



2020-2021 YCHS Fall Sideline Cheer

Thank you for your interest on becoming a Fall Sideline Cheerleader for your Yuba City Honkers!

Please see the information below on how to be athletically cleared to tryout for the 2020-2021 Fall Sideline Cheer team:

- You must complete a sports physical by **Friday, May 22nd**
 - This can be done by your primary physician or a chiropractor
 - A physical form can be found on the YCHS Fall Sideline Cheerleading Tryouts Information page. It is the link titled: ***Athletic Clearance Forms and Instructions***
- You must complete the online athletic clearance for the 2020-2021 season by **Friday, May 22nd**
 - The link to the online athletic clearance can be found on the YCHS Fall Sideline Cheerleading Tryouts Information page It is the link titled: ***Online Athletic Clearance Website Link***
 - When selecting the sport on the online athletic clearance, please select **Traditional Competitive Cheer**
- You will need to upload the physical to your online athletic clearance account
- Please print and sign the registration confirmation page and email it to manderson@ycusd.org
 - This form is needed in order to receive a **CLEARED** status
- Once you have completed the sports physical, uploaded the physical, and completed the online athletic clearance, you will receive an email a day or two after completing everything stating you are **CLEARED**.
- Once cleared, you will be able to submit your tryout video to our cheer coaches
- If you are not cleared by the video submission date, your video will not be reviewed by our cheer coaches and you will not be eligible to make the fall sideline cheer team

Video Tryout Information

There are 6 videos that you must watch, learn, and perform. Two of the videos are for the dance. One video is a front view of the dance and the other video is a back view of the



dance. You will send a video of yourself performing each of the items learned from the videos by **Wednesday, May 27, 2020**. Please see the details below:

- Please wear a white tank or t-shirt and black shorts
- Please have your hair pulled back
- At the beginning of the video, please state:
 - Your first and last name
 - Your student ID # (if you don't have a student ID #, please just state your first and last name)
 - What grade you will be in when you start school in the fall
 - *Please make sure you are loud and clear when speaking 😊*
- The videos you must watch, learn, and submit are:
 - Cheer Chant
 - Cheer Jump 1
 - Cheer Jump 2
 - Cheer Jump 3
 - Sideline Cheer
 - Cheer Dance
- Your tryout video must be submitted to Coach Kayleigh by **Wednesday, May 27, 2020**
 - You will email Coach Kayleigh your tryout video. Contact information is below.
- Teams will be chosen and posted on the YCHS Fall Sideline Cheerleading Tryouts Information page by 7 PM on Friday, May 29, 2020 by Student ID #
- If you have any questions, please reach out to Coach Kayleigh
- Good luck everyone!

Instagram: Check out YCHS Cheer on Instagram at ychs_cheerleading for the tryout information and tryout videos!

YCHS Athletics Website: Check out the YCHS Athletics Website for tryout information, tryout videos, and team results!

Contact Information: Coach Kayleigh Falcone-Collins

- Email: kayleighfalcone21@gmail.com