



PASO ROBLES HIGH SCHOOL

Cheerleading Tryout Packet 2023-2024

Clinic: April 3 - April 4 , 2023

Final Evaluation: Apr 6, 2023

What to expect at Tryouts

- Please follow the instructions below and make sure to share these details with all your friends.
- **Complete the Google Form - General Tryout information**
 - ✓ <https://forms.gle/sMH7dqBihyPkwqzP7>
- **Bring a copy of the following to the first day of tryouts (4/3/23)**
 - ✓ **Contract Agreement/Photo Release (all on same page and included in this packet)**
 - ✓ **Explanation of Risk (Included in this packet)**
 - ✓ **Assumption of Risk, Consent to Test - COVID**
 - ✓ **A printed copy of your current grades**

Tryout Schedule

- Attend each day of tryouts. If you have any conflicts due to spring sports or other events, you must communicate that with our coaching staff as other arrangements may need to be made
 - 6 - 8 pm
 - PRHS Practice Gym.
- Attend the final evaluation day on **Thursday, Apr 6, 2023**
 - Final evaluations will begin at 5:30 pm
 - Each pair or trio will be given a 5 minute time slot. The coaching staff will do their best to stay on schedule. Please be sure to arrive at least 20 minutes early for your time slot.
- Results will be posted no later than 9pm on Saturday, April 8th on our website and Instagram.

MANDATORY PARENT MEETING - In Person

- Monday, April 10th, 2023 at 6 pm
- In the Cheer Room (Behind Gil Asa Gymnasium)
 - Important Information regarding team commitment, contract, summer practices and uniforms!!!

MANDATORY UNIFORM FITTINGS will take place **Tuesday, April 11th, 2023 @ 11am**

- The fittings will be in person in the Cheer Room. You will be sent a form to fill out with a list of required items along with other optional items.
- You must obtain all required items. You can either purchase the items you don't have new from Varsity Spirit Fashion, purchase items from a former PRHS cheerleader (must arrange on your own), or you can borrow required items from the school. All borrowed items must be returned at the end of the season or if/when you decided to leave the team.
- Parents may be in attendance at fitting

Team Uniforms

- All cheerleaders will be provided a uniform if they cannot purchase their own. School provided uniforms will not be sized exactly to the individual and may not fit perfectly. All school issued uniforms must be returned at the end of the season unaltered and in good condition. If you decide to purchase your own uniform it will be fitted to your exact specifications.

Team Communication

- Varsity Head Coach: Codie Wilshusen
 - clwilshusen@pasoschools.org
- Like us on Instagram!
 - @prhscheerandstunt
- Follow us on Facebook!
 - Like us at <https://www.facebook.com/PasoBearcatCheerleading>
- Weekly emails will be sent during the season. Please be sure to check your email regularly and to update your coaches if your email changes.

Practice Schedules:

Those that make the 23-24 Cheer team will be required to register for the 1st period athletic Cheer class. This class will begin at 8:20 am and will continue until the end of 1st period. The first period class will not meet in the morning on Thursdays. This class is a year long course. Students choosing to participate on the 23-24 PRHS Cheer team will be enrolled for the entire year. Out of class events and practices will be graded.

**Paso Robles High School
Cheerleading Program
Explanation of Inherent Risks for Cheerleading
2023-2024**

Cheerleader Candidate's Full Name: _____

Cheerleading is an exciting, time consuming sport that involves flyers, bases, and spotters. Flyers are lifted into stunts by the bases, with the safety-oriented spotters when needed. Bases and spotters are responsible for catching the flyers when the students come down. Cheerleading also requires forceful motions, tumbling, voice projection and jumping. The cheering area varies greatly from one location to another, inside or outside. Because of these conditions inherent to the sport, participation in cheerleading exposes an athlete to many risks of injury. Those injuries include but are not limited to: death, paralysis due to serious neck and back injuries, brain damage, damage to internal organs, serious injuries to the bones, ligaments, joints and tendons, and general deterioration of health. Such injuries can result not only in temporary loss of function, but also in serious impairment of future physical, psychological, and social abilities, including the ability to earn a living. In an effort to make cheerleading as safe as it can be, the coaching staff will instruct athletes concerning the correct techniques for stunts and rules of cheerleading. It is vital that athletes follow the coach's skill instructions, training rules, and team policies to decrease the possibility of serious injury.

We have read the information above concerning the risks of cheerleading. We understand and assume all risks associated with trying out, practicing, and cheering at games/competitions. In signing this form, we assume the inherent risks of cheerleading and waive any further legal action by our heirs, estate, executor, administrator, assignees, family members and ourselves.

DATE: _____

Signature of Athlete:

Signature of parent or legal guardian:

RELEASE OF PHOTOGRAPHIC IMAGE AND/OR VIDEOGRAPHY:

I hereby grant permission for PRHS Cheerleading to use or publicly display my child's photograph, video image, or audio clip on the district website(s) as well as the PRHS Cheerleading website or social media site without further notice. I also understand that once my student's photograph, video image, or audio clip is published on a web site, it can be downloaded by any computer user, on or off campus. I understand a student's first name may be published along with the student's picture.

Parent Signature (if athlete is under the age of 18)

Date

Personal Skill Sheet

Student Name _____ Grade Level _____ (2023-2024 School Year)

1. Do you have any cheerleading experience?

Please Circle: Yes No If Yes, How many years? _____

2. Circle the following gymnastic skills that you are able to perform proficiently (Meaning you are capable of doing the skill on a competition mat by yourself – Skills on a spring floor will not be considered). If you circle it, you will be asked to demonstrate it for us at tryouts.

Round-off Back Handspring

Standing Back Handspring

Standing Back Tuck

3. List any other advanced tumbling skills at which you are proficient.

4. Which stunting position would you like to be considered for? (Check all that apply) Please state if you have any experience at this position.

Flyer _____ Experience? _____

Base _____ Experience? _____

Back Spot _____ Experience? _____

Front Spot _____ Experience? _____

All Positions _____ Experience? _____

5. Besides cheerleading, dancing, or athletic skills, what qualities or skills could you add to the PRHS cheerleading squad? Why do you want to be a spirit ambassador for Paso Robles High School?

Grades

Please list your current grades as well as provide a printout:

	Subject	Grade
1	_____	_____
2	_____	_____
3	_____	_____
4	_____	_____
5	_____	_____
6	_____	_____

Please initial next to each statement below:

_____ I understand that my grades have an impact on my ability to make and remain eligible on the 2023/24 PRHS Cheer Team.

_____ I understand that if I make the team grades will be checked every 5 weeks and if my grades fall below a 2.0 and I have more than 1 F I will become academically ineligible and will not be permitted to participate in activities until the next grade check.

Student Signature: _____

Parent/Guardian Signature: _____