

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 next page for more information. Your completed physical form must be **cleared** by the **high school nurse before the first day of practice**** Please check your family id account to see what you need to be cleared for tryouts.

****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 Harrison Park Elementary School.**

TUESDAY May 8: 4:30–6:00 — We will begin with an information session and move right into the first practice. Important try-out information will be discussed along with the agenda for the remaining practices. You must come dressed to practice for tryouts. Proper dress is required (shorts/sweat pants, t-shirt, socks, tennis shoes, NO jewelry).

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

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

**FRIDAY May 11: TRY-OUTS: Report to Harrison Park at 4:15
Try-outs to begin approximately at 4:30.**

*****Due to the schedule and supervision there WILL NOT be an activity bus to provide transportation to Harrison Park. All athletes are responsible for their own transportation to and from tryouts.**

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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.

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.