

Welcome to Cheer Tryouts 2026-2027!

Cheer is a commitment that requires work year round. After tryouts in the spring, the team typically practices at the school two days a week and Integrity one day a week (Integrity fee is \$40 per month- paid directly to Integrity). During the summer, the team usually practices two days per week which are all mandatory unless something has been worked out with Coach J well in advance. There is a mandatory camp in the summer as well. From August- October the team practices Monday at Integrity and Tuesday/ Thursday at the school. You are expected to attend all games, practices, and fundraising activities. There are around 10 football games (August through October excluding potential playoff games) and 15-20 basketball games (November through February excluding district tournament and Christmas Break during which we do not cheer at games). You are responsible for your own transportation to practices, games, and other cheer activities.

Cheerleaders are leaders in the school, and as such, are held to a high standard in and out of the classroom. In order to be in good standing for tryouts, you must pass all your classes and maintain an overall C average. You may not have any suspensions or significant discipline issues. Grades and discipline will be checked prior to team selection and throughout the year to ensure expectations are met. If you are selected for the team, there will be a mandatory parent meeting within a couple weeks after tryouts. You will sign a behavioral and financial contract at that time.

There is a \$5 tryout fee. There is a \$100 uniform rental fee collected at the coach's discretion and will depend on fundraising opportunities available to the team. The cost of cheer is listed on the board approved fee schedule and is ESTIMATED as follows: \$800 (including camp, bows, briefs, poms, shoes, and camp wear) for returning athletes and an extra \$300 for new team members (including warm up, backpack, fleece jacket, and sleeves). Prices may vary but this estimate is made to be on the high side to allow for planning.

In order to participate in tryouts, you must have a current physical that is on TSSAA Forms. If you participated in sports during the 2025-2026 season, you will have this on file and do not need another one at this time. You must also sign and turn in all forms included in the tryout packet. There are 2 teacher recommendation forms. One MUST be completed by a core teacher (Math, ELA, Social Studies, Science) and both MUST be completed by teachers who have had you as a student in the 2025-2026 school year. The teacher can email these forms to alexandria.jibrin@gmail.com OR pony them to Hixson High School to the attention of Alex Jibrin. Please give these forms to your teachers ASAP, as a missing recommendation can be the difference in making the squad.

If you have any questions, please e-mail Coach J at alexandria.jibrin@gmail.com

Parent Signature

Student Signature

TRYOUT INFORMATION BREAKDOWN

Requirements for tryouts:

- GPA of 2.0 minimum and no grades below 70
- Discipline report- NO suspensions including ISS

Forms/ Papers due:

- 8th Graders: Your Quarter 2 Report Card due Monday March 2nd
- Completed Tryout Packet
- TSSAA Physical Packet (4 pages) due Monday March 2nd
- \$5 Tryout Fee covers costs associated with tryouts due Friday March 6th
- 2 Teacher Recommendations due Monday March 2nd
 - One must be completed by Core Teacher (English, Math, SS, Science)
 - The other can be a teacher of your choosing (Related Arts, etc)
 - Both teachers must have had you as a student this school year
 - Give to your teachers ASAP, teachers return these to Coach J

Tryouts Schedule

Monday March 2nd, HHS Gym 2:45-4:00

- Forms due
- Begin learning cheer/ chant/ dance

Tuesday March 3rd, HHS Gym 2:45-4:00

- Continue learning cheer/ chant/ dance

Wednesday March 4th, Integrity Elite 4809 Hixson Pike 3:00-4:00

- Judge tumbling
 - Please note that this is not the time to learn new skills and is only to showcase skills that students ALREADY HAVE. This will be judged on spring floor.
 - This tumbling score DOES factor into your overall tryout score. Running and standing tumbling skills will be scored.

Thursday March 5th, HHS Gym 2:45-4:00

- Continue learning cheer/ chant/ dance
- Mock tryouts
- Last minute questions

Friday March 6th, HHS Gym 2:45

- Wear black shorts, a white plain t shirt or tank, hair pulled back in ponytail with a black ribbon/ bow, and cheer/ athletic shoes.
- You must leave the building after your tryout routine
- Results will be posted Friday evening ~6 pm on the main door at the high school (results will not be posted if there are people waiting at the door)

All participants will be judged on the following criteria:

Jumps- Height, flexibility, pointed toes, motions, clean landing.

- Toe Touch
- Jump of choice

Cheer/ Chant- Proper motions, straight arms, leadership, volume, spirit, smile, crowd appeal, ability to work with others

Dance- Proper motions, timing, rhythm, smile, spirit, enthusiasm, ability to work with others

Personal Representation- Athletic condition, no jewelry, appropriate appearance

Interview Question

Tumbling- Standing and running skills, higher difficulty is rewarded with higher scores. Back-handspring is the minimum skill required, this can be standing or running.

Grades/ Teacher Recommendations



Participant/Parent BIO FORM

Cheerleader Name _____

Date of Birth _____

Cheerleader Cell # _____

Cheerleader Email Address _____

Street Address _____

City, ST, Zip _____

Parent Name(s) _____

Parent Email _____

Home # _____

Parent Cell # _____

Parent Work # _____

Hixson High School Cheerleading

Parent/Student Agreement Form

To be eligible to tryout, all forms must be completed and returned on Monday, March 2nd. Those students who have not returned all completed forms before tryouts will be automatically dropped from the tryout list.

Parent/Guardian

I, the undersigned, have read and fully understand the rules and regulations that govern my daughter if she is chosen to represent Hixson High School as a cheerleader. I further understand that this is a sport, and that attendance at all practices, games and special functions is a requirement of the cheerleaders.

I hereby give my consent for my daughter _____ to tryout for cheerleading at Hixson High School and recognize her responsibilities and requirements as a leader of her school. I understand that if selected my daughter will be required to pay for certain items.

I understand by the very nature of the sport, cheerleading and gymnastics carry a risk of physical injury. No matter how careful the participant and coach(es) are, how many spotters are used or what landing surface is used, the risk cannot be eliminated. The risk of injury includes minor injuries such as muscle pulls, dislocation and broken bones. The risk also includes catastrophic injuries such as permanent paralysis or even death from landing or falls on the back, neck or head. I understand these risks and will not hold Hixson High School or any of its personnel responsible in the case of accident or injury.

Signature of Parent/Guardian

Date

Student

I understand that if selected as a cheerleader that I will be required to attend all practices, game and special functions. I understand that if selected as a cheerleader that I will be required to abide by all rules set forth by the administration and cheerleading coaching staff of Hixson High School.

Signature of Student

Date

Emergency Release

In case of emergency please contact _____ at _____ (telephone numbers). In case of an emergency, if I cannot be reached, I hereby give my permission and authorization to have my child provided treatment from the EMT, emergency room staff of the nearest hospital and/or medical staff, which a physician deems necessary for the well being of my child.

Signature of Parent/Guardian

Date

HIXSON HIGH TEACHER RECOMMENDATION FORM

Teachers: Please complete and return to Coach Jibrin via email (alexandriajibrin@gmail.com) OR by Pony to Hixson High School attn Alex Jibrin. I need these by March 6th. All answers are confidential and not shared with athletes.

Student's Name: _____

Please rate this student based on: High _____ Low _____

	4	3	2	1
Dependability	4	3	2	1
Punctuality and Attendance	4	3	2	1
Ability to Follow Instructions	4	3	2	1
Has Respect for Rules and Those in Authority	4	3	2	1
Positive Attitude	4	3	2	1
Controlled Behavior in Class	4	3	2	1
Attentiveness in Class	4	3	2	1
Ability to Respect and Represent Our School Well	4	3	2	1
Would Perform Well in a Leadership Position	4	3	2	1
Could Handle the Additional Load of Cheerleading and Still Manage Academic Responsibilities	4	3	2	1

TOTAL _____

What is the student's current grade in your class? _____

Signature of Teacher: _____

Class: _____

Please share any thoughts or concerns about this student, good and bad. It is very important to me to know how cheerleading candidates conduct themselves when not under my supervision.

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