

HHS Winter Cheerleading Tryouts

2026-2027

Welcome to HHS cheerleading tryouts! We are so excited to begin our Winter 2026 season with you! In this packet you will find important information regarding **MANDATORY** HHS health office forms and registration forms.

Practice is currently scheduled to be held on Tuesdays and Thursdays from 4:00-5:30.

Basketball games will take place December-February on Tuesdays and Thursdays. There will be an occasional Saturday game. By signing up for tryouts, you agree and acknowledge the time commitment and will attend all practices and games.

Tryout Application

This form serves as your official tryout sign-up/application. Completing this form is the only way the coaching staff will know that you plan to participate in tryouts. Please complete all sections honestly and thoughtfully. You can find the form [here](#).

Deadline: This form must be completed and submitted no later than November 1st. After November 1st, no additional athletes will be permitted to sign up for tryouts.

Cheerleading Tryout Information

- **When:** November 9th, 4:00-6:30 PM
- **Where to Meet:** HHS commons at 3:45, dressed and ready!
- **What to wear:** black shirt and black shorts with a bow

The tryout scoring guidelines can be found on page 3.

Note: Please make sure you do not have long nails or jewelry! Hair should be neatly pulled back away from face.

Health Office Forms & Register on Genesis

Please call the HHS health office with any additional information regarding physicals.

SPORT	TRYOUT START DATE	PHYSICAL CANNOT BE OLDER THAN	NEEDS 90 DAY FORM IF PHYSICAL BEFORE	MANDATORY PAPERWORK DUE
Cheerleading	11/9/2026	11/10/2025	8/11/2026	10/26/2026

ImPACT Testing

Due the week before tryouts. Please complete before November 1.

What is the ImPACT test:

The ImPACT test is an online computer test used to test different aspects of brain function. This test is set up to record a baseline score of cognitive function in order to be used as a tool in the return to play process if an athlete sustains a concussion. It does not diagnose a concussion.

Who needs to test?

All juniors, freshmen, any transfers, or any other athlete that has not yet taken an ImPACT test with Hillsborough High School, must take the test before participation in any sport.

If you are participating in a winter or spring sport and you have already taken a test in a prior season THIS SCHOOL YEAR, you do not need to repeat the test for every sport season.

When do you need to complete this test?

All athletes must complete their testing **before November 1st**.

ImPACT Testing Instructions:

Athletes, please log onto a laptop or desktop computer. A tablet or phone will not work for this test. Athletes should take this test alone and in a quiet place free of distractions (i.e. phones, tv, video games, etc) as this can impact the results of the test and a retest will be necessary!! All athletes must have a valid test confirmed by the Athletic Trainers before participation in any sport activity.

Go to: www.impacttestonline.com/schools

- Enter the code XFMH and click "Validate"
- Please make sure there is no space at the end of the code
- Hillsborough Township Public Schools will come up, then click "Launch Test"
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Please follow all of the directions and fill in the drop down boxes.

At the end of the test, you should come to a screen that asks for your email confirmation, this is how you know you have completed the test. Please email the confirmation to yourself so we can access your specific code if needed.

Please do not retake the test unless you are specifically asked to do so. You will not receive a "score" on your test and only the Athletic Trainers have access to your scoring. You will be notified if a retest is necessary.

Tryout Scoring

Jumps:

- The following 2 of 4 jumps will be scored: Toe Touch, Herkie, Pike, and Double Toe Touch
- You must do a toe touch and then choose a second jump to show. We will be scoring:
 - The height of your jump
 - The placement of your arms
 - Whether or not your toes are pointed
 - The flexibility and position of your legs

Tumbling:

- You will be scored on standing tumbling, as well as your running tumbling. Keep in mind that you will be cheering at basketball games, so we expect to see all tumbling on the gym floor.

Cheer & Dance:

- A short cheer and dance will be scored on:
 - Knowledge and precision
 - Facials and personality
 - Sharpness and motion placement
 - Voice
- The cheer can be found [here](#)
- The dance can be found [here](#) (front) and [here](#) (back)

Stunting:

- We have 4 stunt positions: back spot, flyer, main base, and side base.
 - You will be scored based on the highest COMPLETED stunt level from the following levels: Prep, Extension, Liberty, Switch Up, Inversion, Low to High, High to high.
- For your formal evaluation you may try out with the group of your choice. If you have trouble finding a group, then we will assign one for you. Some groups may need to borrow people to fill in, so some of you may tryout with your original group and then help ONE other group.

After Tryouts

Results will be emailed to you. Please respond to the email to accept or decline your position on the team.

If you have any questions or concerns regarding tryouts please email:

Coach Lexi: coachlexihhs@gmail.com or Coach Julia: jvaluk@https.us