

## **2026 - 2027 Competition Cheer Tryout Important Information**

### **Requirements for Competition Squad to Tryout:**

- \*Must have a 2.0 GPA (need a copy of report card)
- \*Must be in good standing with school presently attending
- \*Must be registered at STM for the 2026-2027
- \*Standing Tumbling: Single back handspring. Standing tucks are highly recommended.
- \*Running Tumbling: Roundoff, series of 2 back handsprings. Roundoff, back handspring, tuck/layout/full is highly recommended.

### **TEAM EXPECTATIONS**

- \*Practice every Monday 3:00 - 5:00, Wednesday 3:00 - 5:30 and the occasional Saturday
- \*All Sophomores - Seniors are required to schedule Fitness PE as an elective
- \*Must be registered AND ATTEND a weekly tumbling class at the gym of your choice
- \*Cheer at all HOME football games, alternating away football games, playoff games (for various sports), and other requested sporting events
- \*Performance at Pep Rallies
- \*Participate in a UCA summer camp and Choreography Clinics
- \*Put on STM Lil' Cheer Camp & Middle School Intensive Nationals Fundraiser
- \*Participate in Regional Competitions and UCA Nationals in Orlando, FL

### **IMPORTANT DATES AND SUMMER WORKOUT SCHEDULE**

**Pre-Tryout Practices** - Come Stunt and Tumble with us!

March 5<sup>th</sup> and 12<sup>th</sup>: 4 p.m. – 5:30 p.m. | Cougar Athletic Center

**Parent & Athlete Informational Meeting** - March 9<sup>th</sup> @ 5:30 in the Conference

Room - Come learn about the expectations, cheer constitution, and overall requirements for the Competition Team

\*\*This meeting is primarily for any potential new cheerleaders and parents

**Tryout Dates:** March 16-19, 2026

**Uniform Fittings:** March 31, 2026 \*\*\*All cheerleaders (returning and new) will attend fittings - they will be fitted for all items

\*cheer uniform

\*practice uniform

\*shoes

\*rain gear

\*cheer warmups

\*and all other accessories

**UCA Camp Dates:** June 12 - June 15, 2026, Masters Camp @ Louisiana State University

**Lil' Cheer Camp & Middle School Intensive Dates:** Set up day: July 6<sup>th</sup> & Camp dates: July 7<sup>th</sup> – 10<sup>th</sup> \*All Cheerleaders work this camp

**MANDATORY Summer Workouts:** Monday, Tuesday, Wednesday from 1:00-1:45 p.m. and Thursday from 8:00-8:45 a.m. @ STM Athletic Center

**Workouts will be during the following weeks:**

June 1, June 8, June 15, June 22, July 6, July 13

Please note students do not have workouts on the weeks of May 25, June 29, and July 20.

**Other Important Notes:**

\* There will be a few practices throughout the summer either before or after workouts.

\* Practices will begin the week of July 27<sup>th</sup>. All Competition Cheerleaders will be required to be at these practices.