

## Cheerleader Information Form

Name: \_\_\_\_\_

Grade Level (Circle): K, 1st, 2nd, 3rd, 4th, 5th, 6th, 7th, 8th, 9th, 10th, 11th.

Date of Birth: \_\_\_\_\_

Parent/Guardian Name \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Parent Cell # \_\_\_\_\_

Athlete cell # \_\_\_\_\_

Parent Email: \_\_\_\_\_

Athlete Email: \_\_\_\_\_

T-Shirt Size: YL AS AM AL AXL

Cheerleading Experience:

High School:

Number of Years:

Middle School:

Number of Years:

Recreational League:

Number of Years:

All-Star Gym:

Number of Years:

Dance Experience:

Schools:

Number of Years

Gymnastics Experience:

Location:

Number of Years

For Returning PZC Cheerleaders Only: Please list tumbling, stunt, dance, exercise classes or sports that you have participated in the off season (including Quarter Season Teams)

Please indicate the squad you are trying out for:

\_\_\_\_\_ Alternate ( Only want to be an alternate this season )

\_\_\_\_\_ BOTH ( Checking this space means you are okay with making either or )

\_\_\_\_\_ LUX 16 ( Only want to be an LUX 16 Cheerleader

\*\*Please note that Spring cheerleaders are eligible for the LUX 16 . Also, just because you check that you are Okay with just LUX 16 , does not mean that you will definitely make LUX 16 . We STRONGLY recommend beginners try-out for the Spring team or as an alternate .We also STRONGLY recommend that You check BOTH, just in case. If placed as an alternate they can be moved up. Please note that above, if you DO NOT wish to be moved up from an alternate if placed \*\*

Please list all sports, hobbies or interests:

Aside from cheerleading, what other commitments might you have such as music lessons, school band etc. during the cheer season ?

Do you understand that you will be required to attend practices, camps, clinics, expos, and any choreography dates pertinent to the team you make? Yes\_\_\_\_\_ No\_\_\_\_\_

LUX 16 will have only 16 Cheerleaders . Do you understand alternates will be announced on March 3rd? Yes\_\_\_\_\_ No\_\_\_\_\_

Do you understand that an alternate is not necessarily guaranteed a chance to compete and is required to learn all competition material, but that alternates will cheer all events regardless of alternate status? Yes\_\_\_\_\_No\_\_\_\_\_

Do you understand that practices on Tuesdays from 6:30 pm - 8:30 pm and is also considered part of our regular practice days/times? Yes\_\_\_\_\_No\_\_\_\_\_

Do you understand that you will be required to commit to the team, as in any other sport, and show up on time to practices, games and events? Yes\_\_\_\_\_ No\_\_\_\_\_

What is your favorite thing about cheerleading? Why?

### Stunt Experience:

Please be honest with your answers

<i>Position: If you do not have any stunting experience please just put N/A in box</i>	<i>Please mark an X next to every stunt position you are able to execute</i>	<i>For all boxes marked with an X, to the left, rate your strongest skilled position (1) to the weakest (5)</i>
<b>Flyer</b>		
<b>Backspot</b>		
<b>Main Base</b>		
<b>Secondary Base</b>		
<b>Front</b>		

### Gymnastics/Tumbling:

Please answer honestly. In order to check yes for any and all skills, you must be able to perform these skills on a cheer mat not a spring floor.

<b>SKILL</b>	<b>Yes (x)</b> I am able to execute w/o a spot.	<b>Almost (x)</b> I am able to perform with a light spot.	<b>No (x)</b> I am unable to perform this skill.
Cart wheel			
Round Off			
Front/Back Walk Over			
Standing Back Handspring			
Standing Tuck			
Round off Back Handspring (1 or more)			

Roundoff/Back Handspring/ Lay-out			
Round off/Back Handspring/ Full			

Do you currently take tumbling classes? Yes \_\_\_\_\_ No \_\_\_\_\_

Where? \_\_\_\_\_

Instructor's Name \_\_\_\_\_

How Often \_\_\_\_\_ (once a week, twice a month, etc.)

When did you start the class?

Month \_\_\_\_\_ Year \_\_\_\_\_

### Calendar

( How does your schedule look this season ? )

Please be honest with your answers

#### March

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
					1	<b>2</b> TRYOUTS 10AM-2PM
<b>3</b> PLACEMENT DAY !	<b>4</b> PARENT MEETING	<b>5</b> FIRST LUX PRACTICE 6:30-8:30PM	6	7	8	<b>9</b> PZC EVENT or possible lux practice
10	11	<b>12</b> LUX PRACTICE 6:30-8:30PM	13	14	15	<b>16</b> PZC EVENT or possible lux practice
17	18	<b>29</b> LUX PRACTICE 6:30-8:30PM	20	21	22	<b>23</b> PZC EVENT or possible lux practice
<b>24</b> PZC EVENT or possible	25	<b>26</b> LUX PRACTICE 6:30-8:30PM	27	28		

lux practice						
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**April**

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
	1	<b>2</b> LUX PRACTICE 6:30-8:30PM	3	4	5	<b>6</b> PZC EVENT or possible lux practice
<b>7</b> PZC EVENT or possible lux practice	8	<b>9</b> LUX PRACTICE 6:30-8:30PM	10	11	12	<b>13</b> Easter Dinner
<b>14</b> PZC EVENT or possible lux practice	15	<b>16</b> LUX PRACTICE 6:30-8:30PM	17	18	19	<b>20</b> PZC EVENT or possible lux practice
<b>21</b> PZC EVENT or possible lux practice	22	<b>23</b> LUX PRACTICE 6:30-8:30PM	<b>24</b> Snohomish Easter Parade	25	26	<b>27</b> PZC EVENT or possible lux practice
<b>28</b> PZC EVENT or possible lux practice	29	<b>30</b> LUX PRACTICE 6:30-8:30PM	31			

**May**

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
			1	2	3	<b>4</b> PZC EVENT or possible lux practice
<b>5</b> PZC EVENT or possible lux practice	6	<b>7</b> LUX PRACTICE 6:30-8:30PM	8	9	10	<b>11</b> PZC EVENT or possible lux practice
<b>12</b> PZC EVENT or possible lux	13	<b>14</b> LUX PRACTICE 6:30-8:30PM	15	16	<b>17</b> 17th of May Parade	<b>18</b> Health and Fitness Expo

practice						
<b>17</b>	18	<b>19</b> LUX PRACTICE 6:30-8:30PM	20	21	22	<b>23</b> SUMMER CHEER TRYOUTS !
<b>24</b> PLACEMENT DAY!	25	<b>26</b> LAST LUX PRACTICE 6:30-8:30PM	<b>27</b> Memorial Day Parade	28	29	<b>30</b> XTREME LUX 16 TRYOUTS!
<b>31</b> PLACEMENT DAY !						

### Permission to Tryout and Signed Acknowledgement

I, \_\_\_\_\_, attest that the information found in this packet is true and correct to the best of my ability. I have read and understand the rules and policies in the cheerleading handbook and I will commit to the requirements necessary to be a LUX 16 Cheerleader, including maintaining acceptable attendance required by the Head Coach and Directory of the program in order to stay eligible to participate. I understand that being part of serious performance team requires time management, dedication, and hard work and I will demonstrate respect to my community and will represent Pink Zebra Cheer positively in and out of uniform.

Athlete Signature: \_\_\_\_\_

Date: \_\_\_\_\_

I, \_\_\_\_\_, give my son/daughter permission to try out for the Spring LUX 16 performance cheerleading team. I understand that they will be required to participate in all practice and events, during the season. I also understand that they will maintain acceptable attendance required by the Head Coach and Directory of the program for eligibility and that they will be participating in a recognized serious performance team.

Parent/Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_