

Poway High School Tryout Checklist

You must have *everything* completed by May 1st in order to participate in clinics and tryouts. Some forms are due online and others in person on the 1st day.

- Fill out the Registration Google Form. (<https://forms.gle/iK3UWQKEYLKLah9a9>)
- Download and read the Rules and Regulations carefully. Print it out and bring it signed to the first day of clinics/tryouts.
- Download and fill out the Emergency Contact Form for the 1st day of clinics/tryouts.
- Download and Read the Athletic Handbook
- Download, Complete, and Turn in the Physical and Participation Waiver.
*You should get a new physical so that it is valid throughout the entire cheer season, otherwise, it is your responsibility to get a new one before it expires. *You may not participate in any event, on an expired physical.*
- Screen shot of your last trimester grades to Coach Sandra.
- UPLOAD ALL FORMS TO THE GOOGLE FORM LINKS *before* MAY 1st.
- Study the Tryout Material. Available on Friday May 6th.

1st Day of Clinics 5/10:

In addition to the items that need to be done beforehand, (listed above) please come prepared with all paperwork and dressed appropriately to condition and cheer.

Attire (*no cheer affiliations of any sort on clothing/attire*)

-Black T-Shirt/Tank and Black Shorts (not spanx), Hair in a high pony tail and big bow, game day make up (please wear a pink/red shade of lipstick) & white workout/cheer shoes.

Paperwork

-In order to participate, all must be digitally turned in and bring the last page of the Rules and Regulations, signed, and the Emergency Contact Form, filled out.

What to expect:

- You will check in on the South Side (gym side) of the U-Building (dance room)
- Turn in your R&R, Emergency Contact Form, and then receive a number/sticker.
- Be prepared to take a photo at check in. *This will not count toward your try out score
- Once clinics begin, find/create a group of 3, as that is the group that you will tryout with.

5/10 – Material Review and Cheer 101

5/11 – Jersey Mikes Fundraiser (everyone encouraged to attend and participate)

5/12 – Material Review and Tumbling (tryout times assigned)

5/14 – Tryout with your groups

5/15 – Teams will be posted on the Cheer Website under the ‘Teams’ tab

5/17 – Required Parent Meeting in K1

5/21 or 5/28 – Uniform Fittings in K1