

## HIGH SCHOOL CHEERLEADING CANDIDATES

2019-2020 Cheerleading – Sign Up, Week of – February 25, 2018

1. Information Sheet/Tryout Application
2. PRACTICE – March 6, 7 (3:30 p.m. – 5:30 p.m.)
3. TRYOUTS – Friday, March 8, 2018 (3:30 p.m.)

### REGULATIONS:

1. *Each candidate must be passing all classes and have a C or higher in 5 of 7 subjects to be eligible for cheerleader. This must be maintained if chosen.*
2. On the day of tryouts, each candidate will perform two cheers and a sideline chant:
  1. An individual cheer
  2. A group cheer
  3. A group chant

Each candidate will be responsible for the words and motions for the individual cheer. Individual cheer needs to be ready at practice prior to tryouts.

Each candidate will demonstrate the following skills:

1. Spirit Kick (left and right side)
  2. Side Hurdler (left and right)
  3. Front Hurdler (left and right)
  4. Toe Touch
  5. Double Jump (your choice of two)
3. It is recommended that all candidates wear red and white when trying out for cheerleader. Shoes and socks must be worn. No stomach will be seen. **(NO jewelry or gum will be allowed)**
  4. Candidates will draw for tryout order the day before tryouts.
  5. The candidates will be judged and scored on the following criteria:

#### **BASIC SKILLS (20 points)**

Spirit Kick  
Side Hurdler  
Front Hurdler  
Toe Touch  
Double Jump

#### **GROUP CHEER (24 points)**

Motions  
Sharpness  
Synchronization  
Voice Projection  
Facial Expressions  
Knowledge of cheer

#### **INDIVIDUAL CHEER (16 points)**

Motions  
Sharpness  
Voice Projection  
Facial Expression

#### **GROUP CHANT (24 Points)**

Motions  
Sharpness  
Voice Projection  
Facial Expressions  
Synchronization  
Knowledge of chant

## ENTRANCE (12 points)

Spirit  
Voice  
Facial Expression

## TUMBLING (4 Points)

Cartwheel  
Round-off  
Standing back handspring,  
Running back handspring

## CHEERLEADING

### I. PURPOSE

- A. To control the crowd's response. To prevent booing, name calling, and suggestive yells or undesirable yells initiated by small groups in the audience.
- B. To keep school enthusiasm and pep "high" for all the school teams –"win" or "lose".
- C. To harness the crowd's energy and direct it in a concentrated manner to promote the unification of the crowd's yelling.
- D. To promote good sportsmanship between schools, and to build up favorable attitudes toward opponents, own players, and referees.

### II. REQUIREMENTS

- A. Scholastic – must be passing all classes and maintain a C or higher in 5 out of 7 courses to be eligible to cheer. Grades will be checked often.
- B. Parent permission, physical exam, impact aid and random drug test permission slip on file in Athletic Director's Office if selected.
- C. IF chosen for the squad, you must cheer during the football and basketball seasons.

### III. SELECTION OF CHEERLEADERS

- A. Cheerleaders will be selected by a committee.
- B. Sign up and try-out dates will be announced.
  1. Sign up in the High School Athletic Office or MJHS Office
  2. Issue regulations for try-out day and method of scoring
  3. Tryout forms for each candidate (issued to each judge)
    - 16 points – Individual cheer*
    - 20 points – Basic skills*
    - 4 points – Tumbling*
    - 24 points – Group chant*
    - 24 points – Group cheer*
    - 12 points – Entrance*
    - 100 points – **POSSIBLE***
- C. Try-Out Day will be directly after school