

Pine Forest High School



**PFHS Cheer
Tryout Packet
2024-2024**

JULY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4 Independence Day	5	6
7	8 Cheer workout 5-8	9 Cheer workout 5-8	10 Cheer workout 5-8	11 OFF	12 OFF	13
14	15 DEAD PERIOD	16 OFF	17 OFF	18 OFF	19 OFF	20
21	22 Cheer workout 5-8	23 Cheer workout 5-8	24 Cheer workout 5-8	25 OFF	26 OFF	27
28	29 Tryouts Start at 4-8	30 Tryouts Start at 4-8	31 Final day for Tryouts Varsity starts 12 JV starts around 1 PM	Final List posted at 6PM on July 31		

Varsity- Tryouts will be held on July 29 -July 31. The final day of tryouts will be July 31st at 12 PM.

JV- Tryouts will be held on July 29 -July 31. The final day of tryouts will be July 31st at 1 PM.

All paperwork must be completed on Final Forms in order to participate in summer workouts and tryouts.

Summer Workouts & Tryouts

- PFHS Cheer has 6 days of summer workouts; it is highly recommended for you to attend 4 out of 6 of these workouts.
- Tryout uniform should consist of an white shirt and black shorts. You must have tennis shoes at workouts and tryouts in order to participate.
- July 8-10, from 5-8 in the Auxiliary Gym
- July 22-24, from 5-8 in the Auxiliary Gym
- Tryouts will be held July 29-31 from 4- 8 Auxiliary Gym. The final tryout date for JV is July 31 at 1pm and Varsity is July 31 at 12 pm. You must attend all three days of tryout in order to be considered for the team.
- Teams will be picked and finalized on July 31, (finalized teams will be posted on the front door of the school after 6 pm on July 31)

Tryout Requirements

1) Jumps

- Varsity- Must complete an Triple Jump (required double toe touch & Herkey)
- JV- Must complete an Double Jump (required double toe touch)

2) Cheer

- Varsity & JV- Coaches and Staff will teach tryout cheers.
- Each cheerleader will have to create a cheer or chant (**NO STOMP AND SHAKE**)

3) Dance

- Varsity & JV- You will learn PFHS Fight Song Dance.
- Each cheerleader will also create 8 counts.

4) Requirements for Flyers ONLY

- On the ground each flyer has to show me position techniques, in order to fly.
 - * Arabesque (required)
 - * Scale Stretch or Heel Stretch (required choose one to show)
 - * Bow & Arrow or Scorpion (required choose one to show)

Expenses

- The cost of the cheerleading expenses will be given once you make the team. It will not exceed \$500.00. The final cost is due September 13th. If you fail to make the final payment your child will be removed from the team and the next person on the roster will take the spot.

Tumbling

- Tumbling is **OPTIONAL**. Tumbling consists of running round off back handspring, standing back tuck, and standing back handspring.