

## Trenton High School Cheerleading Tryouts

**May 25<sup>th</sup>-May 27<sup>th</sup>**

Tryouts will be held Wednesday May 25<sup>th</sup> through May 27<sup>th</sup> from 3:30-5:30. May 27<sup>th</sup> Tryouts will be 3:30 till last group performs. All ladies trying out will be informed Friday May 27<sup>th</sup> of the new members of the team. Tryouts will be fast paced and conducted as a normal practice for regular season. Each day will include a series of stretches, toe touches, a cheer, and a dance. For tryouts you will have to demonstrate 2 jumps (toe touch required and jump of choice), the provided cheer and dance. Practice will begin the week of June 7th. There will be a **mandatory** camp June 16<sup>th</sup>-18<sup>th</sup> for new team members.

\*\* If you are an incoming freshman, you are to make the choice between JV **OR** Varsity prior to trying out. For 9<sup>th</sup> graders, understand if you do not make the chosen team requested you will not be moved up or down depending on scores. Make sure to put on the top this form if you are trying out for JV **OR** Varsity. There is no right or wrong decision with this choice.

Please return the **complete packet** to Coach Bri's Box by May 23<sup>rd</sup> in a metal clasp envelope with the participants first and last name and grade upcoming grade level on it and include a 4x6 headshot (NO LATER THAN THAT DATE!)

### To participate in tryouts:

1. **Cheerleader Information Sheet (attached)**
2. **Sports physical form.** This form must be completed by your physician. (failure to turn in this form you will not be able to do any activities during tryout until it is turned in)
3. **Parent Athletic Consent Form.** This form provides information about the secondary school insurance policy on students and authorizes medical treatment for sickness or injury while student is under the supervision of the school. In such case, every effort would first made to contact the parents. The student accident insurance information sheet is for you to keep for your information.
4. **A note from the guidance counselor.** For students currently enrolled at THS, you will need to just get a note from your guidance counselor with your current GPA and his/her signature and you will be required Min. 2.0 GPA (Maintain this GPA **ALL** school year)

### Tryout in a glance

Tryouts will be held at the Main Gym.

Tryouts will be very fast paced so be prepared.

DAY 1:

Jumps, dance, cheer

Day 2:

Jumps, review dance and cheer. Spirit and voice projection.

### Day 3:

Try outs! 😊 You will need to come wearing a PLAIN black shirt, black shorts, an orange or white ribbon (NO BOWS indicating you have cheered before or a cheer bow of any kind) hair in a ponytail and min. make up. black shirt must be tucked into school appropriated black shorts. Make sure to have on proper undergarments (sports bra and spandex)

Failure to turn in items can cost you in the long run. Physicals and consent forms MUST be completed prior to tryouts to ensure complete safety and knowledge of all abilities. **NO ONE WILL BE ALLOWED TO PARTICAPTE IN TRYOUTS WITHOUT A COMPLETE PHYSICAL, AND CONSENT FORM AND COPY OF INSURANCE CARD.**

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Participation in fundraising activities is **mandatory**. There will be many fundraising opportunities so you will not have to pay out of pocket for most of the items the girls will be getting throughout season. Season cost will include backpack, bows, practice shorts, poms, and game day wear for new and returning members. Scheduled fundraisers such as Summer Car Wash, Krispy Kreme Donuts, Miss THS Pageant and Football/Basketball Cub camps.

There will be two parent payments of \$70 due June 27<sup>th</sup> and \$100 on July 25<sup>th</sup>.

The participates are **required** to get 3 sponsorships= a minimum of \$50 and up to \$200

\$200 sponsorship gets the business logo on a t-shirt that will be thrown 3<sup>rd</sup> quarter of varsity Games.

**\*Failure to get the required sponsorship limit, you will have to have to pay \$50 for every sponsor you don't turn in.**

**\*\*you can also get sponsorships to cover the cost of items you will have to get yourself or even a parent payment. The more sponsors the better. This will not count as the 3 recommended sponsorships they are additional.**

### **Estimate cost for Cheer Items**

**-Backpack \$50 (includes price for putting name and logo on bag)**

**-Bows \$15**

**-Practice shorts (black, white and dark grey) Cost may vary**

**-Game days wear you will need to provide white crew socks with No logo (will be worn EVERY game) so be sure to buy a pack this is a part of your uniform! (Varsity ONLY)**

**-Poms \$12**

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When considering trying out to be a member of this team, we do ask that you are driven and will be dedicated to this team 24/7. There is very little off-season (i.e a few weeks) and we work year-round. Cheerleading is very time consuming and is not an inexpensive activity either. This team needs cheerleaders who are devoted to the squad, our school and our community.

**\*\*IMPORTANT DATES\*\***

- Tryout paperwork due May 23<sup>rd</sup>
  - Tryouts: May 26<sup>th</sup>-27<sup>th</sup>
- Camp: June 16<sup>th</sup>-18<sup>th</sup> MANDATORY!
- Summer practices June 7<sup>th</sup>-July 26<sup>th</sup>
- Afterschool practices first day of school throughout school year (Monday, Tuesday, and Thursday) **it is important to note that cheerleading is a FULL SCHOOL YEAR activity.**

*\*Most summer practices are early morning practices 9am-11am and workouts are 9am-10:30am.*

*\*(Varsity): only allowed 3 **excused** missed practices during summer*

*\*During no practice period, cheerleaders will be expected to practice cheers, dances, and jumps on their own time and will be held accountable for getting the material. Once summer practices begin, we will prepare for football season as a team.*

# Cheerleader Information Sheet

Full Name: \_\_\_\_\_

Preferred Name: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Student Cell Phone: \_\_\_\_\_

Next Year School Year Grade: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_

Parent/Family Contact #1: \_\_\_\_\_

Cell number: \_\_\_\_\_

Parent/Family Contact #2: \_\_\_\_\_

Cell Number: \_\_\_\_\_

## Sizes

- Shirt size:
  - Hoodie/Pullover Size:
  - Short Size:
  - Shoe Size:
  - Warm Up pants size:
- \_\_\_\_\_

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Student Signature

Date

Parent Signature

Date

\*parent approval are required for all applicants, regardless of age.