



CHEER TRYOUT INFORMATION

DATES, TIMES & LOCATIONS

- **Open Gyms (current HS only):** April 16th (Hilhi Commons 4:00-6:00 PM)
- **Open Gyms (8th graders only):** April 29th (Hilhi Commons 4:00-6:00 PM)
- **Tryout Material Preview (2 sessions):** May 6th *Current 8th graders 4:00-5:30 PM
*Current HS 5:30-7:00 PM (Hilhi Commons)
- **Interest Meeting for Athletes & Parents:** May 4th (Hilhi Commons 6:00-7:30 PM)
- **Tryout Practices:** May 11th-13th *Current 8th graders 4:00-5:30PM *Current HS 5:30-7:00 PM (Hilhi Commons)
- **Official Tryout:** May 14th (Hilhi Cheer Room starting at 4:00 PM)

ATTENDANCE

- Attendance at all Tryout Practices and the Final Tryout is **mandatory**.
**In-season athletes please speak to Coach for scheduling conflicts on Friday.
- Absences will only be excused for prior, unavoidable commitments and/or illness.

REQUIRED PAPERWORK

All paperwork below must be completed and brought with you to Tryouts Night 1:

- [Tryout Form](#) (online form)
- (3) [Teacher Recommendations](#) (online form)
- (2) [Coach Recommendations](#) (online form)
- Current head shot (bring copy with you)
- Current Transcript Print Out (bring copy with you)

All paperwork below must be completed and uploaded into your SNAP account by May 10th.

****Please do not bring these forms to tryouts with you.**

****No current physical = not eligible for tryouts. Incoming freshmen and juniors must get a new physical.**

[HSD Athletic Registration/SNAP](#)

[Physical Form \(OSAA\)](#)

TRYOUT PRACTICE STRUCTURE

The following tryout material will be released on Band App by **May 5th: Tryout Cheer and Tryout Dance (Females only)**. Athletes should learn the material **BEFORE** tryouts night 1 as there will only be material *review* during the week.

The schedule during tryout practices will look something like this:

4:00pm-Dynamic stretch/warmup

4:15pm-Dance/Cheer Review

4:45pm-Jump/Motion Technique

5:00pm-Stunting Basics

***there will be an opportunity for candidates to work their current tumbling skills, but new skills will not be taught or spotted*

OFFICIAL TRYOUT STRUCTURE

- Athletes will tryout in stunt groups assigned by Coach during the week
- Tryout time will be assigned to you on Thursday night before you leave
- The following will be performed in each tryout:
 - Running Tumbling: Each candidate will perform **one** of the following options if able:
Cartwheel, Round Off, Round Off Back Handspring
 - Standing Tumbling: Each candidate will perform **one** of the following options if able:
Forward Roll, Back Walk Over, Standing Back Handspring
 - Jumps: Each candidate must perform the following jumps: Front Hurdler and a Toe Touch
 - Tryout Cheer (males and females)
 - Tryout Dance (females)
 - Group/partner stunting (males and females)
- This is a closed tryout. Family/friends may not watch.
- Warm-up mats will be set up in the gym. Please give yourself plenty of time to stretch and warm-up before your tryout.
- Once you have completed your tryout, you are free to go.
- Tryout results will be shared by Coach via email.

WHAT TO WEAR

- Candidates are to dress in athletic clothing- **t-shirt, shorts, cheer or other athletic shoes**
- Hair is to be tightly secured back, out of face and eyes (bangs below the eyebrows must be secured back)
- No jewelry of any kind is allowed
- Fingernails are to be cut short and acrylic/long nails are not allowed

MINIMUM TEAM REQUIREMENTS

- 80% school attendance
 - 2.0 GPA
 - Previous cheer fees must be paid in full before tryouts
- *Athletes who do not meet the minimum requirements are not eligible to make the team*

SCORING

- Coaches will take the following into consideration when selecting the teams:

Final Tryout Scores (Dance, cheer, jumps, tumbling)

Grades/Teacher and Coach Recommendation Forms

Stunting Potential/Coachability

Interview answers

*There are a total of 120 points

- Performance/skills scoresheets = 70 points
- Teacher/Coach recommendations = 20 points
- Grades = 10 points
- Attendance = 10 points
- Interview = 10 points

RESULTS

Results for our 2026- 2027 teams will be shared via email **by 10PM on May 14th** AND posted on our team Instagram!

**Coaches' decisions are final. Coaches take the entire athlete into consideration when assembling the team (attitude, attendance, grades, skill, potential, experience etc). Coaches will always do what's best for the program as a whole, which may result in undesirable outcomes for some athletes. It is important that athletes and parents trust the coaches' decisions.*

MARK YOUR CALENDARS

Official monthly calendars will be handed out throughout the season and can be found in our BAND.
Please note these dates are subject to change.

DATE	EVENT	LOCATION	TIME
April 20th	Meet the Coach	Hilhi Commons	6-7PM
May 4th	Interest Meeting	Hilhi Commons	6-7:30PM
May 11-13th	Tryout Practices	Hilhi Commons	4-5:30PM OR 5:30-7PM
May 14th	Final Tryout	Hilhi Cheer Room	TBD starting @ 4PM
May 19th	HS ONLY Practice *Current HS Uniform Sizing	Hilhi Cheer Room	4-6PM
May 19th	Mandatory Program Meeting	Hilhi Commons	6-7:30PM
May 21st	Seniors ONLY Workshop	TBD	4-6PM
May 26th	HS ONLY Practice *Finish Current HS Uniform Sizing	Hilhi Cheer Room	4-6PM

May 28th	First Full Program Practice *Incoming 9th Graders Uniform Fitting	Hilhi Cheer Room	4-6PM
June 2nd	Summer Practices Begin	Hilhi Cheer Room	Tue, Wed, Thurs. 4-6PM
June 4th-7th	DoubleGood Popcorn Fundraiser	Online	N/A
July 8th	Youth Clinic	Hilhi Commons	9AM-2PM
July 11th	Garage Sale Fundraiser	Hilhi Parking Lot	9AM-5PM
July 21st-24th	Dream Camp	Lewis and Clark College	All Day/Overnight
July 26th-Aug 1st	OSAA Moratorium Week	N/A	All Day
August 10th-13th	Daily Doubles	Hilhi	
August 14th	Team Bonding	Netarts, OR	All Day
August 28th	Football Jamboree	TBD	TBD