



Sideline Cheer Information

LOMS Cheer Coaching Staff
Head Varsity Coach: Niki Hills
6/7th Grade Team: Kamara Champine
8th Grade Team: Andra Newman
lovarsitycheer@gmail.com

Being a Dragon Cheerleader means making a commitment to becoming part of a growing tradition of athletic excellence for Lake Orion! **TRADITION STARTS HERE - GO DRAGONS**

Middle School Cheer Summer Prep Camp

- Get ready for the sideline cheer season with this four day camp experience working directly with our Middle School and High School Coaching staff. This camp includes 4 days of 2 hour instruction, two camp t-shirts, & a bow.
 - Tumbling, Jumps, Arm motion, Performance, & Stunting
- Dates: August 8, 9, 15, & 16
 - If you are unable to attend all clinic dates you can still attend camp at a discounted price.
- Time: 6:00-8:00 pm
- Cost: \$100.00 - payment due on night 1 of camp
- Location: LOHS Aux Gym
- Use the QR Code below or Email Coach Hills at lovarsitycheer@gmail.com to register



<https://forms.gle/tAtBJhGWBUEurk648>

SIDELINE CHEER TRYOUTS

- Dates: September 6, 7, & 8
- Time: 3:00-5:30
- Location: Scripps Middle School
- Athletes will be shuttled from Waldon and Oakview to Scripps for tryouts - athletes must be picked up by a parent at the conclusion of each tryout date.

TRYOUT INFORMATION

NEW TO CHEER? NO PROBLEM! WE TEACH ALL SKILLS AT TRYOUTS!

Athletes are evaluated on the following skills:

- Tumbling: All tumbling skills an athlete can perform without a spot
- Jumps: Right Herkie, Toe Touch, Pike, Right Hurdler
- Arm Motions: Chant & Precision Drill (taught at workouts)
- Stunting
- Flexibility: Switch Splits – Flyer flexibility in the air

NEW PHYSICALS ARE REQUIRED FOR ALL ATHLETES - Physicals must be dated after April 20th and are due on the first day of tryouts - NO EXCEPTIONS.

SIDELINE CHEER PARENT MEETING

- Date: Tuesday, September 12th
- Time: 6:30 pm
- Location: LOHS KIVA Room
- This meeting is Mandatory for athletes and parents.

PRACTICE INFORMATION & EXPECTATIONS

At the end of this document is the Calendar for the 2023 Sideline Season. We will stick to this calendar (there could be a few minor changes - final calendars given out at the conclusion of tryouts). Sideline Cheer is a sport with required commitments - please review the calendar and make sure you can commit to the full schedule before deciding if you are going to try out.

- All practices held at Scripps MS - athletes are shuttled after school to scripps - parents are responsible for pick up from Scripps
- Practice Days: Monday, Tuesday, & Thursday
- Practice Times: 3:00-5:30
- Location: Scripps Middle School
- All practices are Mandatory - MISSING Practice WILL RESULT IN SITTING THE FIRST FOOTBALL GAME.
 - Every unexcused practice will result in sitting one quarter of the following game.
- Excused absences are if an athlete is sick or there is a family emergency.
- If an athlete is injured they must still attend practices and games.

GAME INFORMATION

Our Middle School teams cheer at a mix of home games for both the green and white football teams - Game day's are every Wednesday starting Mid-September.

- 6/7 Grade Team cheers for 7th Grade Football
- 8th Grade Team Cheers for 8th Grade Football

SIDELINE CHEER COSTS

- Team T-Shirt: \$15.00-\$20.00
- Team T-Shirt: \$25.00-\$35.00
- Game Day Bow: \$5.00
- LOCS Pay to Participate Fee - TBD
- Tumbling Class: \$10-\$15 - weekly

SEPTEMBER				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4	5 First Day of School!	6 Tryouts 3-5:30 Scripps MS	7 Tryouts 3-5:30 Scripps MS	8 Tryouts 3-5:30 Scripps MS
11 Practice 3-5:30 Scripps MS	12 Practice 3-5:30 Scripps MS Parent Meeting 6:30 LOHS Kiva	13 Practice 3-5:30 Scripps MS	14 Practice 3-5:30 Scripps MS	15
18 Practice 3-5:30 Scripps MS	19 Practice 3-5:30 Scripps MS	20 GAME DAY	21 Practice 3-5:30 Scripps MS	22
25 Practice 3-5:30 Scripps MS	26 Practice 3-5:30 Scripps MS	27 GAME DAY	28 Practice 3-5:30 Scripps MS	29
OCTOBER				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Practice 3-5:30 Scripps MS	3 Practice 3-5:30 Scripps MS	4 GAME DAY	5 Practice 3-5:30 Scripps MS	6
9 Practice 3-5:30 Scripps MS	10 Practice 3-5:30 Scripps MS	11 GAME DAY	12 Practice 3-5:30 Scripps MS	13
16 Practice 3-5:30 Scripps MS	17 Practice 3-5:30 Scripps MS	18 GAME DAY	19 Practice 3-5:30 Scripps MS	20
23 Practice 3-5:30 Scripps MS	24 Practice 3-5:30 Scripps MS	25 GAME DAY	26 Practice 3-5:30 Scripps MS	27
30 Practice 3-5:30 Scripps MS	31 Practice 3-5:30 Scripps MS	1 GAME DAY	2	3

Social Media

Facebook: Lake Orion Cheerleading - Instagram: @lovarsitycheer - Twitter: @lakeorioncheer

***Any questions Email Head Cheer Coach Niki Hills
lovarsitycheer@gmail.com***