

# HHS Cheer Tryouts for Fall 2025!

**May 12th-15th 4:00-6:00PM**

Welcome to HHS cheerleading tryouts! We are so excited to begin our Fall 2025 season with you! In this packet you will find important information regarding MANDATORY HHS health office forms and registration forms.

Optional Open Mat days to practice anything before tryouts:

- 4/30: 3:30-5
- 5/1: 3:30-5

## Cheerleading Tryout Information

**WHERE TO MEET:** HHS Commons 4:00 sharp, dressed and ready!

### WHAT TO WEAR:

Tryout Day 1,2,3 (May 12,13,14)	Final Evaluation Day (Thursday, May 15th)
<ul style="list-style-type: none"><li>● Wear school colors or any Raider apparel</li><li>● T-shirt/Tank should be fitted -NO CUT SHIRTS!</li><li>● Shorts</li><li>● Cheer Sneakers (If You Have) / Athletic Sneakers (If Not)</li><li>● Ribbon/Cheer Bow</li><li>● Sports Bra and white socks</li></ul>	<ul style="list-style-type: none"><li>● Colors to wear: <b>black shirt and black shorts</b></li><li>● T-shirt/Tank should be fitted -NO CUT SHIRTS!</li><li>● Shorts</li><li>● Cheer Sneakers (If You Have) / Athletic Sneakers (If Not)</li><li>● Ribbon/Cheer Bow</li><li>● Sports Bra and white socks</li></ul>

**NOTE:** Make sure you do not have long fingernails or jewelry! Hair should be neatly pulled back away from face.

### HEALTH OFFICE FORMS & REGISTER ON GENESIS

Please call the HHS health office with any additional information regarding physicals.

SPORT	TRYOUT START DATE	PHYSICAL CANNOT BE OLDER THAN	NEED 90 DAY FORM IF PHYSICAL BEFORE	MANDATORY PAPERWORK DUE
Cheerleading	05/12/2025	05/13/2024	02/11/2025	04/28/2025

### IMPACT TESTING

- ***Due the week before tryouts.*** Please complete before May 12. (information on next page)

## **ImPACT TRAINING TEST INFORMATION AND DIRECTIONS**

### **What is the ImPACT test:**

The ImPACT test is an online computer test used to test different aspects of brain function. This test is set up to record a baseline score of cognitive function in order to be used as a tool in the return to play process if an athlete sustains a concussion. It does not diagnose a concussion.

### **Who needs to test?:**

All incoming Freshmen, returning Juniors, all transfers, and any athlete who has not taken the test before (this could include Sophomores and Seniors), must take this test to establish their baseline on IMPACT before being eligible for practice.

**When do you need to complete this test?:** All athletes must complete their testing **before your first tryout.**

### **Here are the directions:**

Athletes, when using your chromebooks, do not use VMWare when you log in. This program causes the test to run slowly and may cause you to have to retake the test.

Go to: [www.impacttestonline.com/schools](http://www.impacttestonline.com/schools)

- there will be a box for you to enter the customer code
- enter the code FDB59F2F24 and click **"Validate"**
- **\*\*if you copy and paste the above code, please make sure there is no space at the end of the code. You will not be able to click the "validate" button if there is a space\*\***
- **"Hillsborough High School"** should appear under the code box
- click **"Launch Baseline Test"** and your test will begin

### **Please follow all of the directions and fill in the drop down boxes.**

There will be a screen that appears after some initial demographics that will ask you to "skip additional demographics" or "enter additional demographics". **Please click "enter additional demographics" and there will be a section that will ask you what sport you play.** Please choose the sport in which you intend to participate in for the fall season. **\*\*NOTE: If you forget to do this section, please DO NOT take a whole new test just to enter your sport – we have a limited number of tests and taking multiple tests could exceed our limit.\*\***

Make sure that you complete the test so you do not have to retake it. There will be a screen at the end of the test stating that you have completed the test and will give you options to print or email your results. Please email a receipt to yourself so you have a copy of your Passport ID – this can be helpful to us if for some reason we have trouble looking up your test by name.

Please take your time, read the directions thoroughly, set yourself free from any distractions (ie: phones, television, video games, music, people who may cause distraction, etc.) and do your best on this test as your results are part of our return to play protocol should you sustain a concussion.

Low scores cause the test to be marked as "invalid" and you will have to retake the test. You must have a "valid" test score in order to begin participating in practice. **After completing your test, please do not email the athletic trainers directly to know if your test is valid. If you do not hear from one of us or your coach, assume all is well with your test scores. You will be notified directly if further action is required.**

# TRYOUT SCORING

## JUMPS

- The following 2 of 4 jumps will be scored: Toe Touch, Double Toe Touch, Herkie, and Pike.
- You must do a toe touch and then choose a second jump to show. We will be scoring you on:
  - The height of your jump
  - The placement of your arms
  - Whether or not your toes are pointed
  - The flexibility and position of your legs

## GYMNASTICS(TUMBLING)

- You will be scored on standing gymnastics, as well as your running tumbling. Keep in mind that you will be cheering at football games down on the track, so we expect to see all tumbling on the track as well.
- BHS or ROBHS is required to make a varsity position. Exceptions: seniors who have been in the program for 3+ consecutive years or your stunting position is needed.

## CHEER & DANCE

- A short cheer and a dance (4 eight counts) **will be emailed the week before tryouts.** We will be scoring you on:
  - Knowledge and precision
  - Facials and personality
  - Sharpness/ motion placement
  - Voice

## STUNTING

- We have 4 stunt positions: back spot, flyer, main base, and side base. You will be scored based on the highest COMPLETED stunt level from the following levels: Prep, extension, liberty, tik-tok, inversion, low to high, high to high. Pop-off and cradles will be accounted for.
- For your formal evaluation you may try out with your group of choice. If you have trouble finding a group, then we will assign one for you. Some groups may need to borrow people to fill in, so some of you may tryout with your original group and then help ONE other group.

# After Tryouts

- Results will be emailed to you. Please write back to accept or decline your position on the team.
- There will be an information meeting the following week via google meet. You will be given all information about upcoming practices then.
- Mandatory Camp dates: August 20th-23rd

If you have any questions or concerns regarding the tryout please email

Also: we will update our website with dances and cheers! Check out:  
<https://hillsboroughcheerleading.org/>

**Coach Schurick: [sschurick@https.us](mailto:sschurick@https.us) or Coach Rebelo: [arebelo@https.us](mailto:arebelo@https.us)**