



ELAC Cheer 2025-2026 Contract
East Los Angeles College
CHEERLEADING APPLICATION 2025



Name:

Last	First	Middle
-------------	--------------	---------------

Present Address:

	Street		City	Zip Code
--	---------------	--	-------------	-----------------

Phone:() **Cell:** () **email:**

Parent/Guardian Name(s):

Student ID #: - - **Birth Date:** / / **Age:**

School Currently Attending: _____

Year in School: HS/SR (Circle One) **JR College & Year:** _____

List any and all major health problems:

Medical Insurance Company:

Company Name	Policy #
---------------------	-----------------

Emergency Contact

IN CASE OF EMERGENCY, PLEASE NOTIFY:

1. NAME:

PHONE:

ADDRESS: _____

2. NAME:

PHONE:

ADDRESS: _____

ELAC Cheerleader Candidate Questionnaire 2025

1. What Cheerleading experience do you have?
2. Why do you want to become a cheerleader?
3. Why do you want to be a member of the ELAC **Cheerleading** Team?
4. List three attributes you can contribute to the team.
5. What makes you a good candidate to be a part of the ELAC **Cheerleading** Team?
6. What fundraising ideas do you have for the **Cheerleading** Team? Would you be willing and be available to participate in all fundraisers as they may take place during the week and weekends?
7. Do you understand the level of commitment to participate on the team? How will you handle your prior commitments, being a full-time student, a worker (if applicable), having a family (if applicable), and a beginning member of the team?
8. As a member of the **Cheerleader** team, you will practice during Fall 2025, Winter 2026, Spring 2026, and Summer 2026. Are you able to commit to these semesters?
9. Do you have the determination and dedication to be a member of a team that may require more time for online group and individual practices, school and community events?
10. Are you prepared to represent the Los Angeles Community College District, East Los Angeles College, staff, faculty, students, and surrounding community in a responsible, respectful, and professional manner?

Additional Information Important Dates:

- Tuesday, Sept 9, 2025 **Completed Applications Due**, 5:00PM in class/practice
 - Coach Zepeda (lopezze@laccd.edu) for assistance, available a Contact accommodations, or schedule for a separate cheer tryout/audition
- Tuesday, Sept 9, 2025 **Tryouts 5:00PM-7:00pm PM** , C1-128 Fitness Center

Requirements for Completing the ELAC Cheerleading Application:

Application Due Tuesday, Sept 9, 2025, 5:00PM in class/practice

(It is strongly encouraged to submit completed applications as soon as possible to participate in cheer practice a week before tryouts, receive tryout information and have more time to practice before tryouts.) Contact the coach for accommodations.

- ✓ Completed ELAC Cheer Application (Pages 1-3) including completed Cheer Questionnaire page 3
- ✓ 1- letter of recommendation (employer, teacher, guardian, role model)
- ✓ Copies of **Unofficial** transcripts (last quarter, semester, or year) (1 **copy**)
- ✓ Recent Copy of your California Picture ID, ELAC ID (with picture), or High School ID (with picture) Turn in completed ELAC Cheerleading Application to ELAC Cheer Instructor. (black and white copy)
-Applications due no later than 5:00PM, Tuesday, Sept 9, 2025. Contact the coach for accommodations or to extend time to submit required forms as noted above.

Tryout Eligibility

- ✓ Current ELAC Student or ELAC Student Beginning this Fall 2025 Or Current Full time student at a UC/CSU/Accredited college and enrolled into the ELAC Fall 25' Cheer Class
- ✓ Current High School Senior or Transfer Student
- ✓ All Candidates are responsible to attend and participate in Tryouts at ELAC in C1-128, participate in auditions to learn all tryout material, properly complete the application and submit a completed application attached with required forms by Tuesday, Sept 9, 2025.
- ✓ Wear proper and required athletic attire (ready to exercise) Page 7
- ✓ Cheer candidates will learn selected material such as: cheer techniques, jumps, cheers, side-line routine, and Part of ELAC's Fight Song Routine.

What to look forward to:

- All candidates will learn Cheer Material on Tuesday, Sept 9, 2025 in C1-128
- All candidates will be judged on ELAC Cheer Material on the same day
- All candidates will have a short personal interview (2-5 minutes) Before, during or after tryouts

Mandatory Cheer Event & Meeting

- mandatory event for all participants who make the team. The event is on Saturday, Sept, 20, 6:00pm, in the ELAC Weingarten Stadium for a Football Game.
- mandatory Cheer Meeting for all who advance in Tryouts and who are returning to the team. All cheerleaders must attend entire meeting.
 - Date: Thursday, Sept 11, 2025
 - Time: 6:30-7:00pm
 - Location: C1-128 Fitness Center

Preparing for Tryouts

- 1. Enroll into the Fall 2025, KinAth 571 Class, Section#10476**
- 2. Submit Completed Application on time on Tuesday, Sept 9, 2025 at class/practice.**
- 3. Required Forms to submit**
 - 1-completed Application Pages 1-3
 - 1-Letter of Recommendation
 - 1-Unofficial Transcripts (Copies)
 - 1-Recent Copy of your current California Picture ID, ELAC ID, or High School ID

After the application is received and cleared by the ELAC Cheer Coach, you will be allowed to participate in tryouts.

- 4. Performance Attire/Preferred Attire:**
 - Appropriate Athletic attire, NO Jewelry/Cover tattoos
 - Female: Black running shorts (tights preferred), Male: Appropriate Athletic attire, Black basketball/loose Shorts
 - White short-sleeve t-shirt (no printing on shirt preferred)
 - Rubber soled shoes
 - Hair pulled back in a high ponytail for long hair (female) & pulled back low (male), half up for shoulder length hair (female), & pulled back (male), nicely styled for short hair - Girls: Performance make-up /lip stick
 - NO Jewelry
 - No tattoos, stickers, or painting on body (cover up body tape, band-aid, or make-up is allowed)
- 5. Learn and practice tryout material**
- 6. Participate in Tryouts on Tuesday, Sept 9, 2025**
- 7. Receive confirmation about tryout results within 15-30 minutes after the end of tryouts 7:15/:30pm in-person**

Extra Material to Help with Tryouts

- **Show SPIRIT, ENERGY, ENTHUSIASM**
- Smile! Smile! Smile! Jump! Jump! Jump! Rally! Rally! Rally!
- Expected jumps: Toe Touch, Hurdles, Hurkies, Pikes, Tumbling
- Examples of Words/phrases to Rally
 - Go Huskies, Green & White, Big Green, Help us Out, You Say, Louder,
 - Way To Go, ELAC, E-L-A-C, All Right Huskies, Pump it Up, Keep It Up...
- Be loud, use your diaphragm
- Use Clear/Clean/Cut words
- Use Sharp Motions, lead with wrist or fist
- Perform to the best of your ability!
- Have FUN!

- **Remember:** You are representing East Los Angeles College (ELAC) Huskies (Green and White)

More material to learn during tryouts.

Audition Rule #1

Don't think you can wing it, you MUST practice!

*"We are what we repeatedly do. Excellence, then is not an act, but a habit"-
Aristotle (who knew a fair bit about being awesome)*

*Good Luck on Tryouts Future ELAC Cheerleaders! Go
Huskies!!
Coach Zepeda*

Campus MAP

