needed to cheer, he/she will have to sit out until they have them.

Parent Initials: _____ **Candidate Initials:** _____



CHEERLEADING POLICIES AGREEMENT FORM

I, as the parent/guardian of the cheerleader candidate below, have read and fully understand the rules and regulations that will govern my child if chosen to represent Marietta High School as a cheerleader. This includes the financial responsibilities, payment deadlines, and mandatory dates listed below. I also understand that this is an extracurricular activity and that attendance at ALL practices, games, performances, camps, and fundraisers is required of the selected cheerleaders. While the Marietta High School cheerleading program understands family needs, college trips, and academic enrichment opportunities, participation in games will be limited if practices and games are missed. Cheerleaders are considered athletes and will be treated as such. This means being committed to your school, coach, squad, and yourself.

Cheerleaders are encouraged to communicate with their coach as soon as possible when learning of academic needs that may cause a conflict. I also understand that if my child is selected for an MHS cheerleading squad and later dismissed from the program for any reason, I will receive no financial restitution. I hereby give my consent to the student mentioned below to participate in cheerleading tryouts, and, if chosen, to participate as a member of Marietta High School cheerleading squad for the upcoming year. My child will participate in all required fundraisers during the upcoming cheerleading season.

I, as parent/guardian of the cheerleader candidate, understand that my child will have to follow the rules and guidelines of Marietta City School Athletics and the Marietta High School Cheerleading Constitution, which explains procedures and the Merit/Demerit System. Constitutions will be given only to students selected to participate in the organization.

IMPORTANT DATES: Specific squad & In-season dates/details and times will be provided once candidates are selected and details are finalized.

We commit to:	Date:
Uniform Apparel Fitting	April 17th
Spring Spirit Nights	April/May 2026
Apparel fitting with Varsity rep	May 12
Team Stunt Camp	June 2026
JV Commuter Camp – KSU Kennesaw	June 15-17
Varsity Overnight Camp – UofA-Tuscaloosa	July 8-11
HS Cheer Program Photos	Summer – dates TBD
Mini Blue Devils Cheer Camp/MS Camp	July 14-16
Game Day Choreo	Late July
Practice, Games, Community Service	August – December 2026
Fall Spirit Nights	Fall 2026
Game Day Competitions	October - November
Game Day State Championship	December 10-11, 2026

Signature of Athlete: _____ **Date** _____

Signature of Parent/Guardian: _____ **Date** _____



EXPLANATION OF INHERENT RISKS FOR CHEERLEADING

Candidate's Full Name: _____

Cheerleading is an exciting, time-consuming sport that involves flyers, bases, and spotters. Flyers are lifted into stunts by the bases, with the safety-oriented spotters when needed. Bases and spotters are responsible for catching the flyers when the stunts come down. Cheerleading also requires forceful motions, tumbling, voice projection, and jumping. The cheering area varies greatly from one location to another, inside or outside. Because of these conditions inherent to the sport, participating in cheerleading exposes an athlete to many risks of injury. Those injuries include, but are not limited to: death, paralysis due to serious neck and back injuries, brain damage, damage to internal organs, serious injuries to the bones, ligaments, joints, and tendons, and general deterioration of health. Such injuries can result not only in temporary loss of function but also in serious impairment of future physical, psychological, and social abilities, including the ability to earn a living.

In an effort to make cheerleading as safe as possible, the coaching staff will instruct athletes on proper stunt techniques and cheerleading rules. It is vital that athletes follow the coach's skill instructions, training rules, and team policies to decrease the possibility of serious injury. We have read the information above concerning the risks of cheerleading. We understand and assume all risks associated with trying out, practicing, and cheering at games/competitions. In signing this form, we assume the inherent risks of cheerleading and waive any further legal action by our heirs, estate, executor, administrator, assignees, family members, and ourselves.

Signature of Athlete _____

Name of Parent/Guardian: _____

Signature of Parent/Guardian: _____ **Date:** _____

Bring to Tryouts on April 13, 2026