

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, August 24th, 2026**. Please do not wait until the last minute, as delays can affect your eligibility!

IMPORTANT NOTE: ORANGE CARD PROCESS HAS CHANGED - PLEASE FOLLOW BELOW INSTRUCTIONS:

NEW for 2026-27 -- A Better Way -- online registration for Poudre School District athletics.

1. Go to the [A Better Way registration website for PSD](#)
 - Create an account, which allows you to enter the registration process.
 - As you navigate through the registration process, you may exit at any time and return to complete; your progress will be saved.
 - The entire process will take approximately 30-40 minutes.
 - a. New this year: there are short videos that parents/guardians are required to watch. These videos take about 7 minutes to view (you can increase playback speed).
 - There is a link to School Pay within the registration system, or go to <https://psdschools.schoolpay.com/>
 - PSD Athletics Fee for each sport is \$150(middle school) \$220 (high school), \$110 (unified high school).
 - a. You may pay online via [School Pay](#); **new for 2026-27** -- no convenience fees for online payments!
 - b. If you need to pay by cash or check, please bring to Greg Fisher when you come to get your orange card.
 - c. Families who qualify for fee waivers must follow the steps listed on the [PSD fees website](#). See the steps listed under “Qualifying Students May Apply to Have Fees/Charges Waived.”
 - If you would like to include your spouse, a step-parent, guardian, grandparent, etc. in the registration for your child, do this using the “Add Relationship” tab. Please do this for anyone who needs to get sports information from the coach or school, since some communications will come through the A Better Way site.
 - Students need to watch 4 short videos as part of registration. This will take approximately 15-20 minutes. (Note: if you are registering more than one athlete, each student will need to view the videos separately. If a student

plays more than one sport, they will have to watch the videos only one time each school year.)

- There is a place to upload your [PSD physical](#) form on A Better Way. Pages 3 and 4 can be scanned and uploaded, or you may bring the completed form to the school office. The physical will be reviewed and approved by the athletic department prior to clearing the athlete for participation in practice.
 - a. Physicals are valid for one calendar year.
 - b. You must use the PSD form, linked above.
 - c. The Health and Wellness Center at Centennial High School offers sports physicals/well child exams June - August. The Center can bill insurance, and no child is ever turned away for inability to pay. For more information visit <https://hwcenters.org/> or call their office at 970-488-4900.
 - d. If you have questions about a physical that was submitted last year, please reach out to the athletics 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/CyWpqJdepzyeBMqQA>

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
Thurs, August 20th	Meet the Coaches/Parent Information Meeting	6:45-7:45 PM	The Nest
Mon, August 24th	Tryouts Day 1	4:30–6:30 PM	Flex Gym
Tues, August 25th	Tryouts Day 2	4:30–6:30 PM	Flex Gym
Wed, August 26th	Tryouts Day 3	4:30–6:30 PM	Flex Gym

Attendance at all 3 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 and 2 of tryouts. Day 3 will be performance day, athletes will check in, receive their tryout number and warm up. Tryouts will commence after this.

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.

FALL SEASON (AUGUST–NOVEMBER)

- Practices: Tuesday, Wednesday and Thursdays 4:30–6:30 PM
- Events: Football, Volleyball & Soccer games

WINTER SEASON (DECEMBER–FEBRUARY)

- Practices: Tuesday, Wednesday and Thursdays 4:30–6:30 PM
- Events: Boys/Girls Basketball & Wrestling

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

FINANCIAL COMMITMENT

Estimated Cost: **\$400–\$650 per athlete**

This includes:

- Uniform items (all items kept except loaned WHS uniforms)
- 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 August 26th** at the South Gym Entrance and in BAND.

If selected, you will be invited to our **Mandatory Parent & Athlete Meeting** on **date and time TBD** 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: _____