

# FALL SPORTS TRYOUT INFORMATION

All sports must have the following completed before any participation!

1. [Final Forms](#)
2. NCHSAA Physical Must be on this [form](#)
3. You can upload your completed physical into Final Forms! This speeds up the clearing process.

## FOOTBALL - 6th GRADERS ARE **NOT** ELIGIBLE FOR FOOTBALL

<a href="#">Football Interest Link</a>	Football Tryouts	Football Tryout Needs
<p>You must be enrolled in Final Forms and have a valid NCHSAA athletic physical uploaded into final forms.</p>	<p>You must be enrolled in Final Forms and have a valid NCHSAA athletic physical. You must have completed all forms in final forms, PARENTS AND STUDENTS!</p>	<p>Always wear shorts and t-shirts to tryouts. Bring cleats and tennis shoes (no crocs) EVERYDAY!</p>
<p><b>Link to Football Interest Form</b></p> <p>In order to be eligible for football you must be in 7th or 8th grade. You must have been in attendance for 85% of the previous semester (12.5 days) and pass 3 out of 4 core classes.</p> <p>The state is looking to update academic eligibility to passing 70% of classes. This means passing 5 out of 6 classes (electives included). This has not gone into effect yet, but it is possible for the 24-25 school year.</p>	<p><b>Dates:</b>  <b>July 29th</b>  <b>July 30th</b>  <b>July 31st</b>  <b>August 1st (if needed)</b></p> <p><b>You must be at all tryouts to be fairly evaluated!</b></p> <p><b>All times will be 5:30-8:00pm</b></p> <p>You will check in at the main entrance of the gymnasium.</p>	<p>You will also need to bring your own water bottle. We will have water to fill your own bottle up.</p> <p>And you <b>MUST</b> have final forms completed and have an updated physical uploaded to final forms!</p>

<a href="#">Softball Interest Link</a>	Softball Tryouts	Softball Tryout Needs
<p>You must be enrolled in Final Forms and have a valid NCHSAA athletic physical uploaded into final forms.</p>	<p>You must be enrolled in Final Forms and have a valid NCHSAA athletic physical. You must have completed all forms in final forms, PARENTS AND STUDENTS!</p>	<p>Always wear shorts/sliding pants and t-shirts to tryouts. Bring cleats and tennis shoes (no crocs), and softball glove. EVERYDAY!</p>
<p>All grade levels are eligible for softball. Rising 7th and 8th graders are academically eligible if they have passed 3 out of 4 core classes the previous semester and been in attendance for 85% of the previous semester (12.5 days).</p> <p>The state is looking to update academic eligibility to passing 70% of classes. This means passing 5 out of 6 classes (electives included). This has not gone into effect yet, but it is possible for the 24-25 school year.</p>	<p><b>Dates:</b>  <b>July 29th</b>  <b>July 30th</b>  <b>July 31st</b></p> <p><b>You must be at all tryouts to be fairly evaluated!</b></p> <p><b>All times will be 5:30-8:00pm</b></p> <p>You will check in at the main entrance of the gymnasium.</p>	<p>You will also need to bring your own water bottle. We will have water to fill your own bottle up.</p> <p>And you <b>MUST</b> have final forms completed and have an updated physical uploaded to final forms!</p>

<a href="#"><u>XC Interest Link</u></a>	XC Tryouts	XC Tryout Needs
<p>You must be enrolled in Final Forms and have a valid NCHSAA athletic physical uploaded into final forms.</p>	<p>You must be enrolled in Final Forms and have a valid NCHSAA athletic physical. You must have completed all forms in final forms, PARENTS AND STUDENTS!</p>	<p>Always wear shorts/ t-shirts to tryouts. Bring appropriate shoes (no crocs) EVERYDAY!</p>
<p>All grade levels are eligible for XC. There will be two teams (boys and girls). Rising 7th and 8th graders are academically eligible if they have passed 3 out of 4 core classes the previous semester and been in attendance for 85% of the previous semester (12.5 days).</p> <p>The state is looking to update academic eligibility to passing 70% of classes. This means passing 5 out of 6 classes (electives included). This has not gone into effect yet, but it is possible for the 24-25 school year.</p>	<p><b>July 30th</b>  <b>July 31st</b>  <b>August 1st (if needed because of weather only)</b></p> <p><b>You must be at both tryouts!</b></p> <p><b>Tryouts are from 5:30-7:00</b></p> <p>You will check in at the main entrance of the gymnasium.</p>	<p>You will also need to bring your own water bottle. We will have water to fill your own bottle up.</p> <p>And you <b>MUST</b> have final forms completed and have an updated physical uploaded to final forms!</p>

<a href="#"><u>Tennis Interest Link</u></a>	Tennis Tryouts	Tennis Tryout Needs
<p>You must be enrolled in Final Forms and have a valid NCHSAA athletic physical uploaded into final forms.</p>	<p>You must be enrolled in Final Forms and have a valid NCHSAA athletic physical. You must have completed all forms in final forms, PARENTS AND STUDENTS!</p>	<p>Always wear shorts (with pockets)/ t-shirts to tryouts. Bring appropriate shoes (no crocs). You must bring your own racket to tryouts! EVERYDAY!</p>
<p>All grade levels are eligible for tennis. There will be two teams (boys and girls). Rising 7th and 8th graders are academically eligible if they have passed 3 out of 4 core classes the previous semester and been in attendance for 85% of the previous semester (12.5 days).</p> <p>The state is looking to update academic eligibility to passing 70% of classes. This means passing 5 out of 6 classes (electives included). This has not gone into effect yet, but it is possible for the 24-25 school year.</p>	<p><b>July 30th</b> <b>July 31st</b> <b>August 1st</b></p> <p><b>Girls will go first from 5:30-6:45 (check in at the gym at 5:30)</b></p> <p><b>Boys will go second from 6:30-7:45 (check in at the gym at 6:30)</b></p> <p><b>You must be at all tryouts to be fairly evaluated!</b></p> <p>You will check in at the main entrance of the gymnasium.</p>	<p>You will also need to bring your own water bottle. We will have water to fill your own bottle up.</p> <p>And you <b>MUST</b> have final forms completed and have an updated physical uploaded to final forms!</p>

<a href="#">Cheer Interest Link</a>	Cheer Tryouts	Cheer Tryout Needs
<p>You must be enrolled in Final Forms and have a valid NCHSAA athletic physical</p>	<p>You must be enrolled in Final Forms and have a valid NCHSAA athletic physical. You must have completed all forms in final forms, PARENTS AND STUDENTS!</p>	<p>Always wear shorts/ t-shirts to tryouts. Bring appropriate shoes. (no crocs) EVERYDAY! Do not wear any jewelry</p>
<p>All grade levels are eligible for Cheer. There will be one team in the fall. For winter cheer there will be a JV and Varsity team. Rising 7th and 8th graders are academically eligible if they have passed 3 out of 4 core classes the previous semester and been in attendance for 85% of the previous semester (12.5 days).</p> <p>The state is looking to update academic eligibility to passing 70% of classes. This means passing 5 out of 6 classes (electives included). This has not gone into effect yet, but it is possible for the 24-25 school year.</p>	<p><b>July 29th</b> <b>July 30th</b> <b>July 31st</b></p> <p><b>Tryouts will be from 3-5.</b></p> <p><b>You must be at all tryouts to be fairly evaluated!</b></p> <p><b>Important! If you plan on cheering you are committing only to cheer for the fall and winter season. You will NOT be able to try out for any other fall sport or winter sport (basketball or wrestling). You will be able to try out for sports in the spring season.</b></p> <p>You will check in at the main entrance of the gymnasium.</p>	<p>You will also need to bring your own water bottle. We will have water to fill your own bottle up.</p> <p>And you <b>MUST</b> have final forms completed and have an updated physical uploaded to final forms!</p>