WELLINGTON HIGH SCHOOL CHEERLEADING

TRYOUT PACKET
2026-2027

SOARING WITH PRIDE, LEADING WITH HEART

DEAR PROSPECTIVE CHEERLEADER AND FAMILIES,

Welcome, and thank you for your interest in becoming a part of the Wellington High School Cheerleading Program! Whether this is your first experience with cheerleading or you're a returning athlete, I'm thrilled you're considering joining this dynamic team. Our squad is more than just athletes—it's a family built on trust, hard work, school pride, and community leadership.

As the coach, I want to assure you that my goal is to communicate as clearly and openly as possible. This packet outlines everything you need to know for tryouts and beyond, so please take the time to read it thoroughly. If you have any questions or need clarification, never hesitate to reach out to me directly.

Let's get ready to soar, Eagles!

With Eagle Pride,

Coach Kayhla Carey
kcarey@psdschools.org

OUR MISSION & CORE VALUES

At Wellington High School, cheerleading is about much more than pom-poms and pep rallies. Our team is a visible, spirited force that represents the heart of our school—on the sidelines, in the classroom, and throughout our community. As Eagles, we rise to challenges and lead with integrity, resilience, and pride.

OUR MISSION

To develop athletes who embody leadership, sportsmanship, and school spirit while building lifelong skills through teamwork, discipline, and positivity.

At Wellington, our cheerleaders lead with maroon hearts for courage, silver standards for excellence, and white for unity, integrity, and purpose.

We rise together to represent Wellington with pride, power, and purpose. Through energy, athleticism & accountability, grit & grace, leadership, excellence, and spirit, we inspire our school, serve our community, and soar as one squad.

OUR CORE PILLARS: THE E.A.G.L.E.S. WAY

- E – Energy: Bring enthusiasm, fire, and positivity to every practice, performance, and classroom.
- A – Accountability: Take responsibility for your actions, effort, and attitude. Be dependable and show up prepared.
- G – Grit: Persevere through challenges. Push yourself to grow in every stunt, tumble, and cheer.
- L – Leadership: We lead with kindness, strength, and responsibility—on and off the mat. Be a role model and encourage others to lead with confidence and respect.
- E – Excellence: Strive to be your best in every arena—academically, athletically, and personally.
- S – Spirit: Represent Wellington with heart. Amplify school pride, support others, and shine with pride.

TRYOUT CHECKLIST

To be eligible for tryouts, all of the following must be completed and submitted **by Monday, April 20th, 2026**. Please do not wait until the last minute, as delays can affect your eligibility!

1. **Orange Card (Permit to Practice)**
    - Apply at https://poudreathletics.sportngin.com/
    - Athletic Fee Paid – $ TBD for 2026-2027 season
        1. Middle school students: pay through your middle school and bring the receipt for orange card pickup.
    - Physical Exam (Hard Copy Required)
        1. Submit to Mr. Fisher in the main office.
2. **Academic Eligibility**
    - No more than one F (per CHSAA guidelines).
    - Grade printouts required (screenshots not accepted).
3. **Online Tryout Questionnaire**
    - Complete here: https://forms.gle/q8suuTvew8XrvXYBA
4. **Signed Tryout Agreement** (see last page of this packet).
5. **All previous WHS School Fees must be paid in full**

IMPORTANT TRYOUT DATES

DATE	EVENT	TIME	LOCATION
Wed, April 1st	Pre-Tryout Open Gym	4:30-6:30 PM	Wrestling Gym
Wed, April 8th	Pre-Tryout Open Gym	4:30–6:30 PM	Wrestling Gym
Wed, April 15th	Pre-Tryout Open Gym	4:30–6:30 PM	Wrestling Gym
Mon, April 13th	Meet the Coaches/Parent Information Meeting	6:00-7:00PM	The Nest
April 20th-23rd	Tryouts (Monday-Thursday)	4:30-6:30PM	Wrestling Gym

Attendance at all 4 tryout days is required.
If you have a scheduling conflict, email Coach Kayhla ASAP to discuss options: kcarey@psdschools.org.

TRYOUT PROCESS

During the tryout process and final evaluation, athletes will be taught and expected to perform the following:

- A Cheer
- A Chant/Situational Sideline
- A Dance
- Jumps

- Tumbling
- Stunting

Evaluations will be based on effort, execution, spirit, attitude, teamwork, and potential—not perfection! We want to see your best self and your willingness to learn and grow.

Athletes can expect to learn all material on Days 1-3 of tryouts. Day 4 will be performance day, athletes will check in, receive their tryout number and warm up. Tryouts will commence after this.

CAPTAIN TRYOUTS

A separate evaluation will be held for returning members applying for a captain position. Details are in the separate Captain Application Packet. To be eligible to tryout as a captain, the candidate must be an upperclassman (Junior or Senior) in the 2026-2027 season and have been on the WHS cheerleading squad the year prior.

DRESS CODE FOR TRYOUTS

To show unity, pride, and professionalism, please come dressed in school colors: **maroon, silver, white, and black**. Your outfit should include:

- T-shirt or tank top (school colors)
- Athletic shorts (spandex under required)
- Cheer/athletic shoes
- Hair pulled back into a secure ponytail
- No jewelry (this is a CHSAA rule!)
- Fingernails trimmed below the fingertip line

Please present yourself in a polished, game-day-ready manner. If you're unsure what this looks like, feel free to reach out for guidance. Please adhere to these requirements or you will be asked to sit out.

WHAT IT MEANS TO BE A WHS CHEERLEADER

Being a WHS cheerleader is about commitment—to your team, your school, and your character. We are role models, leaders, and ambassadors of Wellington pride.

EXPECTATIONS INCLUDE:

1. Academics First – You are a student before an athlete. Regular attendance and punctuality in all classes are expected.
2. Team Commitments – Be on time and present for all games, events, and competitions.
3. Dedication – Show commitment to your team, your sport, and yourself. All events are considered mandatory unless stated otherwise. Absences for doctor's appointments or school-approved activities must be communicated to Coach Kayhla in advance.
4. Substance-Free Policy – There is zero tolerance for drug and alcohol use.
5. Respectful Behavior – Harassment, bullying, or intimidation of any kind—toward teammates, students, or community members—will result in dismissal from the team.
6. School Attendance – You must attend a full school day to participate in practices or games that day.
7. Academic Eligibility – An F in any class makes you ineligible until your grade improves.
8. Positive Representation – You represent WHS Cheerleading at all times. Keep all social media content appropriate and aligned with WHS standards.
9. Preparedness – Arrive on time and game-day ready for all practices, games, and competitions. Bring all necessary materials and be prepared to participate.
10. Practice Etiquette – No gum, jewelry, or cell phones during practices, games, or cheer events.

"What you do speaks so loudly, I cannot hear what you say." – Let your leadership speak through your actions.

PRACTICE SCHEDULE & COMMITMENT

Cheer is a **year-round** sport. It requires full dedication during the school year and some summer availability. We understand that high school offers several activities, sports and opportunities to participate. We want you to make the most of your High School experience, so please talk to Coach Kayhla if you are concerned that other school activities might interfere with your ability to participate.

SUMMER (JUNE–JULY)

- Practices: Wednesdays and Thursdays 4:30pm-6:30pm
- Weight Training: Tuesdays, Time TBD
- **UCA Camp @ CSU**: July 6–9 (overnight camp)
- July (outside of camp) is an OFF month for family time and recovery

FALL SEASON (AUGUST–NOVEMBER)

- Practices: Monday–Wednesday, 4:30–6:30 PM
- Mandatory Choreography Practice for Varsity team members on August 7th from 10am-5pm
- Events: Football, Volleyball & Soccer games, Cheerleading Competitions

WINTER SEASON (DECEMBER–FEBRUARY)

- Practices: Monday–Wednesday, 4:30–6:30 PM
- Events: Boys/Girls Basketball & Wrestling, Cheerleading Competitions

Your attendance at all scheduled events matters—not just for the team, but for safety and cohesion. Please plan accordingly.

FINANCIAL COMMITMENT

Estimated Cost: **$1,200–$1,500 per athlete**

This includes:

- Uniform items (all items kept except loaned WHS uniforms)
- Camp fees, Choreography fees
- Warm-ups, poms, backpack, team gear, and more

Payment plans and fundraising options are available. We will plan on fundraising throughout the ENTIRE season to help offset costs. **PLEASE do not let financial concerns keep you from trying out!** Talk to Coach Kayhla to discuss options confidentially. We will do everything we can to support your participation.

TEAM SELECTION

Tryout results will be posted no later than **8:30 PM on April 23rd** at the South Gym Entrance.

If selected, you will be invited to our **Mandatory Parent & Athlete Meeting** on **April 27th** from 6-7:30pm, where we will discuss:

- Final team details
- Expectations
- Practice calendar
- Fundraising
- Communication channels
- Fees and payment plans

Please do not reach out to coaches about tryout results for 24 hours following the announcement. We promise transparency and fairness in the process, and we appreciate your respect for that window.

We will use the **Band App** as our primary platform for team and parent communication. Once the team is selected, we will ensure everyone is added at our parent meeting.

WELLINGTON HIGH SCHOOL CHEER TEAM
PARENT/STUDENT/COACH AGREEMENT

Cheer Team Candidate: _____

I have read the Wellington High School Cheer Team Packet. I understand what is expected of me as a member in good standing. I will keep myself knowledgeable and informed of all rules, and I realize the consequences of poor behavior or inappropriate actions. I will do all I can to respect my team members, my teachers, my coaches, and Wellington High School.

Student Signature: _____ Date:_____

I, the parent/ guardian of the above named student, have read the entire Wellington High School Team Tryout Packet. I understand all the requirements and consequences of improper actions. I understand the coach has the final say in my child's performance with the team. I also realize this team effort that we may be called upon to help in some ways throughout the year, and is a full year commitment. I will make every effort to do our share of assisting on behalf of my child.

Parent Signature:_____ Date:_____