

Indian Trail High School and Academy

Open Gym and Tryout Dates

May 20th	Parent committee Meeting	ITHSA Library @6:00pm
June 3rd + 5th	Open Gym Week 1	Location TBD 4:45PM-6:45PM
June 10th +12th	Open Gym Week 2	Location TBD 4:45PM-6:45PM
June 17th + 19th	Open Gym Week 3	Location TBD 4:45PM-6:45PM
June 24th +26th	Open Gym Week 4	Location TBD 4:45PM-6:45PM
Monday, July 14	Tryout Day (Upper Gym @ITHSA)	Doors open at 3pm Rotations will start at 4pm

*Subject To Change

What to bring!!!!

- Water
- A good attitude
- Energy
- Any tryout required paperwork on specific due dates
 - A healthy snack if needed

What to Wear!!

- Athletic clothing must be worn to all open gyms and tryout dates.
- Cheer shoes or athletic shoes must be worn! **NO** street shoes, flats, sandals, flip flops, swim shoes, heels, boots, house shoes, crocs, socks, etc.
- You must wear a shirt, tank top (wide strap), racerback, etc over sports bras.
- a slightly cropped tank is allowed, but should be no shorter than above the rib cage AND should be paired with higher bottoms.
- Athletic shorts, skirts, or pants should fully cover your behind
- You can wear spandex (nike pros), however running shorts are ideal
- All soffe shorts **MUST** have spandex underneath!!!

TRYOUT DAY

Please arrive with ALL jewelry out, nails short, and hair in a high pony with a bow.

The tryout uniform is as follows:

- Black top *This can be a racer back, tshirt, or a slightly cropped tank. No tank tops or sports bras allowed. Cropped tanks **MUST** have higher shorts to pair with (plain or with IT logos **ONLY**)
- White shorts- Running or soffe (soffe **MUST** have black Nike pros or spandex underneath)
- White socks (crew or ankle)
- White cheer shoes or gym shoes
- **CLEAN** high pony with a white **RIBBON BOW** (no rhinestones or other colors). Side pieces allowed
- Sideline makeup with red lip

QUESTIONS?

Contact the ITHSA Cheer Coaches at
lthawkscheer@gmail.com

We are also happy to answer any questions related to
tryouts on our instagram
@weareitcheer

MANDATORY Choreography Dates!!!!

Blake Lane (Traditional): August 15th-16th

Julie Bagdonas (Gameday): TBD



*** We will not be attending any camps this season.**