



2023-2024
TRYOUT INFORMATION
Chino High School Gym
Monday, April 17th – Friday, April 21st
Mon.-Thurs. 4:30PM–7:00 PM
Friday- 4:30PM



Checklist

- ☐ Application Form
- ☐ Proof of Physical (Exam date must be May 1, 2022, or later)
- ☐ 2 Teacher References (attached)
- ☐ Transcripts (please attach **COPY – High School Only**)
- ☐ Progress Report (please attach a **COPY**)
 - 2nd Trimester Report Cards for Jr. High Students
 - 6-week Progress Report from 2nd semester for High School Students
- ☐ \$40 Cash for Registration, T-shirt, & Bow

MANDATORY MEETING
For: Parents & Athletes
When: Wed., April 5th
Where: CHS MPR
Time: 7:30pm

Please double check signatures and attach all required items.

Skills

- Proper stretching
- Splits
- Jump/kick techniques
- Tryout dance
- Tryout cheer
- Crowd Encouragement

Tryout Rules

- ✓ During tryout week, you must wear appropriate clothing. Work-out attire only, such as shorts, leggings, capris, t-shirts, tank tops, & tennis shoes (no jeans, sandals, or anything you are unable to move in).
- ✓ Hair **MUST** be up in a high/low ponytail w/ no fly-away's (very short hairstyles are the exception)
- ✓ Nails **MUST** be short and free of any color.
- ✓ No jewelry of any kind. This includes ALL piercings!
- ✓ No gum chewing, food, or beverages other than WATER OR GATORADE type drinks.
- ✓ Be on time for practice! This means being dressed and ready at practice time. If you are late, it will be noted. Remember, tryouts are all week.

Please contact me with any questions.
Renay_Prescott@chino.k12.ca.us

PLEASE KEEP THIS SHEET FOR YOUR REFERENCE

CHINO HIGH SCHOOL CHEER

2023-2024 Tryout Application

Please print

Full Legal Name:		
Date of Birth:	Email Address:	
Cell #:	Home Address:	
Current Grade Level:	GPA:	(please attach transcript)
Will you be attending summer school? Yes No		Which session? 1 2 both
Parent/Guardian Name:		
Cell #	Email Address:	

Squad (Circle preferred):

Junior Varsity

Varsity Cheer

Proof of Physical

Go to <https://www.athleticclearance.com> to register with our online physical registration system. Follow the directions and choose **Cheer** (NOT Traditional Competitive Cheer) as the activity. Download all forms and have them completed. If you have a physical on file from the 2022-23 school year you still need to register. Please be aware that cheerleading is a physical sport and injuries are to be expected.

Teacher References

Attached are 2 teacher reference sheets. Please provide each of the 2 teachers with an envelope to send the reference forms back to me. Please label the envelopes as follows:

Chino High School
Attn: Renay Prescott

I, _____, have read the 2023-2024 Chino High School Cheer tryout information and understand the requirements needed for tryout participation and team membership. In submitting this application, I consent that the information provided is true and accurate. I accept and understand that the decision of the coaching staff will be final.

Applicant's Signature _____ Date _____

TEACHER REFERENCE FORM FOR 2023-24 TRYOUTS

Applicant Name: _____

Teacher Name: _____

Class Name: _____

On a scale of 1 to 5, with 5 being the highest, please rate the applicant in each of the areas listed below:

_____ Leadership Abilities/Skills

_____ Dependability/Commitment

_____ Ability to get along with others

_____ Ability to accept constructive criticism

_____ Work ethic

_____ Motivation/Willingness to work

_____ Cooperation

_____ Punctuality

_____ Willingness to follow rules and directions

_____ Ability to represent Chino High School (school spirit/appearance/attitude)

Comments: _____

Signature of teacher: _____

Date: _____

Please return the reference sheet in the envelope provided to Renay Prescott @ Chino High School via district mail. Tryouts begin April 17, 2023. Thank you!

TEACHER REFERENCE FORM FOR 2023-24 TRYOUTS

Applicant Name: _____

Teacher Name: _____

Class Name: _____

On a scale of 1 to 5, with 5 being the highest, please rate the applicant in each of the areas listed below:

_____ Leadership Abilities/Skills

_____ Dependability/Commitment

_____ Ability to get along with others

_____ Ability to accept constructive criticism

_____ Work ethic

_____ Motivation/Willingness to work

_____ Cooperation

_____ Punctuality

_____ Willingness to follow rules and directions

_____ Ability to represent Chino High School (school spirit/appearance/attitude)

Comments: _____

Signature of teacher: _____

Date: _____

Please return the reference sheet in the envelope provided to Renay Prescott @ Chino High School via district mail. Tryouts begin April 17th, 2023. Thank you!