

Cheerleading Information Sheet



*******IMPORTANT*******

You **must have a physical and completed baseline concussion test** in order to practice and try-out for cheerleading. See the back of this sheet for more information. Your completed physical form must be **cleared** by the high school nurse **before the first day of practice****

****Please check your Penn Trafford email account in the coming weeks for important tryout information.**

Practice Schedule for Tryouts

****ALL Practices are MANDATORY and must be attended in order to try-out for cheerleading.****

****ALL practices will be held at the Harrison Park Elementary School. Students will need to find their own means of transportation****

TUESDAY (May 8): 4:30 – 6:00 – This will begin the practice for try-outs. Proper dress is required for the remaining practices.

WEDNESDAY (May 9): 4:30 – 6:00 – Practice

THURSDAY (May 10): 4:30 – 6:00 – Practice

FRIDAY (May 11): TRY-OUTS High School: Report at 4:00, try-outs to begin approximately at 4:30.

Sports Physical

Any student that would like to participate in cheerleading tryouts need to have a completed sports physical turned in to their school nurse two weeks prior to the start of the practices. Failure to do so could result in your child not being eligible to participate in the practices and tryouts for cheerleading.

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If this is their first sport of the 2017-2018 school year, they need to submit a completed Athletic packet (CIPPE) including Physician Physical.

If they have submitted an athletic physical and participated with another sport during 2017-2018 they do not need to submit a new athletic packet and physical. If they were not injured, they need to submit a Section 7 form. If they were injured, they need a Section 7 & 8 form.

Baseline Concussion Test(SAC)

A SAC test is a base line concussion test that the athletic training department can administer for free. To schedule a SAC test, you can call the Athletic Training office at 724-744-0580 and schedule a time to get that done. If you call, leave a message with the students name that needs the SAC Test. The best time to get this done is after school until 3:45 because they have games that start at 4:00 pm most days. The test only takes about 4 minutes to complete.