

Weddington HS Cheerleading Tryout Information 2020-2021

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Please note that this document is a working document. The coaches reserve the right to modify, change, add or delete anything in this document at any time.

General Information

--Varsity: will take up to 26-27 athletes on the team

--JV: no set #

--Varsity Football, JV Football, and Basketball Varsity (home games only) (mid Nov-mid Feb)

~Basketball cheer commitment...

*Every cheerleader (both JV and Varsity will have up to a 3 game commitment to basketball home Varsity games and the tournament.

*No extra practices for bball cheer games; however, we reserve the right to add 1-2 practices in the beginning if necessary.

*Cheerleaders can opt to do all home bball games if they would like.

*Cheerleaders will sign up for which home games they would like if space allows. Seniors will sign up first, then Juniors, etc. Any cheerleaders participating in another winter sport should talk with the cheer coach about their schedules privately.

*Coaches reserve the right to add bball cheerleaders at the start of bball season.

*Everyone will get credit for having done a Varsity sport for bball cheer (even the JV girls).

**Not fulfilling the game requirement is equivalent to quitting the cheer program which includes football cheer season. This will make you ineligible to tryout for cheer the following year.

~JV cheer commitment...

*JV football games Aug.-early Nov

*4-6 qtrs commitment to running flags in endzone for a Home **Varsity** game and helping put out Varsity mats at 1 of the varsity home games. (depends on size of JV team)

*Basketball cheer commitment (see above)

*If competition season is expanded, then JV cheerleaders will have an increased bball game commitment.

~Competition...(Varsity Only)

* We will be evaluating which division that would be our best fit (small, medium, large, extra large). We plan to compete in a traditional format instead of the Game Day division.

*There are strict nail, hair, bow, jewelry guidelines to get on the competition mat. Coaches can receive \$200 fines AND points be deducted off of our score sheet. Please refer to the rules packet where some of these rules are highlighted.

*Everyone on Varsity will be considered a part of the competition team. However not everyone can compete on the mat. Some athletes will be an alternate for competition only.

Just like football, who competes at each competition is FLUID b/c of injuries, sickness, changes in the routine that may be better suited for someone possessing that skill needed.

Varsity Sideline cheer will have everyone on the track. This is not affected by our choices for competition. Please note that the coaches will piece together a competition team and this will not be determined by scores. Sideline cheer is a different entity than Competition cheer. We will have a variety of factors that go into piecing together a competition team. Just because you may not be on the mat, does NOT mean you are not a fabulous sideline cheerleader, AND just because you ARE on the mat does not mean that you are better at sideline cheer. BUT be assured, if you are on the mat, then that means that we needed certain skills that you possess to make us successful on the SCORE SHEET.

*If competition season is expanded, then Varsity cheerleaders will have decreased bball game commitment.

*All Varsity cheerleaders will be on the MAT or an ALTERNATE and will be expected to attend practices and competitions regardless if we are working competition or game day material.

*The Athletic department will pay the entry fee for all competitions and the bus for UCA Regional and the State competitions and potentially our hotel if our compete time is early. If COACHES deem that our success on the mat would be better with an overnight stay but the school is not paying for a hotel b/c they do not consider the compete time “early” enough to warrant paying for the hotel...the parent/guardian will be expected to pay for the hotel of the athlete. We will stay as a team in the hotel.

Note: Any payments for travel will be made at a later date (after your initial payment for cheer in August).

Competition Dates: These are ALL GUESSES right now!

Nov 7—Piedmont Pre-States (Cox Mill HS) (parents will carpool athletes to competition)

Nov 14—Marvin Ridge Classic (parents will carpool athletes to competition)

Nov. 21—UCA Regional at Greensboro coliseum (BUS)

Dec. 4-5th—NCHSAA State Championships (Raleigh) (BUS)

We will consider expanding the competition season to include nationals at Disney ☺. This is very preliminary. This date is usually first or second weekend in Feb.

Tryout Requirements:

Athletes will be judged on the following:

1. Jumps—Toe touch and Double jump (hurdler/toe touch and toe touch hurdler)
2. Tumbling—Only throw tumbling you are willing to throw all season! It will be expected!
 - Standing tumbling—performed on track or gym floor--BHS, Tuck, toe touch-bhs, toe touch-tuck, bhs tuck. We will award points for a standing tuck on a mat IF a BHS is shown on a gym floor first.
 - Running passes—performed on gym floor/track. We will award points for a ro bhs tuck or higher on a mat IF a ROBHS multiples are shown on a gym floor first.
 - *FRONT WALKOVER
 - *BACK WALKOVER
 - *ROBHS
 - *ROBHS MULTIPLES (3 OR MORE)
 - *ROBHS Tuck
 - *RO tuck
 - *CARTWHEEL tuck
 - *ROBHS LO
 - *ROBHS FULL
 - *Specialty pass

**Cheerleaders will be scored on their passes on the clinic day May 20. Everyone needs to show effort in throwing some type of tumbling.

3. Motion Technique—tight, sharp, and in the correct position.
4. Projection/Volume—Voice should be loud and strong.
5. Facials/Personality—Do you appear to be enjoying yourself?
6. Spirit Lead the Crowd/20 sec of spirit (see video ex)—Sign Work and movement on the mat
7. Dance—rhythm, appropriate facial expressions
8. Knowledge of material/choreography—Evaluated 1st week of August—All material on google site must be known prior to being able to participate in a game. Extra practices will be assigned to anyone not knowing all material. WILL NOT PARTICIPATE UNTIL MATERIAL IS LEARNED. DO YOUR HOMEWORK OVER THE SUMMER. ALL VIDEOS ARE ONLINE.
9. Running—**IN ORDER TO PARTICIPATE IN CAMP/GAMES**—you must be able to run a mile in 9.5 min—evaluated WEEK PRIOR TO CAMP
10. Running-- **IN ORDER TO PARTICIPATE at all IN TRYOUTS: YOU MUST BE ABLE TO RUN A ½ MILE IN 4 MIN OR LESS. If you can't run it, then you can't tryout.**
 - 3:45-4:00= can tryout but no points awarded
 - 3:30-3:45= 1 PT

3:29-3:10= 2 PTS

3:09-OR LESS= 3 PTS.

The record for cheer is 2:50 half mile!!!!

11. Jumping Rope— **IN ORDER TO TRYOUT** Every athlete must purchase her own jumprope (buy a GOOD one) and bring to every practice. For tryouts she must demonstrate **2.5 min of continuous “Rocky”** Style jumping with no more than 6 mess ups—May 20th scored
12. Jumping Rope— **IN ORDER TO PARTICIPATE IN CAMP/GAMES:** she must demonstrate **5 min of continuous “Rocky”** Style jumping with no more than 10 mess ups—last week of July evaluated
13. Push Ups— **IN ORDER TO TRYOUT** girls must be able to do **10** pushups without putting their knees down (military style) (sternum hits a can of food/Staples button). May 20th scored.
14. Push Ups— **IN ORDER TO PARTICIPATE IN CAMP/GAMES** girls must be able to do **15** pushups without putting their knees down (military style) (sternum hits a can of food/Staples button). evaluated last week of July.
15. Planks— **IN ORDER TO TRYOUT** girls must be able to hold a plank for 1.5 min without breaking form (on elbows or hands). May 20th scored.
16. Planks AND 30 superman rocks— **IN ORDER TO PARTICIPATE IN CAMP/GAMES** girls must be able to hold a plank for 1.5 min without breaking form (on elbows or hands). evaluated last week of July.
17. Stunting—Groups will be formed during the first week of May based on height and position.
~As of now the following stunts will be evaluated: Show-n-go, Prep (with pop-off dismount and cradle dismount), Extension (with squish and cradle dismount). Varsity only: 1-legged extended stunt, full up, combo stunt of your choice (difficulty and cleanliness rewarded). **Every** cheerleader will need to **BASE** a shoulder sit (either entry or dismount is acceptable). This includes flyers!
~Flyers will be evaluated on body positions standing on the ground. (lib, heelstretch (both sides), scorpion, scale, arabesque)
~Round Robin evaluation: Every basing unit will need to show that they can stunt with every flyer and every flyer will need to show that she can stunt with every basing unit.

Spring Clinic for Middle School: \$90 includes working with Angie McDuffie, Jennifer Ford, and special guest coaches (industry leaders) on stunting and jump technique to help meet the requirements for HS. Feb. 25-April 29, excluding spring break week; Mondays from 4:15-5:30pm. MS athletes will walk over from the middle school after school, change, eat a snack and stretch. 4:30 we will start instruction after the 4th and 5th grader clinic. Pre-Participation form will also have to be complete prior to Feb 29th. Payment and registration will be online but the site is down now....I will send the link to register when it is up again.

Varsity or JV team placement:

Lots of growth can take place over the summer, so we may not announce Varsity or JV team placement until end of July/ early August.

Summer Practices

1. All cheers, chants and dances will be available on the cheer website. You are encouraged to attend the practices set aside for “choreo” to review and ask questions. I will post ahead of time which material will be reviewed. (see calendar)
2. To get to HS cheer calendar and choreography videos:
Go to WHS website.
Click on athletics.
Scroll thru the pics that rotate in the feed & click on the one that says “cheer.”
Then click the red sentence in pic below.
3. On the calendar when it says: “Train4Tryouts” & “Mock Tryout” --these are the HS fundraisers (trying to get a set of uniforms, mats, speakers, sign replacements, flags & pink poms). These are highly encouraged

for your athletes to volunteer coach at if you are in town. We need about 30 HS girls volunteering to pull off a good clinic.

On the calendar when it says: “Elementary Camp” We will need ALL girls to help coach that camp. We need parent help too!!!! We would like to have 100+ elementary girls in attendance.

On the calendar when it says: “MS Tryout Clinics” this means Adam’s clinics where we teach them tryout material. We will need volunteers to help teach that material.

“HS Choreo”—means that I will be reviewing, not teaching, material to the HS girls

“Stunt /choreo” —means that we will be in our tryout stunt groups working on the required tryout stunts & reviewing material.

4. All practices are **STRONGLY ENCOURAGED THIS SUMMER**. We will mostly be working stunts and in order to effectively work on stunts, we need to try and develop trust, chemistry, and timing to ensure safety as we raise our difficulty level. Stunt groups will be forming and if you are inconsistent in attending then you could potentially fall behind. We will also be determining placement for camp and potentially JV or Varsity placement for the season over the summer. Lots of growth can take place over the summer. After August 1st, every practice is **mandatory**. Note that the calendar attached is just a working calendar bc gym availability or coaching conflict could cause some minor changes in times/days. We have NOT added our “bow ceremony dinner/team building” to the calendar yet. Also in September we usually do NCSU “spirit day” trip that you do not want to miss! Dates will be shared as soon as we get them.

Tryouts

May 5th-21st —

May 18th--Scoring begins for conditioning, stunts and knowledge of material. Students transferring in can tryout by video. Per Union Co athletic director: if there is a transfer student during the summer prior to Aug. 1, then we have to allow them to tryout late.

Conditioning: CAN NOT Tryout without succeeding at the following conditioning requirements...

1. Plank 1.5 min—on elbows or hands; body MUST have correct alignment
2. Pushups -10 hitting the can with the “That was Easy” staples button
3. Rocky jump rope 2.5 min; can’t tryout if can’t do rocky style and mess up more than 10x
4. Run 1/2 mile ; can’t tryout if 4+ min; points will be awarded for faster tiered running times

For example:

3:45-4:00= can tryout but no points awarded

3:30-3:45= 1 PT

3:29-3:10= 2 PTS

3:09-OR LESS= 3 PTS.

May 21st—Traditional tryout format with outside judges: 3:30-6:30ish.

See “Tryouts Quick Guide” at the end of the packet.

*Results will be posted on the cheer website ASAP by Monday, May 25th but no later than 5pm.

*New Team meeting—Last week of May TBD—Parent Meeting for those who make the team – 7:00pm (auditorium or media center)—mandatory for all athletes and at least one parent/guardian. Parents should bring checkbooks to pay for shoes, tshirts, bows, etc.

*May 26—Varsity Co. Rep will be here to size all athletes. Required attendance

UCA Cheer Camp—We will be attending the UCA camp at UNC Chapel Hill; this is an overnight camp. (see calendar). This will be required to attend.

AT Home camp—Pyramids Camp—Required: July 30th

Competition Choreo Dates—TBD (August)

HOME Varsity Games: (Tentative schedule)

2020 Schedule **Varsity** Schedule: (JV will be the opposite site of Varsity)

8/21/2020 @ Ardrey Kell

8/28/2020 vs. Porter Ridge

9/4/2020 vs. South Meck

9/11/2020 - TBD

9/18/2020- No Game

9/25/2020 @ Sun Valley

10/2/2020 @ Catholic

10/9/2020 vs. Piedmont

10/16/2020 @ Parkwood

10/23/2020 vs. Marvin Ridge

10/30/2020 vs. Monroe

11/6/2020 @ Cuthbertson

PARENT Volunteer Opportunities—The following positions are needed...

--Team Parent—(1 JV parent and 1 Varsity parent) this will include being our booster club rep.

--End of the year Banquet coordinator

Individual Volunteer Opportunities:

1. Big helmet for home games (volunteers get free admission into the game)
2. Selling pink out shirts during lunches for two weeks in Oct.
3. Rolling out mats for home games
4. Concessions for the Cheers For Wishes Competition at Weddington

PARENT Expectations—

--Concession stands service for another sport (This year was wrestling and winter track)

Uniforms:

Uniforms are owned and issued by the school. Therefore, any damaged or lost items will be the responsibility of the cheerleader. When necessary, and approved by the coach, alterations may be made. **NO CUTTING!** At the end of the season, BEFORE RETURNING the uniform, **repairs must be made prior to turning in their uniform, all at the cheerleader's expense.** All cheerleaders will dress uniformly. Full uniform means top, skirt, socks and cheer shoes OR warmup with cheer shoes OR warmup pants w/tee and jacket if needed, socks and cheer shoes. Only wear/represent the uniform/school with coach's approval. Cheerleaders must NOT loan their uniform to anyone and should only wear it at approved and scheduled events. Cheerleaders must NOT allow others to wear, not only the uniforms, but spirit wear as well. The coach will determine if the uniform fits properly. Cheerleaders must wear Weddington Cheer attire to practice.

Financial Obligations:

Cheerleaders are expected to fundraise for the booster club in the FALL and WINTER. They provide a team set of uniforms on a 4-5 year cycle. We must participate in their fundraiser (discount cards for the fall and ??? for the winter) in order to be allowed to do any fundraising on our own for things like uniforms, supplies, etc.

***WE CAN **NOT** PLACE OUR APPAREL ORDERS UNTIL EVERYONE HAS PAID! It can take several weeks for our items to get in. Please pay by the due date we set. If you do not pay, then I will have to cancel your daughter's items and it will be ordered later and you will be responsible for the shipping. She will not cheer until her items come in if she does not have her items due to a late payment.

There are **TWO different sites** where you will have to **PAY**:

1.WHS site:

Weddington High School Home Page: www.ucps.k12.nc.us/Domain/55

On the right, under "Quick Links," click "Online School Payments"

Then hit the button for JV or for Varsity

Pay by: **TBD BUT END OF MAY OR EARLY JUNE!!!**

This money paid to **WHS** includes: Poms, Tshirts, bows, Hat, head warmers, Camp, Team dinner

ALSO....

2. Varsity Brand site:

This money paid to Varsity company includes: anything else below that you need/want to order that is not covered in the WHS payment.

Pay by : **TBD BUT END OF MAY OR EARLY JUNE!!!**

Costs: ALL APPROXIMATE B/C HAVE NOT MET WITH REP

Brand New football cheerleaders will need:

Shoes--\$90

Mids--\$25

Warm up pants and jacket (mid season)--\$190

Fleece Jacket--\$120 (optional for JV)

Cold weather pants--\$70 (optional for JV)

Briefs--\$27

Poms--\$30

Tshirts (3 regular season and 1 pink out shirt)-\$60

Bows—(pink, plain Kelly green, and reg season)--\$35

Required Camp in August—\$300-375

Team Dinner/bow ceremony: \$25

Hat (baseball style) for rain games--\$25

WHS Head warmers (navy)--\$15 (optional for JV)

Water Jug—gallon size coleman water jug (royal blue)...can re-use from middle school—order online individually—approx \$20

Senior Gifts--\$15 (collected at a later date)

Bags (optional)--\$65

Returning football cheerleaders will need: APPROXIMATE

Any item above that no longer fits! Plus...

Poms--\$30

Shoes--\$90

Tshirts (3 regular season and 1 pink out shirt)-\$60

Bows—(pink, and reg season)--\$25

Camp--\$300-375

WHS Head warmers (navy)--\$15 (if didn't get last year)

Rising 9th & 10th graders on Varsity will need cold weather pants and fleece if you didn't buy this past year.
\$120 +\$70

Senior Gifts--\$15 (collected at a later date)

Team Dinner/bow ceremony: \$25

***Varsity squad will have potentially additional costs for travel and gym rental for practice. This is our first year competing so there may be some unknown costs that come up.

***Later payments mid season: Banquet fees may apply, Sr gifts, Competition travel costs.

Expectations:

As participation and cheerleading is a privilege and not a right, WHS cheer is authorized to set higher standards for participants than it would for those who choose not to participate in these activities. Important goals of the program are to give students direction in developing character, self-discipline, responsibility, pride, loyalty, leadership, teamwork, respect for authority and healthy living habits.

--Cheerleaders represent the school; therefore, they are expected to display maturity, leadership, a positive attitude and sound judgment in all situations.

--Cheerleaders are required to follow and permit Weddington cheer to follow them on all social media.

--The regular season for football is August 1 through November 8th. JV plays on Thursdays, varsity on Fridays. Inclement weather could change the night of play, so we have to be flexible! The playoff season for varsity begins in November and will potentially last through mid December.

--A cheerleader cannot be engaged in any afternoon or evening job/activity that interferes with practices and/or games. Cheerleaders may not participate in any other sports that are going on simultaneously. While being involved in a cheer gym is not prohibited, it can create major conflicts with practices and games. Being a member of the WHS cheerleading program and fulfilling these responsibilities must be the cheerleader's first extracurricular priority.

--Cheerleaders are expected to attend all games, fundraisers, and community/charity events.

--Cheerleaders are expected to promote a positive image for the school community -- their peers, parents, teachers, and other community members. Any athlete at Weddington who breaks Union County rules will be subject to the consequences set by Union County athletics.

--Any post that would be considered poor sportsmanship will get immediate attention. For example: We are going to beat Cuthbertson! acceptable

Cuthbertson football sucks! Unacceptable

--All official cheerleading decisions will be made by the coaching staff with advice from administration and the athletic director. All coaches are to be given respect and cooperation by cheerleaders and parents. If an issue or concern arises, then please encourage your athlete to talk to her coach first. If there is still an issue or concern, then the parent should contact the coach. At that time if there is still a concern, then the parent should reach out to the athletic director.

--Each cheerleader will be responsible for financial obligations as described in this packet. All monies will be collected at the parent meeting after tryouts.

--Any cheerleader that quits before the end of the basketball season forfeits her opportunity to try out the following year. The only time this would not apply, is when a JV cheerleader chooses not to do postseason Varsity playoff games with the varsity team. This is not an obligation of a JV cheerleader.

--HELP with fundraising clinics: Train4Tryouts, Mock tryouts, ELEM CAMP, 4th & 5th grade "Get Ready For Middle School Cheer" clinics, "The Varsity Experience" (football and basketball season). We are trying to raise money for uniforms, new speakers, and flags equaling approximately \$22,000!

--The coaches and cheerleaders will abide by the NFHS (National Federation of high schools) spirit rules for the 2019-2020 school year. They also will be following ACCAA safety rules and North Carolina High School Association rules, Union County rules and Weddington High School specific rules. There are many rules in these handbooks but a few are highlighted below for your reference about hair, jewelry, and gum/candy/food. These are non negotiable so please consider if you can follow these rules PRIOR to trying out.

See Rules (attached)...

Practices and games:

--Cheerleaders are expected to attend all games and practices. Girls are expected to attend practice to observe if they are injured or not contagious, unless you have a concussion or attending physical therapy for the injury (note needed). If you get sick at school (fever or vomiting), you should obtain a note from the school nurse stating you have a fever or are vomiting (if applicable) and are being sent home.

~If you feel well enough to attend school for half day, you should attend practice to observe.

~If you do not attend school or are present for less than two periods then you cannot attend practice and should supply note from your doctor a parent.

--If you need to be taped by the athletic trainer, please do so BEFORE practice begins.

--Parents are responsible for getting their daughter to school on time for practices and games. Cheerleaders may be left at the school after the designated departure time. Always try to be 15 minutes early!

--Cell phones must be turned off and put away in designated areas during all games and practices.

--Per NFHS and ACCAA and NCHSAA rules:

*No gum, food, or candy during practices or games. No food/drinks on the mats.

*No jewelry of any kind!

*Fingernails that are visible from the palm side of the hand are prohibited (UCPS\NCCCA policy).

*Hair must be tightly secured back for tumbling and stunting. It can not fly and obscure your vision or the vision of your bases.

--Prior to tryouts and football season, Do NOT let your athlete get new piercings/hair styles/nails that would prohibit your athlete from following the NFHS and NCHSSA rules.

--Nail polish is not prohibited but we would prefer to be light colored in nature.

--Wear only the designated uniform/outfit to school or event for which it is required. Shoes, briefs, shirt, leggings, palms/Bows when required, etc. All are considered part of the uniform to identify with your team. Coaching staff will decide and notify you what is to be worn.

--Cheerleaders are not to participate in any stunts, mounts, or tumbling without a coach present.

--Cheerleaders may not visit with friends or parents during games or after the warm-up begins. This includes talking with/communicating with parents or friends from the track as the parents and friends sit in the stands.

--All cheerleaders must ride school provided transportation to away games. Parents may sign their own daughter out taking responsibility for her transportation home. If you fill out a transportation form, then your athlete can be transported from the away games back home by only the 4 designated people you list.

--Disrespect/insubordination towards cheer coaches will not be tolerated.

--For JV away games, we will need at least 4 to 5 students to ride back on the bus each away game so that equipment may be easily put up after the game. If the need arises, a schedule will be made to rotate the girls.

Playoff Season games:

-- The coaching staff reserves the right to pull JV girls up to varsity, eight members or less, for the playoff season based on positions needed/performance/overall attitude/grade level.

Consequences:

"All people may choose their actions but they cannot choose their consequences."

Conditioning—5 minutes and equipment and mat duty – – (a warning will first be giving for the following offenses)...

1. Not wearing the correct clothing
2. Wearing jewelry at practice, game, or performance
3. Being asked more than once to take out jewelry
4. Chewing gum, eating candy, or snacking during a game, practice or activity without permission
5. Being disruptive, horsing around, talking during practice\not listening to the coach
6. Lack of attentiveness or horsing around during stunting

Sitting out of stunting at a game—

1. Lack of attentiveness or horsing around during stunting at practice or a game

2. Repeatedly having to be asked to take out jewelry at a practice or game.

Running 1 mile in 9 1/2 minutes or other conditioning 10 min--

1. Being late or leaving early – 10 minutes or less
2. Dental/orthodontic appointments, driver's education, etc. Should be scheduled around practices if at all possible. (Physical therapy for injuries – see "injuries/lengthy illnesses")
3. If you are interested in any club/Co-curricular activities, please notify the club advisor of your interest and commitment to cheer. Advisors/teachers understand the commitment of athletics at WHS.
4. Make up work can be completed in the mornings and at Warrior Block; try to schedule them around practice times. Game days are great days for making up tests/quizzes along with mornings and Warrior Block.

Running 2 miles in 20 minutes or less or other conditioning 20 min, equipment and mat duty --

1. Being late or leaving early – more than 10 minutes
2. Not fulfilling your duties... For example: Mat duty, equipment management, cleaning up the bus, taking equipment from the bus or to the bus or to the field, etc.
3. Any other rule infractions the coaching staff deems appropriate for conditioning but not limited performance.

Sitting out half of a game -- equipment and mat duty

1. Absence from practice -- additionally the cheerleader will run 1 mile in 9 1/2 minutes to make up for a missed 2 hour workout. If having to sit out for half the game, the cheerleader might be expected to fulfill the normal stunting duties during the game if they are needed. When missing practice due to illness or injury, the coaching staff will have to address each case by circumstances -- limited performance time is due to lack of knowledge/practice or for safety reasons... Not as punishment.

Sitting out one game -- equipment and mat duty

1. Absence from a game that is not labeled unexcused... This is inclusive of rescheduled games with at least 24 hours notice. Additionally the cheerleader will run 2 miles in 20 minutes to make up for conditioning lost during that missed game. If needed the cheerleader might be expected to fulfill normal stunting duties during the game that they are sitting out.

3. **Missing more than 25% of a practice's hours. Therefore a 3 hour practice is 45 min and a two hour practice is 30 min.**

Dismissal from the squad --

1. Unexcused absence from a game
2. Chronic rule infractions

Missing Practice for Extra Credit in a class is not allowed. We will be happy to write an email to your teacher letting them know that you had a practice.

Injuries/lengthy illnesses --

1. In the event a varsity cheerleader is injured or is declared unable to participate due to health reasons (i.e. Concussion, wrist, leg, back, etc.) A JV cheerleader may be pulled up to fill her spot. The JV cheerleader would be expected to fulfill her duties at both the JV game on Thursday and varsity game on Friday. Once the varsity cheerleader is released from the doctor, the JV cheerleader will return to cheering for JV only. In the event a JV cheerleader is injured or is declared unable to participate due to health reasons... As above... The coaching staff will work diligently to ensure all girls have ample opportunity to stunt.
2. If a cheerleader is hurt to the point of not being able to stunt or tumble (hurt back, wrist, etc.), then the cheerleader will take the necessary time away from all cheer related tasks (jumps, dance, chants, etc.) to heal and mend more quickly. The athletic trainer will examine and help make determinations.

Tryouts Quick Guide

Tryout Stunts and progression to these stunts... to start working on:

1. gut stand with pop off (not a tryout stunt but we will do as progression into others)
2. shoulder sits (everyone has to base a shoulder sit...even the flyers) climb up or toss
3. Show n go
4. traditional elevator with squish (not a tryout stunt but we will do as progression into others)
5. traditional elevator with popoff (not a tryout stunt but we will do as progression into others)
6. quick in elevator with pop off and spin if approved
7. quick in Elevator cradles
8. traditional extensions with squish (not a tryout stunt but we will do as progression into others)
9. quick in extensions with squish (not a tryout stunt but we will do as progression into others)
10. quick in ext with popoff and spin if approved
11. quick in Extension cradles
12. elevator lib, (10th-12th graders may be allowed to do this extended)
13. elevator heelstretch (10th-12th graders may be allowed to do this extended)
14. elevator arabesque (10th-12th graders may be allowed to do this extended)
15. extended lib/heelstretch/arab.
16. Full ups
17. Combo stunt
18. round robin with show n go and elevators
19. FLYERS: work on body positions....lib, both sides heelstretch, arabesque, scale, scorpion

Note: can do stunts 2x if needed, stunt groups assigned by coaches, Coaches can decide if you are not ready to throw a stunt skill for tryouts, stunts are videoed from two differ angles, round robin (must base or fly with each stunt group for show-n-go and elevator), you try out for a stunt position not just top # of girls chosen overall

Jumps:

1. HS Prep (see video) different from MS prep
2. Single toe touch
3. Single hurdler
4. Double jump (hurdler/toe touch and double toe touch and toe touch/hurdler)

Conditioning: CAN NOT Tryout without succeeding at the following conditioning requirements...

5. Plank 1.5 min—on elbows or hands; body MUST have correct alignment
6. Pushups -10 hitting the can with the “That was Easy” staples button
7. Rocky jump rope 2.5 min; can’t tryout if can’t do rocky style nor mess up more than 6x
8. Run 1/2 mile ; can’t tryout if 4+ min; points will be awarded for faster tiered running times

For example:

3:45-4:00= can tryout but no points awarded

3:30-3:45= 1 PT

3:29-3:10= 2 PTS

3:09-OR LESS= 3 PTS.

Spirit work—20 seconds (include two tricks, filler words, poms) (see video ex)

Sign work—with crowd chant like “Defense, Defense”; “Go warriors, Green White”

Track Dances for tryouts: (go over combo & then how we yell out a 4th dance in last set of transitional claps)

Knowledge of material: (must know ALL material on Chant/Dance/Band dance sheet by Aug 1) (Only short list of tryout material for tryouts)

Tumbling: Only throw tumbling you are willing to throw all season! It will be expected! You will pick your hardest skill in standing tumbling and then your hardest skill in running tumbling to tryout with.

-Standing tumbling—performed on track or gym floor-- We will award points for a standing tuck and higher on a mat IF a BHS is shown on a gym floor first.

<u>Points:</u>	<u>Skill:</u>
1	*Front/back walkover
2-3	*BHS
4-5	*Standing Tuck
6-7	*Toe touch tuck
8-9	*BHS BHS Tuck
10	*BHS tuck
11-12	*Standing full; bhs full; bhs bhs full; bhs bhs bhs full

-Running passes—performed on gym floor/track. We will award points for a ro bhs tuck or higher on a mat IF a ROBHS multiples are shown on a gym floor first.

<u>Points:</u>	<u>Skill:</u>
1-2	*ROBHS
3-4	*ROBHS MULTIPLES (3 OR MORE)
5-6	*ROBHS T
7-8	*ROBHS LO
9-10	*ROBHS FULL
+1 to your tumbling pass score	*Specialty pass (ex. Front walkover thru to robhs tuck/layout/full)

Outline of Traditional Tryout with judges:

1. Jumps
2. Chant with motions
3. Spirit for 20 sec
4. Sign work spirit/crowd chant
5. Fight Song
6. Track Dance combo
7. Band dance