

Patriot High School Tryout Information 2023-2024 SEASON

Thank you for your interest in trying out for the PHS Competition Cheerleading program!
Please read and understand all information before trying out.

The following must be complete BEFORE tryouts:

1. Completed VHSL Physical dated after May 1st, 2023
2. Completed Concussion Training

2023-2024 Tryout Dates:

- Monday (8/14) - Wednesday (8/16): 6:00pm - 9:00pm

Selection of the team will be based on the following:

- Tumbling Skills - standing & running tumbling
- Jumps - Toe touch, pike, and hurdler
- Stunting
- Work ethic, attitude, teamwork, and coachability

What to wear to tryouts?

During tryouts please wear comfortable, length-appropriate shorts and a t-shirt/tank top. Your hair must be pulled back off your shoulders and face. Please wear tennis shoes, non-athletic shoes are not permitted.

Tentative schedule and important dates:

*Practice will be Mondays - Thursdays 6-8pm and Saturdays 9am-12pm.
Practice and event attendance is MANDATORY.*

Date:	Event:
August 18th, 6pm	Parent Meeting
August 26th, 12-8pm	Choreography at <i>Cheer Virginia</i> in Fairfax
October 7th	Competition - Invitational
October 14th	Competition - Invitational
October 19th	Competition - Districts
October 24th	Competition - Regionals