



2020-2021 ARROWHEAD HIGH SCHOOL CHEERLEADING PROGRAM INFO



TRYOUTS

WHEN: MAY 11TH, 12TH, & 14TH 5:30 P.M.-7:30 P.M.

WHERE: BAND APP GROUP: <https://band.us/n/a5ad35kg3t5x>

WHO: Open to all physically and academically eligible AHS students entering grades 9-12 during the 2020-2021 school year.

WHAT: During these tryouts athletes will be taught cheers, dances, jumps, and tumbling skills through online videos that athletes will access within the BAND app group listed above. Please note, tumbling is highly desired, but not required to make the team. Those with a back handspring or tuck are encouraged to tryout. Athletes will perform during live review sessions and the final tryout itself within the BAND app using ZOOM video conferencing on May 11th, 12th, and 14th from 5:30 p.m.-7:30 p.m. A web cam or smart phone with video recording capability will be required. Athletes will also need to fill out the Tryout Application Form on the last page of this document and email it arrowheadvarsitycheer@gmail.com by Sunday May 3rd. All additional tryout documents can be accessed via the BAND app.

Both parents and athletes should join the BAND group ASAP to access the most up to date information.

Athletes will be informed of team placement via email on Friday May 15th.

PRE-TRYOUT MEETING

A **mandatory pre-tryout parent and athlete meeting** will take place on **Monday May 4th at 6:30 p.m.** via a Zoom link within the BAND app to answer any questions you may have about documents and to go through more details.

Within the next few weeks, the documents and videos will be uploaded to the BAND group containing tryout information, as well as season agreements and policies. Parents and athletes must **FIRST read the documents THEN watch the video prior to** our online meeting.

PROGRAM OVERVIEW

Athletes will practice 2-3 times a week, attend weekly weight room and tumbling sessions, cheer at all Varsity football games, perform at halftime of select Varsity basketball games, plus compete at 6-7 competitions a year, including the UCA Nationals Qualifier. Attendance is mandatory. The season lasts from June 2020-early March 2021.

The cost to participate in this program for a new athlete is approximately \$1200 over a 10 month period. These fees cover each individual's camp instruction and expenses, tumbling sessions, warm ups, backpacks, shoes, poms, and other individual supplies. Many of these supplies will last all four years. The team participates in numerous fundraisers throughout the year to significantly reduce these expenses.

Athletes also show community support by attending parades and helping run three Youth Cheer Clinics throughout the season.

Contact Coach Jessica Herriges for more information in BAND or at arrowheadvarsitycheer@gmail.com.

We hope to hear from you soon!

Arrowhead Cheerleading Coaching Staff



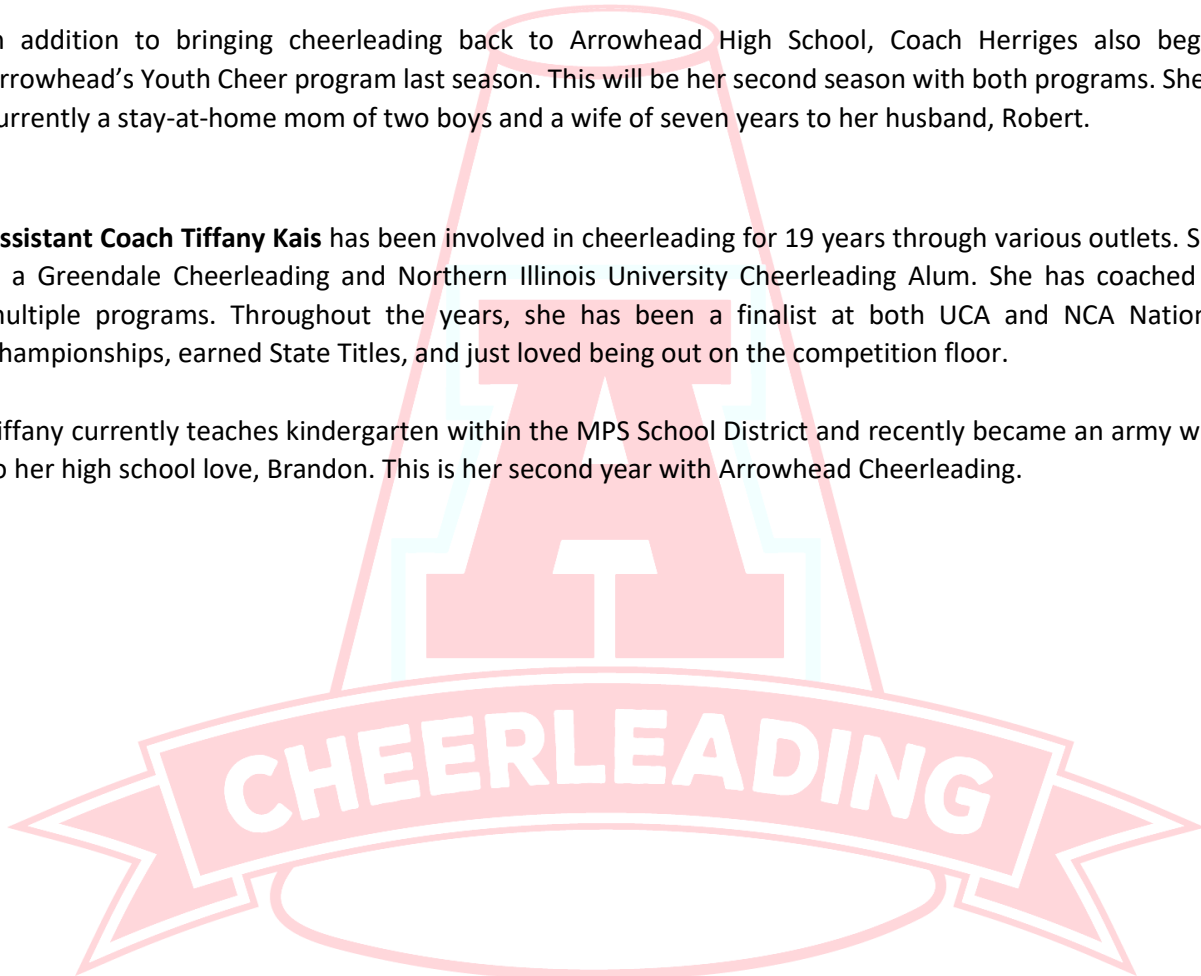
COACHES' BIOGRAPHIES

Head Coach Jessica Herriges has been involved with cheerleading since early childhood, earning many championships and awards along the way. After her career as a cheerleader ended, she began coaching in 2007. She has coached and ran both youth and high school programs, taking numerous teams to State and UCA National competitions. Her proudest moment was getting 6th in the nation while coaching at Franklin High School in 2016.

In addition to bringing cheerleading back to Arrowhead High School, Coach Herriges also began Arrowhead's Youth Cheer program last season. This will be her second season with both programs. She is currently a stay-at-home mom of two boys and a wife of seven years to her husband, Robert.

Assistant Coach Tiffany Kais has been involved in cheerleading for 19 years through various outlets. She is a Greendale Cheerleading and Northern Illinois University Cheerleading Alum. She has coached in multiple programs. Throughout the years, she has been a finalist at both UCA and NCA National Championships, earned State Titles, and just loved being out on the competition floor.

Tiffany currently teaches kindergarten within the MPS School District and recently became an army wife to her high school love, Brandon. This is her second year with Arrowhead Cheerleading.





AHS Cheerleader Tryout Application
2020-2021

Full Name: _____

Grade (2020/2021 school year) _____

Father's Name: _____

Mother's Name: _____

Home Phone: _____

Father's Cell Phone: _____

Mother's Cell Phone: _____

Cheerleader Cell Phone: _____

Parent/Guardian E-mail: _____

Cheerleader E-mail: _____

Current GPA (please attach report card from this year): _____

T-shirt Size: _____ Tank Size: _____ Shorts Size: _____ Birthday (MM/DD/YY): _____

CONFLICT/VACATION DATES: _____

Cheerleading/Tumbling Experience (List specific skills): _____

Why do you want to try out for the AHS Cheerleading Team? Can use back side:

