



# TCHS CHEERLEADER YELL-LEADER MASCOT TRYOUT PREP CLINIC

**WHAT:** The current TCHS cheerleaders will be teaching stunts, jumps, tumbling and motion technique to help prepare you for tryouts.

**WHEN:** Held on the following Mondays: February 3rd, 10th, 24th and March 2nd. You may come to as many of the dates as you would like.

**WHERE:** TCHS small/middle gym.

**WHAT TIME:** From 4:30-6:00. We know MS candidates get out of school at 4:10, so please make it to the clinic as close to 4:30 as possible.

**HOW MUCH:** The clinics are free of charge!

**OTHER INFORMATION:** You will not be allowed to participate without filling out the release form. Please sign up by calling or emailing before February 3rd. Contact Mrs. Jones in B109, call 469-948-2550 or email at [jonesha@lisd.net](mailto:jonesha@lisd.net). These dates are extra prep dates; they are not the actual tryout clinic dates, but these are **HIGHLY** encouraged. Please wear tennis shoes, T-shirt, and shorts. There is **NO JEWELRY** allowed! Visit the TCHS web site to download the permission form and bring it with you the first clinic day.



# Prep Clinic Permission Form

My Child \_\_\_\_\_ has my permission to participate in the tryout prep clinics that will be held on February 3<sup>rd</sup>, 10<sup>th</sup>, 24<sup>th</sup> and March 2<sup>nd</sup>. I understand that my child will be learning and participating in stunts, jumps, tumbling, and motion techniques. I agree to hold harmless the TCHS cheerleaders and coaches for any illness or injury that might occur during the clinic. In case of an emergency, please fill out the following information to be contacted quickly.

**Parent information:**

Child's name \_\_\_\_\_

Parent's name/signature \_\_\_\_\_

Cell phone number \_\_\_\_\_

Work phone number \_\_\_\_\_

All clinics will be held in the middle/small gym at The Colony High School from 4:30-6:00. The clinics are not required for tryouts, but are highly recommended for new cheerleaders that have not been a part of the squad. Keep in mind that the coaches are the judges for tryouts, so the more we can see you the better it is for you! You **MUST** call or email on or before February 3<sup>rd</sup> to Mrs. Jones @469-948-2550 or [jonesha@lisd.net](mailto:jonesha@lisd.net). If you are leaving a phone message or an email, leave your name, your child's name, your child's grade, and what school your child currently is attending. Please also let us know if your child will be trying out for cheerleader, yell leader, or mascot. Please wear shorts and a T-shirt with tennis shoes. Hair must be up out of the face and there is **NO JEWELRY** allowed! We look forward to meeting you!