

2026 - 2027 Spirit Cheer Tryout Important Information

Requirements for Spirit 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
- *Any tumbling that is performed during the tryout process must be maintained throughout the school year and is expected to be performed on all surfaces (track, gym floor, football field, mat, etc)
- *Cheerleaders are chosen based on spirit, motions, tumbling, jump execution, ability to cheer, dance, and stunting ability and potential.
- *Standing Tumbling: Single back handspring.
- *Running Tumbling: Roundoff, back handspring.

IMPORTANT DATES AND SUMMER WORKOUT SCHEDULE

Pre-Tryout Practice – February 24th 4 p.m. – 5:30 p.m. | Cougar Athletic Center

Parent & Athlete Informational Meeting - March 12th @ 5:30 in the Conference Room - Come learn about the expectations, cheer constitution, and overall requirements for the Spirit Team

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

Tryout Dates: March 23 & 24, 2026

UCA Camp Dates: May 27 - 30, 2026, @ Louisiana State University

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

MANDATORY Summer Workouts: Monday, Tuesday, Wednesday from 1:00-1:45 p.m.

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:

- * Team Tumbling at Legacy Athletix every Monday 3:30 – 5 p.m. beginning on August 3rd.
- * Practices will begin August 11th.