

Name:

Grade: Fr So Jr Sr

2026-27 CHEER TRYOUT CHECKLIST

- Sports Clearance on file with school Cashier
- Letter of Recommendation from a teacher or Coach
- Most recent progress report (must have 2.0 GPA or better)
- Signed Parent Permission Slip

In order to receive a tryout number, all documents listed above must be turned in to Coaches by Thursday April 30th. Sports clearances must be submitted to the SPHS Cashier/approved on Homecampus.com

TIME COMMITMENT:

- Cheer runs through Fall and Winter Sport seasons. Our season typically goes from July through the end of March
- We practice Tues-Thurs from 5:30-7:30PM weekly
- Games on Fridays during the Fall Season & multiple games scheduled throughout the week during the Winter Season
- A Friday during Football Season will begin at 7AM (Signs & locker room) and end around 10PM when the Varsity game is over
- Community Events - Occasional Saturday's (Grape Day Run, Christmas Parade, etc.)
- Attendance at events/practices are mandatory unless otherwise stated. Jobs, outside activities, vacations, and extracurricular activities need to be planned around the cheer schedule

UNIFORMS:

Uniforms will be provided by the program. Personal uniform pieces will be purchased by each individual team member, and ordered through our Varsity Rep at our New Team meeting on 5/05

- Warm Ups
- Cheer Shoes
- Spanx
- Poms
- Poms straps
- Motion Flex/Camp Wear
- **White Sherpa Jacket?**
- 3-pleat skirt (Varsity team members only)

SPIRIT GEAR:

These items will be purchased from several vendors.

Approximate cost for a new team member - \$235

Approximate cost for a returning team member - \$175

- Cheer backpack
- T-shirt
- Tank top
- Skirt
- **Sweatshirt?**
- Camp clothes
- Bows

Each team member is responsible for purchasing the following base items on their own:

- White sports bra
- Black shorts
- Black spanx
- Blue Soffee Shorts
- Gold Soffee Shorts
- White tank top
- Black tank top
- Black leggings (not flared)

SAVE THE DATES **Tentative/still waiting to finalize details*

- April 28th-30th** - Tryouts (6pm-8:30pm)
- May 1st** - Final Tryout Day (time TBD)
- May 5th** - New Team Meeting and Uniform Fittings **mandatory** (5pm)
- May 5** - *NCA Cheer Camp Deposit Due (\$)*
- May 26th-28th** - Practice
- June 2nd-4th** - Practice
- June 5th** - Turkey Dude Game
- June 10th** - Last Day of School
- June 9th-11th** - Practice for Jr Cheer Clinic (5:30-7:30pm)
- June 16th-18th** - Summer Jr. Cheer Clinic (8:30am-12:30pm) **this is our biggest fundraiser*
- June 19th** - Jr Cheer Camp Del Mar Fair Performance (time TBD)
- June ?** - *Remaining NCA Cheer Camp Balance Due (\$)*
- July 1st or after** - Get new Sports Clearance (*Required for all team members. Must be done and turned in to school cashier before 6am August 3rd*)
- July 1st-15th** - No Contact Period (No practices or events will be scheduled during this time)
- July 16th, 21th-23rd**- Practice for Cheer Camp (5:30-7:30pm)
- July 24th-27th** - *NCA Cheer Camp @ USD*
- August 3rd- 7th** **HELL WEEK** (2-a-days 6am-9am & 5:30pm-7:30pm) **Contracts and team policies go into effect**
- August 8th** - *Team Bonding (Pool party? Movie night? Bonfire? Sleepover?)*
- August 11th-13th**- Practice
- August 13th** - Scrimmage (6pm @ SPHS)
- August 14th** - Jersey Night (6pm @ SPHS)
- August 18th** - First Day of School & Practice (5:30pm-7:30pm)
- August 21st** - First Football Game vs Classical Academy

CONTACT US:

Debbie Clark (Program Advisor/Head Coach) - 760-855-2525

Dominique “*Dom*” Hillery (Coach) - 310-703-2022

Chris “*Starr*” Ramirez (Coach) - 760-300-0178

Email any Coach - sphscheer93@gmail.com

Instagram/TikTok - [@sanpasqualcheerleading](https://www.instagram.com/@sanpasqualcheerleading)

Website - spcheer.com