

Cheerleading 2018-2019 Tryout and Summer Workout Schedule

No Appointment Needed		ONLY \$10 per person
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2018 SPORTS PHYSICALS

6pm – 8pm Each Thursday Night

MAY 3	MAY 10	MAY 17
Raleigh <small>8300 Health Park, Suite 107</small>	Cary <small>3700 NW Cary Parkway, Suite 110</small>	Holly Springs <small>190 Rosewood Centre Drive Suite 100 Staggered Arrival Last Name A-L: 6:00-7:00pm Last Name M-Z: 7:00-8:00pm</small>

- \$10 per person
- All proceeds back to your school/organization
- Please bring forms with **HEALTH HISTORY** portion completed
- Sorry, no camp or scout forms will be completed. Please speak with a clinic representative if you would like to schedule an appointment.
- Visit www.cfpsm.com for more details

- Must Register on goimps.com
- Must have current physical on file with Coach Hall
- Must sign Social Media Contract
- Must have Critical Contact
- Follow @CaryHighCheer on twitter

Summer Workouts ***OPTIONAL***

** Bring running and cheer shoes and water bottle**

Mon. June 25, Tues. June 26, Wed. June 27: 9-11am

Mon. July 9, Tues. July 10, Wed. July 11: 6-8pm

Mon. July 23, Tues. July 24, Wed. July 25: 6-8pm

Tryouts: ***MANDATORY***

wear plain white t-shirt, black shorts, and hair must be pulled all up

Mon. July 30 9:00 – 11:00 am

Tues. July 31- 3:30-5:30 pm

Wed. Aug 1 Tryout Day- 5:00 pm until...

Teams will be announced Thursday morning

JV Team:

Thursday, August 2 5:30-8:00 pm

Friday, August 3rd 9-11:30 am M-W, August 6-8th 5:30- 8:00 pm

M-W, August 13-15th 3:30-5:30pm M-W, August 20-22nd 3:30-5:30pm

First Game: Thursday, August 23rd

Varsity Team: We ARE competing this year!! Practices are mandatory (Times may change)

Thursday, August 2 5:30-8:00 pm

Friday, August 3 9-11:30 am M-Th, August 6-9th 5:30- 8:00 pm

M-Th, August 13-16th 5:30-8:00pm M-Th, August 20-23rd 5:30- 8:00pm

First Game: Friday August 17th at Hoke County