

Traverse City Central High School

Cheerleading Tryouts!



When: Tuesday, August 25th

Time: 3:30pm-6pm

Where: Central High School
Door A

What to bring:

- **FACE MASK!** You cannot tryout without a mask.
- Water and snacks

What to wear:

- TC shirt, Shorts, White socks, White cheer shoes or white tennis shoes if you can, Hair in high pony, and No jewelry



You will be expected to show the following skills:

- Jumps: toe touch, hurkey, hurdler, table top, pike and heal stretch
- Tumbling: cartwheel and round-off
- Cheers: If you know them
- Spirit: Smiles, standing tall and being loud. Perform like you are at a game.



Coach Contact Information:

Phone: 734-619-9743 please include your first and last name if you text me.

Email: lnowak@tbaisd.org