



Application for STHS Cheerleading Tryouts

My child, _____ has my permission to be a cheerleader at St. Thomas High School. I understand that she must abide by the rules and regulations set forth by the advisor and principal of St. Thomas High School, and be present for all practices and games. I have read the rules and understand that the violation of any of these rules may lead to temporary or permanent suspension from the squad. I understand and give permission for my daughter to ride with the advisor and/or other parents when necessary. I understand that all forms attached must be completed by **March 30, 2020**, or my child will not be allowed to tryout. I understand my child must attend all practices (unless excused by the coach) and tryout sessions, or my child will not be considered for a position on either St. Thomas Cheerleading squad.

I understand that my daughter will be evaluated by qualified judges, and we agree to abide by the decision of the judges. I understand all the costs involved as stated in the rules.

I understand by the very nature of the activity, cheerleading and gymnastics carry a risk of physical injury. No matter how careful the participant and the coach are, how many spotters are used, or what landing surface is used, the risk cannot be eliminated. The risk injury includes minor injuries such as muscle pulls, dislocation, and broken bones. The risk also includes catastrophic injuries such as permanent paralysis or even death from landing or falls on the back, neck or head. I understand these risks and will not hold St.

Thomas High School or any of its personnel responsible in the case of an accident or injury at any time.

Parent/Guardian Signature

Parent/Guardian Email

Parent/Guardian Phone #

I am interested in being a cheerleader at St. Thomas High School. I understand the risks stated above. If elected, I promise to abide by the rules and regulations set forth by the advisor and the principal of STHS, I promise to cooperate and follow the instructions of the cheerleading coach.

Student Signature: _____ **Date** _____

Home Address: _____



STH Cheerleading Grade Sheet

Student: _____

School: _____

Please have your teachers complete the following form with your **Third Quarter Grades**. Turn in this form, along with other tryout packet forms, on **March 30, 2020**

TEACHERS & DEANS: Thank you for your time and cooperation in completing this form. If you have any questions or concerns, please feel free to contact Emma Gorski, head cheer coach, directly at sths.cheer@sths.org

****Please advise: students who were on academic probation/academic ineligibility 2 or more times during the current school year are ineligible for consideration as an STH Cheerleader****

Subject	Grade	Teacher Signature	Comments



STH
EAGLES



Cheerleader Bio Sheet

Name: _____

Grade: _____

School: _____

Age: _____

Birthday: _____

Cell #: _____

Email: _____

What three characteristics do you feel are most important for team members to possess? Why?

What motivated you to try out for STH Cheer? If you were on the squad previously, what motivated you to try out *again* for the squad?

What do you consider to be your greatest strengths? Please explain.

What do you consider to be your greatest weaknesses? Please explain.

How would you deal with a conflict between yourself and another teammate?

Do you think that cheerleaders are an important part of the athletic program? If so, why?

How should cheerleaders represent their school and student body?

Why should a cheerleader maintain good grades?

What other extracurricular activities or sports are you involved in?

Name one goal you have set for this year, as it relates to cheer.

Have you ever stunted before? Please check all that apply:

Skill Level:

- N/A
- Elementary school cheer
- Middle school cheer
- High school cheer
- Competitive cheer

Past Position:

- N/A
- Base
- Flyer
- Back spot
- Front spot

Future Possible Position(s):

- N/A
- Base
- Flyer
- Back spot
- Front spot

Please explain and also list what stunt skills you have been able to successfully complete (ex: full down from prep, extension, lib; prep cradle; extension liberty; arabesque; etc.).

ST. THOMAS HIGH SCHOOL CHEER TRYOUTS

Wednesday, March 4	Tryout Meeting <i>(in STH Turner Hall)</i>	6:30 – 8:00p
Monday, March 30	Clinic Day 1	5:00 – 7:00p
Tuesday, March 31	Clinic Day 2	5:00 – 7:00p
<u>Thursday, April 2</u>	Clinic Day 3	5:00 – 7:00p
Monday, April 6	FORMAL TRYOUTS	5:00-8:00p

WHAT TO BRING TO TRYOUTS!!!

Completed Tryout Packet / Physical / Full body photo of yourself (4x6)

Wear Appropriate Clothing:

Clinic: Athletic clothing, sports bra, and cheer/tennis shoes

Tryouts: Fitted white shirt/tank, white sports bra, red shorts, red or white hair ribbon, and cheer/tennis shoes

QUESTIONS?

Contact STH cheer
coaches at
sths.cheer@sths.org

CAMP DETAILS!

June 1st-4th at UT
Austin

UNIFORM FITTING:

APRIL 14th at 6:30pm