



Tryout Info Packet 2025-2026

Hello Prospective Pommies and Parents,

Thank you for your interest in becoming a member of the Casteel High School Pomline for the 2025-2026 season. Please read over the packet carefully as it contains important information regarding tryouts as well as dates and other details for the season if you make the team. A more comprehensive calendar will be provided to help you prepare for events in advance.

Attendance is MANDATORY at tryouts. Please speak with coaches if extenuating circumstances prevents you from being present. Tryouts are closed to family and friends. Music or videos of the material taught at tryouts will not be distributed to participants. There may be opportunities for candidates to record material learned during tryouts. Pommie candidates will be judged by a panel made up of our Pom coaches and/or outside judge(s). All team placement and tryout results are FINAL. If a parent/student would like to request feedback on what the candidate could have done to improve the results, we will provide a general overview of that information via email, but at no time will the scores of candidates be provided.

Tryouts can be stressful, so it is important that candidates get plenty of rest, eat regularly, and stay hydrated. Candidates should include a conditioning and stretching routine prior to tryouts to reduce any incident of injury.

It is an honor and privilege to be a Colt Pommie, and your role on the team should be an exciting time. As a team, we do much more than cheer at games. We take part in community and school service, and we are considered role models and representatives of our school and community. We expect all athletes AND parents to conduct themselves in a positive and respectful manner that would represent the high image of Casteel Colts.

We take pride in our Pomline at Casteel High School and we will expect the same from our athletes and parents. It's going to be a great season! If you have any questions as we prepare for the tryout process, please feel free to contact Coach Courtney: thecoachcyp@gmail.com

Tryout Checklist

- Complete Registration on Aktivite (cannot tryout without physical dated after March 1st and updated forms).
www.aktivite.com
 - Read through Pom and Dance Handbook in its entirety.
 - Fill out Google Form stating you have read the handbook and understand all rules, requirements and fees.
<https://forms.gle/2wfXfMpxgg3sH7hSA>
 - Sign up for Clinics on July 8th and July 15th (not required but encouraged). <https://tce.me/j7lLtf>
 - Pick out a tryout outfit...
 - All black fitted, appropriate dance attire with slicked back hair.
 - Bring tennis shoes, turners and water.
 - No jewelry.
 - Attend tryouts
 - August 4th - 3-4:30
 - August 5th - 3-4:30
 - August 6th - 2:30-4:30
- **You must attend all 3 days to be considered.**

Important Dates for New JV and Varsity Teams

- First Practice - August 7th (3-4:30)
 - Team members will be receiving a team contract - must be signed and returned by August 13th.
 - If interested in being a Captain please have a speech highlighting why you are the person for the job and a short sidelines (4 8 counts) that you will show the team.
 - Individual and Team Pictures will be taken for the Football Program.
- Individual/Team Pics - August 16th 7-10am (for Yearbook and You)
- ECA and team fees due August 13th
- Parent Meeting August 13th- the last 30 minutes of practice (4-4:30pm).