



# *Varsity Cheerleading Team*

## *Tryouts 2018*

Summer, 2018

Welcome to the Varsity Cheerleader Team tryouts for the fall of 2018! It is imperative that all candidates be prepared for the upcoming season. All candidates must report to RHS upper field on August 27th. Practices will run from 8:30 AM- 10 AM, attendance will be taken. We will have practice every day. During these practices we will go over the 3 cheers, and a dance routine.

All candidates must have the following:

- 1- Completed registration through Family ID which is available under the HS athletic department website.
- 2- A current physical on file in the nurse's office. This must be on a Roslyn Physical Form. You can upload the form directly to your Family ID account.
- 3-Complete the self-medication form if applicable.
- 4-Valid ImPACT test

All athletes must register through Family ID at least 1 week prior to the first day of practice (August 27<sup>th</sup>). If you have not registered through FamilyID you will be unable to participate.

Please be advised that tryouts for the team will be on August 30<sup>th</sup> and August 31<sup>st</sup>, however all athletes are expected to begin on August 27<sup>th</sup>. The team will be determined by September 1<sup>st</sup>, practices will continue.

Practice Attire:

Shorts (respectable length)/ no jean shorts allowed.

Tank top or t shirt (full length), no bathing suits.

Sneakers (a must)

Suggestions-You should bring a bottle of water to each practice and eat a healthy breakfast before practice!

If you should have any concerns or questions please feel free to contact:

Coach Allen- [kallen@roslynschools.org](mailto:kallen@roslynschools.org) (after August 1<sup>st</sup>)

Lara Gerstman (Team Manager) – [Lgerstman20@roslynschools.org](mailto:Lgerstman20@roslynschools.org)

Thank you.

Coach Allen