

# CHEER INTEREST MEETING

*Learn about tryouts and the  
upcoming football season!*



**When:** July 22 at 6pm  
**Where:** QLMS Cafeteria



Current VHSL Physical  
Required

*Cheer Conditioning*

*&*

*Tryouts*



**Conditioning:**

July 29 5p-7p

**Tryouts:**

July 30 - Aug 1 5p-7p

**Email Coach Ali with any questions  
[astashak@ycsd.york.va.us](mailto:astashak@ycsd.york.va.us)**

**Current VHSL Physical Required!**