

## HOMS 2023-2024 Cheerleading Tryout & Information Packet

**\*Please read the tryout & information packet FULLY before emailing any questions.**

### ❖ Tryout Important Dates:

- **Monday 4/10/23 @ 4:00-5:30 in gymnasium-** First day, bring all paperwork, and learn dance
- **Tuesday 4/11/23 @ 4:00-5:30 in gymnasium-** Review dance and learn cheer
- **Wednesday 4/12/23 @ 4:00-5:30 in gymnasium-** Jumps review and tumbling
- **Thursday 4/13/23 @ 4:00-5:30 in gymnasium-** Mock tryouts and review of all material
- **Friday 4/14/23 @ 4:00 in gymnasium-** Final day of tryouts, tryouts will end when the last group has performed and the team is announced
- **Monday 4/17/23 @ 5:00-6:30 Coach Sabrina's classroom-** Mandatory parent meeting and uniform fittings for the athletes that make the team

### ❑ Tryout Requirements: **\*To be turned in on 4/10/23**

**\*You are responsible for turning in all necessary paperwork on the first day of tryouts. Do NOT give it to the office or you will have to retrieve it on your own time.**

- ❑ Tryout application (filled out)
- ❑ Copy of 2022 semester 1 report card (including GPA)

- Teacher recommendation from science and math teacher for current 6th & 7th graders. Current 5th graders just need one from their current teacher (these need to be in a sealed envelope and placed in my mailbox. 5th grade teachers can email me a copy or pony it to HOMS. These will NOT be accepted on the tryout day.)
- Recent photo to identify the student
- Martin County School District sports physical and liability forms (Form #301 pages 1 and 2, Form #20A pages 1 and 2)

**Tryout attire**

- Spirited tee or tank top
- Athletic shorts
- Cheer shoes or tennis shoes
- Hair fully pulled back in a ponytail
- NO JEWELRY, LONG NAILS, EXCESSIVELY TIGHT CLOTHES, OR SHORT SHORTS
- \*Returners CAN NOT wear any attire from previous seasons

**★ What you will be expected to do at your tryout**

- Cheer
- Dance
- Toe touch and/or toe touch to standing tumbling
- Right or left hurdler

- Standing tumbling (minimum front or back walkover)
- Running tumbling (minimum solid round off rebound)

**\*If you do not have the minimum tumbling that DOES NOT mean you are unable to tryout, the tumbling will just be averaged into your final score\***

**→ Practices & Games \*Subject to change depending on game schedules\***

- ◆ **Practices:** Tuesdays & Thursdays @4:00-5:30 starting 4/18/23
- ◆ **Games:** Games are TBD depending on what the district decides, the games will most likely be on Mondays and Wednesdays, BUT it is not guaranteed.
- ◆ **Fundraiser:** Sonny's BBQ Spirit Night the third Friday of every month. The team is split into two groups so the athletes are responsible to attend half of the season's Spirit Nights. These groups are made after the team is chosen.
- ◆ **Camps:** Summer camp is mandatory so please schedule vacations accordingly  
Summer camp: July 24-27 from 9:00 AM-3:00 PM

**\*Please be sure you can commit to the practice and game schedule before you consider trying out for cheer**

**→ Cost Breakdown \*All cost are subject to change these are just an estimate (shipping and tax cost are not included in prices below)\***

**→ This is a one time purchase fee and there is NO additional cost for the remainder of the entire season. This cost covers the athlete from April 2023 to the end of the season in February 2024.**

<b>Mandatory Items for All Athletes</b>	<b>Cost</b>
Practice wear package (One pair of shorts, one pair of leggings, and two t-shirts)	\$150.00
Bow	\$23.00
Poms	\$35.00

Shoes	\$94.95
Camp fee	\$100.00
<b>Mandatory Items for New Athletes/Optional for Returners</b>	<b>Cost</b>
Briefs	\$13.95
Polo	\$45.00
Cheer bag (duffel) OR backpack	\$79.95 OR \$95.95
Bodyliner	\$87.95
<b>Optional Items for All Athletes</b>	<b>Cost</b>
Crew neck	\$58.95
Sweater	\$38.00
Warm up game day jacket	\$133.95

→ **Coach Contact Information**

- Sabrina Carreiro
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- **Please do not hesitate to contact me if you have any questions at all**