



WCF CHEERLEADING TRYOUTS

2024-2025

Important Information:

1. Students will be required to perform a cheer, dance, and jumps in front of a judging panel during final cuts. Students selected for the 2024-2025 cheerleading season will cheer during football and basketball games, barring any misconduct during the school year.
2. Students must have an updated sports physical by the first day of tryouts (filled out by a doctor, within the last year) and must have met promotional requirements to be eligible to try out, must have a completed tryout permission form (attached), and must sign up for DragonFly MAX (instructions attached).
3. Uniforms (skirt and shell) are provided by the school for each cheerleader. Each student that makes the team will be responsible for shoes, warm ups, bows, and any undergarments worn with uniforms. This will be covered by a required \$200 participation cost. **A minimum payment of \$100 is due at a mandatory parent meeting on August 8, 2024 and the remaining balance is due by August 19, 2024.** Please be prepared to pay this if your student makes the team.

Tryout Dates:

Monday - August 5, 2024 (9:00am - 12:00pm)

Tuesday - August 6, 2024 (9:00am - 12:00pm)

Wednesday - August 7, 2024 (9:00am - 12:00pm)

Thursday - August 8, 2024 (9:00am - 12:00pm) - FINAL CUTS (end time may change)

Tryout Expectations

- ** Students trying out are expected to be dressed and ready to practice by 9:00am. They will stretch and warm up, then work on the routine.
- ** Students trying out should wear a t-shirt, gym shorts (appropriate), socks, and tennis shoes. Hair should be up and out of your face. Students that do not have appropriate clothing/shoes will not be allowed to try out.
- ** Misbehavior will not be tolerated, please come ready to work hard and show us what you've got!
- ** Students trying out must be picked up PROMPTLY at 12pm on Monday-Wednesday. Students will contact their ride if they need to be picked up later than 12pm on Wednesday.

Please contact Coach Skylar at smpaschke@gaston.k12.nc.us with any questions.

CHEERLEADING TRYOUT PERMISSION FORM *This form must be*

completed by tryouts on August 5, 2024. It can be emailed, left in the WCF front office, or brought the day of tryouts. Failure to turn in this permission means that your student **may not** try out for cheer.

My student has permission to try out for the W.C. Friday Cheerleading Team. I understand that the cost of cheerleading will be \$200.

Child's Name (Printed) : _____

Parent/Guardian Name (Printed) : _____

Parent/Guardian Signature : _____

Parent/ Guardian Phone Number: _____

TUMBLING PERMISSION FORM

If your student is planning on performing any tumblers during tryouts, please fill out the following form. If your student does not plan on tumbling, the form may be left blank. Tumbling is not a requirement to make the team. **Tumbling must be performed during tryouts in the gym without a spotter.**

PLEASE CIRCLE ONLY THE SKILLS YOU COULD CURRENTLY DEMONSTRATE
(i.e. not skills you are learning or can do in grass)

STANDING TUMBLING	RUNNING TUMBLING "RO" = round off
Round Off	Aerial
Front Walkover	Front Tuck/Punch
Back Walkover	RO Back Handspring
Front Handspring	RO Back Tuck
Back Handspring	RO Back Handspring into Tuck
Back Tuck	RO Multiple Back Handsprings
Back Handspring Tuck	RO Multiple Back Handsprings into Tuck
Layout	RO Back Handspring, Layout
Full-twisting Layout	RO Back Handspring, Full-twisting Layout
Other:	RO Multiple Handsprings into Layout
	Other:

My child, _____ has my permission to do the above
tumbles at WC Friday Middle School cheerleading tryouts.

Parent Signature: _____



Summer Cheerleading Workout

- ★ **For:** Anyone interested in joining the Middle School cheer team
- ★ **When:** June 24th & June 25th, 2024 from 9:00am- 10:00am
- ★ **Where:** WC Friday
- ★ **What to expect:** Learning what it takes to be a cheerleader!
- ★ **Focusing on:** Dance, Spirit, Cheers, Jumps, Conditioning and a Great Attitude

August

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 Tryout Day 1	6 Tryout Day 2	7 Tryout Day 3	8 Tryout Day 4 (Parent meeting)	9
12	13	14 First Day of School	15 1st Practice 3:30-5pm	16 No Practice
19 Practice 3:30-5pm	20 Practice 3:30-5pm	21	22 Practice 3:30-5pm	23 No Practice
26 Practice 3:30-5pm	27 Practice 3:30-5pm	28	29 Practice 3:30-5pm	30 No Practice

Summer Conditioning: At the start of camp in August, cheerleaders should be ready to run at an even pace for 10 minutes (without stopping), complete 20 pushups, and 20 sit ups.