



LHS Cheerleading

2025-2026 Tryouts

Monday - Friday, April 28th-May 2nd, 2025

Monday-Thursday: MJ gym, Friday evaluations: MJ gym

Eligibility:

For current high school students:

A student who is registered for 4 classes	A student who is only registered for 3 classes
<ul style="list-style-type: none">• Must pass 3 out of 4 classes• Must have a 70 average or a 2.0 GPA• On schedule to graduate with his/her class• Must not exceed NCHSAA attendance policy- 13 days (52 blocks, does not matter whether it is excused or unexcused)	<ul style="list-style-type: none">• Must pass all 3 classes• Must have a 70 average or a 2.0 GPA• On schedule to graduate with his/her class• Must not exceed NCHSAA attendance policy- 13 days (52 blocks, does not matter whether it is excused or unexcused)
<p>The "Senior Year" Exception</p> <p>The only time that a student-athlete can register for less than 3 classes is in the Spring semester of their Senior year.</p>	

For rising 9th grade students (currently in middle school):

- Must be in good academic standing and anticipate being promoted from 8th grade

Tryout Information:

★ Participation all five days is highly recommended

- If you must miss any day, you will not be penalized, but please let us know
- If you must arrive late due to school dismissal times, you will not be penalized

★ All tryout days & evaluations are closed to non-participants

★ Required Forms:

- APPROVED physical in DragonFly
 - If you have uploaded your physical and are waiting for it to be approved, please reach out to let us know
- COMPLETED [Cheer Application](#)

★ Attire:

- Athletic gear, athletic shoes (flyers will need cheer shoes Mon-Thurs)
- Friday Evaluations:
 - The attire should be in school colors (blue and gold) OR white, black, or grey.
 - NO cheer shoes on Friday
 - NO clothing or accessories with “Cheer” or any indication you have previously cheered at Laney or elsewhere will be permitted
 - No Spandex/Nike Pros/etc.

★ Schedule: (subject to change)

- Monday: Motions, Jumps, Dance, Sideline
- Tuesday: Motions, Jumps, Review Material, Cheer, Stunts
- Wednesday: Motions, Jumps, Review Material, Stunts
- Thursday: Motions, Jumps, Review Material, Stunts

- **Friday: Evaluations will begin at 4, and participants can leave as soon as their group has been evaluated. Notifications will be sent later to those who made either squad.**

- **Athletes will be evaluated on the following criteria:**

- **Spirit**
- **Dance performance**
- **Cheer performance**
- **Sideline performance**
- **Double toe touch**
- **Jump of choice**
- **Tumbling skills (all tumbling skills should be mastered before tryouts; instructions and spotting are not provided)**

If you have any questions, please feel free to contact us!

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