



# LCC Cheerleading Tryout Information

- **Clinics:** Monday, May 6th (new gym) and Wednesday, May 8th (old gym) 4-5:30pm. (Athletes must attend at least one clinic but are allowed to attend both if desired. Both clinics may be beneficial to review material)
- **Tryouts:** Saturday, May 11th at 10 am in the LCC old gymnasium. Doors will open at 9:30am for warm ups. (Athletes should arrive no later than 9:45am to make sure they are stretched and ready to begin.)
- Clinics are **IMPORTANT**. A cheer and dance will be taught to all who are trying out. We will also go over all other skills needed for tryouts during this time.
- Tryout Attire: Black shorts, white plain t-shirt, and athletic shoes. Hair needs to be pulled back out of the face and no jewelry (besides stud earrings) allowed. Bow preferred but not required.
- Tryout results will be sent via email Saturday night/Sunday morning to the email listed above.
- Judging criteria
  - Cheer-learned at clinic
  - Dance -learned at clinic
  - Jumps -toe touch, hurdler, pike, double jump
  - Tumbling -standing and running
  - Showmanship/Overall Impression - following tryout attire, enthusiasm, engagement, smile, respectfulness, etc.

If you have any questions, please feel free to email,

[ericka.lcccheer@gmail.com](mailto:ericka.lcccheer@gmail.com)



# LCC Cheerleading Tryout Form

(Form must be filled out and turned in the day of tryouts)

Name \_\_\_\_\_ 2024/2025 Grade \_\_\_\_\_

Email \_\_\_\_\_

Please number the squads that you are trying out for in order of preference. Please remember to put a number next to ALL choices you are able to cheer.

1=First Choice

2= Second Choice

3=Third Choice

4= Fourth Choice

\_\_\_\_\_ Varsity Football (grades 9-12)

\_\_\_\_\_ Varsity Basketball (grades 9-12)

\_\_\_\_\_ JV Football (grades 9-11)

\_\_\_\_\_ JV Basketball (grades 9-11)

\_\_\_\_\_ Jr. High Football (grades 6-8)

\_\_\_\_\_ Jr. High Basketball (grades 6-8)

Do you play other sports during the season you are wanting to cheer?

Yes or No

If answering yes, please write down the sport that you play and how this will work with your commitment to cheerleading practices and games.

\_\_\_\_\_

Please check if interested:

\_\_\_\_\_ I am interested in cheering both Football and Basketball

\*\*If you make a squad and are later unable to cheer due to a conflicting sport, activity, or other reasons, you will not be able to try out for the 2025-2026 year. \*\*

