

# Owen J. Roberts High School

## *Cheerleading Tryout Checklist*



**Below is a checklist that can be used to prepare for our upcoming tryouts!**

- I have filled out the digital tryout interest form.
- I have attended the mandatory May 9th pre-tryout meeting.
  - Or I reached out to Coach Marli ([mhertzog@ojrsd.net](mailto:mhertzog@ojrsd.net)) if I have a conflict
- I have read the OJR Cheerleading Code-of-Conduct and signed it.
  - I brought it to tryouts on day 1.
- I have read the Tryout Release Form and signed it (*coming soon...*).
  - I brought it to tryouts on day 1.
- OJRHS Athletic Eligibility/Academic Standing Form and signed it.
  - I brought it to tryouts on day 1.
- I have read the tentative dates document and understand the time commitment required if invited to be on the team.
  - I am available for all practices unless otherwise coordinated with the coaches.
  - I am available for all games unless otherwise coordinated with the coaches.
  - I am available for all competitions.
- I have learned the dance **required** to attend day one of tryouts (posted on OJR Cheer's athletic page).
- I have learned the cheer **required** to attend day one of tryouts (posted on OJR Cheer's athletic page).
- I am actively conditioning my body in preparation for tryouts.
  - I have been stretching.
  - I have practiced jumps.
  - I can complete the tryout dance.
  - I can complete the tryout cheer.

*Note: All paperwork can be located under the files section of our website.*