

FHS Sideline Cheer Try-outs

What do I need to know about try-outs?

- Try-outs are June 16th, 18th, 21st, 23rd, 25th, 28th, and 30th at the Freedom Football stadium. Students must attend all days as requested.
 - Mondays & Wednesdays from 5:30pm-7:30pm
 - Fridays from 9am-11am
- Arrive early at try-outs rather than late; bring a water bottle. Once you arrive, start stretching and warming up immediately. Don't wait to be told.
- You must be wearing shorts and a tank-top (no mid-drifts please) this is to clearly evaluate all motions and arm levels that baggy clothes will hide.
- Must have hair pulled back and away from your face.
- Good attitude/ effort required always.
- Must be respectful of other participants, and all tryout personnel and coaches.
- A current physical must be presented to participate in tryouts. The physical must be dated **AFTER JUNE 1ST 2021.**
- **You must register and be cleared to participate.** [Go to the Freedom High School website. Go to the ATHLETICS tab. Click on ATHLETIC FORMS. Follow all directions.](#)
- New cheerleaders: don't be intimidated by returning cheerleaders. You have as good of a chance as they do.
- Returning cheerleaders; do not try out with the assumption that you will automatically retain your position on the team.
- Size of team will be determined by skill level and natural score breaks.
- Team placement is the decision of the coaching staff and all decisions are final.
- If you don't make the team, be sure to talk to your coaches, who will be happy to offer advice. Take some cheer, tumbling, and/or stunt classes and come back next year!

What will I be evaluated on at tryouts?

- Basic skills: Projection/Cheer, Toe Touch, Motions, Back handspring, Round off back handspring
- Advanced skills: Standing Tuck, Running Tucks, Layout full
- Flexibility
- Strength/athleticism/conditioning
- Dance technique
- Showmanship
- Cheer motions
- Jumps
- Attitude/coach- ability
- Confidence
- Adaptability
- Speed of picking up choreography

What am I committing to?

- ❖ **Mandatory meeting & uniform fittings for new team and parent/s is July 7th @ 6:00 PM in the Freedom Staff Lounge in A building.**

- ❖ **MANDATORY Summer Practices are Mondays and Wednesdays, from 5:30 to 7:30 and Fridays from 9am-11am.** (We're hoping to have these in the upper gym. More info to follow.)
Come to practice July 26th, knowing all football sideline cheers.

- ❖ Once school starts, Cheer will practice on Mondays and Wednesdays from 5:30-7:30.

- ❖ Football runs August through November. It may run into January, if our team keeps winning. There are practices and football games over fall break. Attendance at all games are mandatory.

- ❖ Basketball generally runs December through February. It may run through March, if our team keeps winning. Games are on Tuesdays and Fridays. Attendance at games are mandatory.

- ❖ There will be mandatory fundraising events: Fashion Show - Saturday, August 21st, Winter Showcase, and Football Youth Clinic. More information to come.

***If you have questions, please email the Sideline Cheer Advisor, Erricka Clarke
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