

2024-2025 FOHI Cheer Tryout Information

Dear Applicant,

We are looking forward to the 2024-2025 season and welcoming both new and returning members to the FOHI Cheer Program! Tryout time is exciting, and we need support from both parents and students to ensure tryouts are safe and productive. Please pay special attention to this tryout packet and the enclosed deadlines to apply.

Our goal is to develop athletes to become productive and respectful individuals in society by utilizing, teamwork, sportsmanship, physical development, socialization skills, and critical thinking in a safe environment.

To be effective members of a team, cheerleaders must develop time management skills needed to excel in cheer and academics. Each member of the squad depends fully on the participation of all team members to achieve our goals. A practice schedule will be provided in advance to help plan your other commitments.

You will be trying out for SIDELINE CHEER. Sideline members are committing to practices pertaining to sideline and cheering AT ALL games for their level (JV or VARISTY) and will help coordinate and attend Senior game nights.

Only those who make the Sideline Squad will be able to later tryout for the Competition Squad.

Please fully discuss these considerations with the adults in your life, evaluate your priorities, and if you consent please complete the required paperwork and turn it in by the deadline. You must check in prior to the clinic and will not be able to participate without a completed application packet and athletic clearance (physical).

Thank you for your interest in the FOHI Cheer program, we wish you the best of luck to those who tryout!

Excited!

Mrs. Elias
Head Cheer Coach
Fontana High School
@fohicheerleading

2024-2025 FOHI Cheer Clinic and Tryout Information

Please wear a sports bra under your shirt and cheer briefs/ spansks under your shorts

CLINIC:

- Fitted shirt (No tank tops)
 - Black VARSITY
 - Whit JV
- Plain black shorts
- White no-show socks
- White athletic shoes (no vans, converse, etc)
- Hair must be in high slicked back ponytail (no bangs)
- Please bring plenty of water

DO NOT WEAR:

- Jewelry of ANY KIND
- Denim
- All piercings must be removed including belly, nose, and ear and cannot be covered with a bandage.

Tryouts:

- PLAIN Fitted shirt (No tank tops)
 - Black VARSITY
 - White JV
- Plain black shorts
- White no-show socks
- White athletic shoes (no converse, vans, etc.)
- Hair must be in a high slicked back ponytail (no bangs)

TRYOUT WEEK SCHEDULE

April 10th- 13th 2024: Please arrive 15 minutes early for check-in WITH 5 STAR- we begin promptly at scheduled times.

Session 1- Clinic for all participants: Wednesday April 10th 2:15- 5:00(in the Quad)

- Learn Tryout Dance

Session 2- Clinic for all participants: Thursday April 11th 3:45- 6:00 (in the Quad)

- Practice Sideline Cheers and Jumps

Session 3- Clinic for all participants: Friday April 12th 3:45- 6:00 (in the Quad)

- Practice Sideline Cheers, Jumps, Dance (stations)

Session 4- Tryouts: Saturday April 13th 7:00am- 1:00pm (Big Gym) staging and check-in in J101

- You will perform cheers, dance, toe touch, and one jump of choice

WHAT TO EXPECT NEXT:

You must attend all 3 days of clinic.

Your tryout time will be emailed to you Friday Night.

Be 15 min early Saturday morning for your tryout time.

Wear proper attire.

You may leave after.

2024-2025 Squad will be posted on @fohicheerleading SUNDAY MORNING.

FORM APPLICATION

CHEER TRYOUT Application FORM



<https://forms.office.com/r/sTUAuPr30E>

CHEER TRYOUT APPLICATION COVER PAGE

#	<u>Required</u>	<u>Check when complete</u>
1	Tryout Digital FORM	
2	PHYSICAL COMPLETE AND SUBMITTED	
3	Electronic Clearance Submitted	
4	Commitment Contract	
5	CURRENT PHOTO 4x6	
6	Teacher Recommendation (1 from each teacher on your schedule is required *form is included in packet*and in TEAMS	
7	Current grade print out	

FOHI 2024-2025 CHEER SQUAD COMMITMENT CONTRACT

As a prospective member of the FOHI Cheer program, it is vital for a successful squad to have full commitment from each of its members. This will be the expectation of the team.

Extra- curricular activities, teams, clubs, groups, jobs, etc. cannot interfere with your commitment to the Cheer program.

Attendance and participation are required at all assigned practices, events, activities, and fundraisers. The only excused absences are for extreme illness or personal situations that are out of one's personal control.

If a prospective member does not feel that they can fully participate and give full commitment, it is recommended that the individual not tryout for the team.

By signing below you are acknowledging that if you are selected as part of the Fontana High School Cheer program and your attendance/ participation fall below what is expected and acceptable, you will be removed from the squad and all donations will be forfeited.

I HAVE READ THE ABOVE AND UNDERSTAND THE ABOVE:

Student name printed: _____

Student Signature: _____ Date: _____

Guardian name printed: _____

Guardian Signature: _____ Date: _____

TEACHER RECOMMENDATIONS

You will need **EACH** of the teachers on your current schedule to complete and submit a recommendation
by: **APRIL 9th** at 4pm.

***** Link is also available in the FOHI Faculty and Staff General Channel**

FOHI 2024-2025 CHEER TEACHER
RECOMMENDATION

