

# SOPHOMORE

NAME: \_\_\_\_\_

TEAM CHOICE:  
F/S    JV    VAR

Please attach current HEADSHOT here.  
picture should look like YOU will during try-outs

Due May 17th:

- This card
- Current Grade Check
- Signed Responsibilities Contract

attendance	Jumps	Motions	Comments	C
5/2				EXP
5/3				
5/4				
5/5				
Interview				

For Coach's use only.  
Please leave blank

Position: Top Main 2<sup>nd</sup> Back  
Tumbling Skills: Standing: \_\_\_\_\_  
Running: \_\_\_\_\_

Flexibility Jumps  Strength:  Sidelines:  Fight Song:

PERSONAL STATEMENT: What does being a cheerleader mean to you? Why would you be an outstanding cheerleader at Rocklin High School? (100 words or less- Use space on the back of this card)

# SOPHOMORE

NAME: \_\_\_\_\_

TEAM CHOICE:  
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attendance	Jumps	Motions	Comments	C
5/2				EXP
5/3				
5/4				
5/5				
Interview				

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Position: Top Main 2<sup>nd</sup> Back  
Tumbling Skills: Standing: \_\_\_\_\_  
Running: \_\_\_\_\_

Flexibility Jumps  Strength:  Sidelines:  Fight Song:

PERSONAL STATEMENT: What does being a cheerleader mean to you? Why would you be an outstanding cheerleader at Rocklin High School? (100 words or less- Use space on the back of this card)

PERSONAL STATEMENT:

**MEDICAL RELEASE**

I certify that my child is physically capable to meet the demands of trying out for RHS Cheer. I also acknowledge that cheerleading could be dangerous and agree to provide proof of insurance below. I release Rocklin High School and the Rocklin Unified School District and its employees from liability for any injury incurred during the try outs.

In the event of an emergency occurring during the try-out process, I grant the school and its employees permission to take whatever action necessary. In the event that I cannot be reached, I hereby authorize Rocklin High School and/or its employees to give consent for my child to receive medical treatment.

\_\_\_\_\_  
Parent signature

\_\_\_\_\_  
date

\_\_\_\_\_  
phone (during try-outs)

\_\_\_\_\_  
Insurance Company

\_\_\_\_\_  
Policy number

Please list any condition that may affect your child during try-outs. (Asthma, allergy, diabetes...)

PERSONAL STATEMENT:

**MEDICAL RELEASE**

I certify that my child is physically capable to meet the demands of trying out for RHS Cheer. I also acknowledge that cheerleading could be dangerous and agree to provide proof of insurance below. I release Rocklin High School and the Rocklin Unified School District and its employees from liability for any injury incurred during the try outs.

In the event of an emergency occurring during the try-out process, I grant the school and its employees permission to take whatever action necessary. In the event that I cannot be reached, I hereby authorize Rocklin High School and/or its employees to give consent for my child to receive medical treatment.

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Parent signature

\_\_\_\_\_  
date

\_\_\_\_\_  
phone (during try-outs)

\_\_\_\_\_  
Insurance Company

\_\_\_\_\_  
Policy number

Please list any condition that may affect your child during try-outs. (Asthma, allergy, diabetes...)

# SENIOR

NAME: \_\_\_\_\_

Please attach current HEADSHOT here.  
picture should look like YOU will during try-outs

Due May 17th:

- This card
- Current Grade Check
- Signed Responsibilities Contract
- Register ONLINE

attendance	Jumps	Motions	Comments
5/2			
5/3			
5/4			
5/5			
Interview			

EXP

For Coach's use only.  
 Please leave blank

Position: Top Main 2<sup>nd</sup> Back  
 Tumbling Skills: Standing: \_\_\_\_\_  
 Running: \_\_\_\_\_

Flexibility Jumps  Strength:  Sidelines:  Fight Song:

PERSONAL STATEMENT: What does being a cheerleader mean to you? Why would you be an outstanding cheerleader at Rocklin High School? (100 words or less- Use space on the back of this card)

# SENIOR

NAME: \_\_\_\_\_

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Due May 17th:

- This card
- Current Grade Check
- Signed Responsibilities Contract

attendance	Jumps	Motions	Comments
5/2			
5/3			
5/4			
5/5			
Interview			

EXP

For Coach's use only.  
 Please leave blank

Position: Top Main 2<sup>nd</sup> Back  
 Tumbling Skills: Standing: \_\_\_\_\_  
 Running: \_\_\_\_\_

Flexibility Jumps  Strength:  Sidelines:  Fight Song:

PERSONAL STATEMENT: What does being a cheerleader mean to you? Why would you be an outstanding cheerleader at Rocklin High School? (100 words or less- Use space on the back of this card)

# JUNIOR

NAME: \_\_\_\_\_

TEAM CHOICE:  
JV VAR

Please attach current HEADSHOT here.  
picture should look like YOU will during try-outs

Due May 17th:

- This card
- Current Grade Check
- Signed Responsibilities Contract

attendance	Jumps	Motions	Comments
5/2			
5/3			
5/4			
5/5			
Interview			

EXP

For Coach's use only.  
Please leave blank

Position: Top Main 2<sup>nd</sup> Back  
Tumbling Skills: Standing: \_\_\_\_\_  
Running: \_\_\_\_\_

Flexibility Jumps  Strength:  Sidelines:  Fight Song:

PERSONAL STATEMENT: What does being a cheerleader mean to you? Why would you be an outstanding cheerleader at Rocklin High School? (100 words or less- Use space on the back of this card)

# JUNIOR

NAME: \_\_\_\_\_

TEAM CHOICE:  
JV VAR

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attendance	Jumps	Motions	Comments
5/2			
5/3			
5/4			
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Interview			

EXP

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Please leave blank

Position: Top Main 2<sup>nd</sup> Back  
Tumbling Skills: Standing: \_\_\_\_\_  
Running: \_\_\_\_\_

Flexibility Jumps  Strength:  Sidelines:  Fight Song:

PERSONAL STATEMENT: What does being a cheerleader mean to you? Why would you be an outstanding cheerleader at Rocklin High School? (100 words or less- Use space on the back of this card)

# FRESHMAN

NAME: \_\_\_\_\_

TEAM CHOICE:  
F/S JV

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attendance	Jumps	Motions	Comments
5/2			
5/3			
5/4			
5/5			
Interview			

EXP

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Please leave blank

Position: Top Main 2<sup>nd</sup> Back  
Tumbling Skills: Standing: \_\_\_\_\_  
Running: \_\_\_\_\_

Flexibility Jumps  Strength:  Sidelines:  Fight Song:

PERSONAL STATEMENT: What does being a cheerleader mean to you? Why would you be an outstanding cheerleader at Rocklin High School? (100 words or less- Use space on the back of this card)

# FRESHMAN

NAME: \_\_\_\_\_

TEAM CHOICE:  
F/S JV

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picture should look like YOU will during try-outs

Due May 7th:

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- Signed Responsibilities Contract

attendance	Jumps	Motions	Comments
5/2			
5/3			
5/4			
5/5			
Interview			

EXP

For Coach's use only.  
Please leave blank

Position: Top Main 2<sup>nd</sup> Back  
Tumbling Skills: Standing: \_\_\_\_\_  
Running: \_\_\_\_\_

Flexibility Jumps  Strength:  Sidelines:  Fight Song:

PERSONAL STATEMENT: What does being a cheerleader mean to you? Why would you be an outstanding cheerleader at Rocklin High School? (100 words or less- Use space on the back of this card)