

Seabreeze Cheerleading TRYOUT CHECKLIST

- New edition of the FHSAA Physical (2 sides) and Consent & Release of Liability Form (2 sides) – available online at www.seabreezehigh.org under Athletics – Athletic Forms or at the main office or outside the Athletic Directors office.

- a. You must have a current physical on file with the school at all times.
- b. All current & incoming SEABREEZE High School students must get a physical by May 7th ALL pages must be complete, including insurance information!

- Return “Application for Cheerleading Tryouts”
- Return a copy of your latest report card
- Turn all this in to Coach Garcia on or before May 7th YOU WILL NOT BE ALLOWED TO ENTER TRYOUTS MONDAY if your REQUIRED PAPERWORK was not turned in by Friday!**

- Please report to the track at SHS on Friday, May 7th - current SHS students will report by 3:15pm, Middle school students report by 4:15pm. This should take about one hour so parents are free to stay on Friday only. Tryout Numbers will be assigned and must be worn all week.
- Girls will be required to run 1 mile in 15 minutes, 25 push-ups in one minute and 25 sit-ups in one minute and bring in all required paperwork by Friday, May 7th to be able to attend the clinic on Monday.
- Tryout Clinic will then run May 10th & 11th (6:00 pm to 8:00 pm)
- Tryout day will be Wednesday May 12th beginning at 5:00 pm.

Hints for TRYOUT WEEK:

- 🔊 Clinics and Tryouts begin at 6:00 PM SHARP
- 🔊 Arrive early (already dressed) and be ready and motivated.
- 🔊 Wear comfortable, form-fitting shorts and tops with your tryout number on, athletic shoes WITH socks,
- 🔊 NO JEWELRY, hair in ponytail (no hair in face at all). No fake nails!
- 🔊 You will be assessed all week on things like punctuality, preparedness (this means you are appropriately dressed, where you need to be, and ready to be given instruction... on time), appearance, attitude, cooperation, and motivation.
- 🔊 If you **have conflicting school activities** during tryout week please contact Coach Garcia at kgarciarn@cfl.rr.com or (386) 295-9758.

GOOD LUCK GIRLS!!!!