

Indian Trail HS And Academy



Cheer Tryout Packet

2025-2026

Principal – Mr. Scott Kennow **Athletic Director** – Mr. Nick Meyers

Head Coach – Jalissa Johnson **Head Coach** –Jalayah Johnson

**IN ORDER TO TRYOUT THE FOLLOWING MUST BE
TURNED IN AS NOTED BELOW:**

□ **Paperwork listed below needs to be filled out and turned in to the coaching staff by JUNE 30TH.**

- ✓ Tryout packet Acknowledgement Form
- ✓ Tryout Application
- ✓ Registered With Indian Trail Athletics online (Can start on July 1st)
- ✓ Physical/alternate year card on file

May 2025

Dear Parent(s)/Guardian(s):

Your daughter/son is interested in trying out for the 2025-2026 ITHSA Cheer Teams. If your daughter/son is chosen to represent Indian Trail High School and Academy as a member of our cheerleading program, it will not only be an honor, but also a **MAJOR commitment**. This opportunity comes with great responsibility and **MUST** be fully understood in advance. This packet is designed to provide you with a comprehensive list of policies, procedures, and expectations. It is important to realize that practice, games, and competition schedules are typically set well in advance and should therefore be considered **MANDATORY**. Schedule changes not in control of the cheerleading coaching staff will be made known to athletes and parents as soon as possible.

Becoming a cheerleader requires a substantial financial commitment. In order to offset some of these costs, all athletes will be required to participate in fundraising activities; i.e. Kids Camp, Daddy/Daughter Dance, This is IT Cheer comp, and sponsorships, etc., and any other events deemed necessary for the program. All athletes will be responsible for (not limited to) the purchase of all cheerleading equipment, shoes, gear, choreography, and Nationals.

Please review the requirements listed in this packet with your

daughter/son. Should you agree to make the commitment, please register and complete all required documents online.

Please contact Jalissa and Jaliyah Johnson, at ithawkscheer@gmail.com with any questions. **NOTE:** If your child makes the team, **we will be having our first MANDATORY practice Wednesday, July 16th** time and location TBA. We welcome you to our successful program and hope your son/daughter enjoys this experience as an addition to our cheerleading family!

In order to tryout you must have all tryout paperwork turned in by JUNE 30TH, physicals/alt years cards on file, and registered online for IT athletics Starting JULY 1ST.

2025-2026 Sample Score Sheet Sample

You will be judged on the following material:

- Jumps- **15 points**
- Standing Tumbling- **15 Points**
- Running Tumbling- **15 Points**
- Cheer- **10 Points**
- Dance- **10 Points**
- Crowd Effectiveness- **5 Points**
- Stunting - **20 Points**
- Coed/2 Man Skills- **5 Points**
- Appearance- **5 Points**

• **Total Possible Points= 100**

Appearance- At check in on tryout day, you will be scored on your appearance. Please make sure you are in the proper tryout "uniform" with ALL jewelry out, NO acrylic nails, and fully dressed and ready to go. This should be an easy 5 points!

Jumps- **MUST** show 1 touch touch, 1 hurdler, and a combination of 3 jumps (a double toe touch is 1 jump).

Tumbling Standing: You will only be scored on a back handspring and above (No spots will be given)

Running Standing: Same as standing tumbling, you will only be score back handsprings and above (No spots will be given)

• **Stunting:** You will be required to warm up your basics in front of the judges (Prep, Extension, Lib **Any dismount is acceptable**)

1. **You will then be asked to show 2 skills: a lib w/ heel stretch and another skill of choice. Expert skills should only be showcased if confident and comfortable.**
2. **You will be scored on a full down for your dismount!**
3. **Males will be asked to show a COED skill and females have the opportunity to gain more points by showcasing a coed or 2 man skill (**HIGHLY RECOMMENDED**)**

• **Dance and Cheer:**

- The tryout dance and cheer will be emailed to those who filled out the interest form, in our instagram bio, and posted on our website. For those who attend the open gyms, there will be time to go over the material and make corrections. If you choose not to attend the open gyms, it will be up to you to get yourself prepared. Judges will be looking for clean, tight, and sharp motions; as well as facials, use of diaphragm, spiriting, and rallying.

Sample Tryout Schedule

3:00p- Doors will open and check In will begin. Athletes will be given a number to identify by during their tryout. **PLEASE** remember this number as we will first post your number for the roster.

You may arrive anytime after doors open at 3pm or at least 30 minutes before your tryout slot time.

4:00p-7:30pm- rotations will begin with slot 1. Our last group should be done no later than 7:30pm. After your group finishes trying out, you are free to leave or you can stay and wait for the roster posting.

8:15-8:30- Our 2025-2026 Indian Trail Cheerleading Roster will be posted on the main entrance doors. We will post the roster with names that following day on our Instagram and website!

You may not reach out to the coaching staff to discuss tryout scores and placements for the FIRST 24-Hours. Coach Jalissa will be available by email or phone to go over where improvements can be made, but there will be ABSOLUTELY NO tryout scoresheets sent or shared to athletes and parents.

Tryout Groups: 4 people in each group (a 5th group member must be discussed and approved by the coaches).

Judging Panel & Criteria – A panel of judges, with an extensive cheer background, will be present during tryout day along with the coaching staff. Each judge will score you on a scoresheet worth 100 points per sheet. Scores will be added up and divided by 5 to get a score out of 100. The coaching staff will pull all scores below a 50/100 and place all athletes who scored a 50 or above based on the feedback from the judging panel and what we witnessed during their tryout. We would like to NOT exceed 17 athletes for traditional (plus 3 alternates) and 25 athletes for Gameday (plus 2 Alternates)

**I, _____, have read the tryout packet on Date: _____.
I understand and agree to the terms and what is being asked of
me prior and during the tryout process for the Indian Trail
Cheerleading Program.**

**I, the parent/guardian of the above named student, have also
read the information in the 2025-2026 ITHSA Cheer Tryout
Packet. I give permission for my student to participate in this
tryout. I fully understand that the school and coaches will take
every reasonable precaution to prevent accidents, but that they
will not be responsible if any accident occurs.**

**In case of emergency, please contact _____ at
the following phone number _____**

Sign _____ Date _____