

SDOHS Spiritline Tryout Information 2025

Spiritline Tryouts are scheduled for the Spring and Summer 2025. If you are interested in trying out for one of our teams for the 2025/2026 school year, read the handbook below and complete the tryout packet. For current SDOHS students: tryouts for current 9th, 10th, & 11th graders: your tryouts are the week of April 28th. For incoming freshmen (current 8th graders) and transfer students: your tryout is the week of July 28th.

We have the following Spiritline Teams:

- Junior Varsity Pom (Dance)
- Varsity Pom (Dance)
- Junior Varsity Cheer
- Varsity Cheer

Steps to Tryouts:

- ☐ Read the appropriate handbook below
- ☐ Complete the tryout packet and turn it into the office (Follow all steps within the packet!)
- ☐ Get a physical and get cleared through Register My Athlete
- ☐ Attend tryouts in April (current students) or July (future students)
- ☐ Have a parent attend the parent info meeting: 4/21 or 7/21 (more details in the handbook)

Handbook and Tryout Packets:

- Spiritline Handbook & Tryout Packet 2025/2026 - Current Students
- Spiritline Handbook & Tryout Packet 2025/2026 - Freshman & Transfers