

# **ELCA Middle School / High School Cheer Clinic / Tryouts**

**Middle School – rising 6<sup>th</sup> graders through rising 8<sup>th</sup> graders**

**High School – rising 9<sup>th</sup> graders through rising 12<sup>th</sup> graders**

**Please sign up in room 307, Monday, March 3<sup>rd</sup> – April 4<sup>th</sup> (DEADLINE)**

**Deadline to sign up is April 4th**

**CLINIC DAYS: Monday, April 14<sup>th</sup> – Tuesday April 15<sup>th</sup> 3:30-6:00**

**Location: Chapel**

**What to wear: Athletic Shorts (example: Nike or Cheer shorts)**

**ABSOLUTELY NO SPANDEX SHORTS/PANTS**

**ELCA T-Shirt**

**Tennis shoes / Cheer shoes (NO Sperry, Hey Dudes or school shoes)**

**NO JEWELRY – please remove all jewelry**

**Nails (FINGERTIP LENGTH) – no long nails – please have your nails ready**

**If you have long nails, you will have to sit on the mat**

**Hair up in a ponytail**

**TRYOUT DAYS: Wednesday, April 16<sup>th</sup> – Middle School 3:30 till finished**

**Location: GYM**

**Thursday, April 17<sup>th</sup> - High School 3:30 till finished**

**Location: Chapel**

**What to wear: BLACK Athletic Shorts**

**ABSOLUTELY NO SPANDEX SHORTS/PANTS**

**Solid White T-Shirt (if you do not have one, please wear a white t-shirt inside out)**

**Tennis shoes / Cheer shoes (NO Sperry, Hey Dudes or School Shoes)**

**PLEASE BE ON TIME and seated on the cheer mat by 3:30**

**NO JEWELRY – please remove all jewelry**

**Nails (FINGERTIP LENGTH) – no long nails – please have your nails ready**

**If you have long nails, you will have to sit on the mat**

**Hair up in a ponytail**

**PLEASE BRING YOUR BEST CHEER SPIRIT AND CHEER SMILE**

**If you have any questions, please email Cynthia Petty (Head Cheer Coach)**

**[Cynthia.petty@eagleslanding.org](mailto:Cynthia.petty@eagleslanding.org)**