

# AHS Cheerleading Tryout Information

Please read the schedule for tryouts carefully – attendance and punctuality is required on all days! If you are participating in a Spring sport, it is your responsibility to work out a schedule with your coach and let Coach Arnold know.

Monday	3/12	Competition & Sideline	4:00-6:00
Tuesday	3/13	Competition & Sideline	4:00-5:30
Wednesday	3/14	Competition & Sideline	4:00-5:30
Thursday	3/15	Competition & Sideline	4:00-5:30
Friday	3/16	FINAL TRYOUTS	4:00-TBD

\*\*We are aware that the middle school does not let out until 4:05, please come directly from school to tryouts. You are welcome to change in our locker rooms if necessary. Middle School girls DO NOT need to leave school early to attend tryouts\*\*

## **Dress Code:**

All athletes trying out need to be dressed in athletic shorts, athletic shoes, no jewelry, and hair pulled back so that it does not touch your shoulders and please make sure your nails have been cut short. **Please remember that we do not allow clothing with an all-star gym logo or gym/team names on it at practices or tryouts.**

## **Final Tryout Dress Code:**

1. All girls need to be dressed in black athletic shorts (stripes around the sides or edges are okay)
2. White t-shirt
3. Hair must be pulled back off of your face and your shoulders in a ponytail with a white bow or ribbon.
4. Athletic shoes

## **What to expect:**

- Tryouts will be held in the aux gym – NO parents or cheerleaders will be allowed to view tryouts
- Tryouts are closed to everyone except the judges/coaches
- Girls will be placed in a tryout group and will be called in from the main gym. There will be mats for you to tumble & practice on.
- Girls are required to stay on the final day of tryouts until all girls are finished and the coaches have dismissed you. This is very important; do not ask to leave when your tryout is over. If we need to call you back for a question or to demonstrate a skill, it is important that you remain in the gym – bring homework ☺.