



WCF CHEERLEADING TRYOUTS

2025-2026



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 2025-2026 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. Please be prepared to pay up to \$200 if your student makes the team.

Tryout Dates:

Monday - August 4, 2025 (9:00am - 12:00pm)
Tuesday - August 5, 2025 (9:00am - 12:00pm)
Wednesday - August 6, 2025 (9:00am - 12:00pm)
Thursday - August 7, 2025 (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 4, 2025. 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 may be up to \$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 tumbling 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 tumbling at WC Friday Middle School cheerleading tryouts.

Parent Signature: _____

DragonFly MAX

1. Download the DragonFly MAX app
2. Select “Get Started”/”Sign Up” and follow the prompts to create a PARENT account with a PARENT email address
3. Verify your account
4. Select “Connect to your School” » “Parent” » “Join”
5. Select “Set up Children” and follow the prompts

