

TKA CHEERLEADING 2023-2024 TRYOUTS

(all current TKA 5th-11th graders welcome)

Paperwork Pick up: Using Remind 101, Text @tkach to 81010

Paperwork turn in: May 9th to Mrs. Bunny's desk by 2pm

FOOTBALL SQUAD TRYOUTS

Tryout applicants should wear Red shorts, White Shirt, Cheer bow & sneakers.

May 9th 3:30-5:30p (Elementary Turf)

May 10th 3:30-5:30p (Elementary Turf)

Competitive Squad Clinic/Interest & Questions

May 9th 5:30-7:00p (Elementary Turf)

BRIEF PARENT/ATHLETE MEETING

May 10th ~ 5:30pm (Loveland Athletic Center)

Tryout Results will be posted by May 12th outside of Mrs. Sexton's office

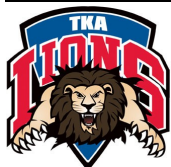
*Spring Game practice will be held on May 16th & 18th 3:30-5:30pm.

'22-23 Varsity cheerleaders will cheer the Spring Game, Away at Royal Palm HS on May 19th.

Candidates are required to have a current EL2 (Physical) on file through their Athletic Clearance account to participate in the tryouts. If you are not currently registered for 22-23 on Athletic Clearance and/or your EL2 is expired you will have to get a new one (and use the new form that is available on the TKALIONS.net athletic website before May 9th. Please call Kelly in Athletics at ext 368 with questions about Clearance.

2023-2024 TRYOUT GUIDELINES

<u>Squad</u>	<u>Strength</u>	<u>Flexibility</u>	<u>Cardio</u>	<u>Cheerleading</u>	<u>Jumps</u>	<u>Tumbling</u>
MS/JV FOOTBALL SQUAD (6-11th)	Push ups: 10 (correct form) Sit ups: 30 (1 min limit)	Split (R/L/C) 3 inches from ground	1 mile 12 minute max.	Athletes will learn 3 Sidelines at Tryouts.	Toe Touch Pike	Athletes will have the opportunity to show their best tumbling for points on their scoresheet.
VARSITY FOOTBALL SQUAD (6-12th)	Push ups: 15 (correct form) Sit ups: 40 (1 min limit)	Split (R/L/C) 2 inch from ground	1 mile 11 minute max.		Toe Touch Toe Touch/Toe Touch Pike	
VARSITY COMPETITION SQUAD (6-12th)	Push ups: 20 (correct form) Sit ups: 50 (1 min limit)	Split (R/L/C) 1 inch from ground	1 mile 10 minute max.		Toe Touch Toe Touch/Toe Touch Pike	



For More Info:

Middle School Football / Varsity Basketball Squad: Coach Chelsea #561.779.7900 / JChelseaweniger@gmail.com

Varsity Football Squad: Coach Christina #561.202.4856 / Creickel@tka.net

Varsity Competition Squad: Coach Jenn #561.662.9551 / cheerlikethis@bellsouth.net

2023-2024 TKA CHEER SCOOP

	<u>MS/JV Squad</u>	<u>Varsity Football Squad</u>	<u>Varsity Competition Squad</u>
Grades	6th-11th	8th-12th	6th-12th
School year Practice Days	Mon 3:30-5:30 @ South Florida Fairgrounds (bus transportation included in fees) Wed 3:30-5:30	Mon 3:30-5:30 @ South Florida Fairgrounds (bus transportation included in fees) Thurs 3:30-5:00 @ TKA	Mon, Tues, Thurs & Fri 3:30-6:00 @ South Florida Fairgrounds (bus transportation included in fees) <i>*Additional practices may include but not limited to Wed & Sat Oct–Feb 1</i>
Summer Commitment	*1 day/week 7-10am @TKA (TBD—waiting for Training Room to assign our date) *FCC Camp (Orlando) 6/14-6/17 @ Rosen *7/10-7/14: 8:30-11:30a Volunteer helping Lion Sports Cheer Camp	*1 day/week 7-10am @TKA (TBD—waiting for Training Room to assign our date) *FCC Camp (Orlando) 6/14-6/17 @ Rosen *7/10-7/14: 8:30-11:30a Volunteer helping Lion Sports Cheer Camp	*1 day/week 7-10am @TKA (TBD—waiting for Training Room to assign our date) *FCC Camp (Orlando) 6/14-6/17 @ Rosen *7/10-7/14: 8:30-11:30a Volunteer helping Lion Sports Cheer Camp
Game / Competition Commitment	*MS & JV home FB games *Junior Cheer Clinic *Elementary Night *Pep Rallies	*5/19 Spring Game *Home & Away TKA Varsity Football Games *Elementary Night *Pep Rallies *Junior Cheer Clinic *Home VAR Boys BB games (optional)	*Choreography *Junior Cheer Clinic *4-6 Local Comps (Sat's) *FCC Nationals (1/5 & 1/6) *FHSAA Regionals TBD *FHSAA States TBD
Financial Commitment "Cheer Fees"	\$1390/year \$400 program sales (anything sold above this amount will go directly to offset your cheer fees)	\$1390/year \$400 program sales (anything sold above this amount will go directly to offset your cheer fees)	\$1790/year \$500 program sales (anything sold above this amount will go directly to offset your cheer fees)

Financial Commitment / "Cheer Fees"

FEES WILL NOT BE PRORATED FOR ANY REASON (i.e., leaving TKA in middle of the commitment, quitting, moving, grades, etc.) Cheer Fees include: FCC Cheer Camp @ Rosen Shingle Creek 6/14-6/17, Practice fees, \$50 uniform maintenance fee, cheer shoes, Cheer warm up/rain jacket, socks, practice shirts & shorts, bows, poms, spirit shirt, Cheer bag, Bus transportation to & from practices, body liner & bloomers for uniform.

The TKA Cheer program is honored to be able to organize and take ownership of the Sports Program sale of ads. Football program ad sales will be begin on May 12th and end on July 29th.

The requirement for the 2023-24 season will continue as previous years and be as follows:

***Football cheerleaders: required to sell \$400 in ads.**

***Competition cheerleaders: required to sell \$500 in ads.**

Anything an athlete sells above the required amount in ads go directly to offset TKA cheerleading fees.

We are excited to be able to offer a way to offset your individual expenses this season, while maintaining a quality, championship program. Start making your list today!!! Pay for your season before your season begins!