

# Tryout INFORMATION

## You will be judged on the following:

**Clinics:** Candidates will be awarded points for each day of clinics they attend on their tryout scoresheet.

**Cheer:** A long cheer will be taught consisting of cheer motions, jumps and kicks. *Candidates will be judged on togetherness, sharpness and voice projection.*

**Dance:** A dance consisting of dance moves, cheer motions and jumps will be taught. *Candidates will be judge on rhythm, togetherness, sharpness and overall performance.*

**Jumps:** Toe Touch and another jump of your choice. *Candidates will be judged on execution, form, height and landing.*

**Tumbling:** Tumbling is not a requirement to make the Team. However, if you can tumble, please be prepared to show us your best tumbling pass as any tumbling skills you do have will be noted on your judging sheet.

**Interview:** You will be asked a question by the coach or judges. Don't be nervous! Just be yourself and answer honestly!

**Poster:** All candidates will be required to make a spirit poster as part of your tryout. Posters should be made on a large-size poster board. Posters will be judged on creativity and the best ones will be used during the school year. Sports to choose from include: Football, Basketball, Volleyball, Soccer, or Baseball. Posters must be brought to tryouts Friday afternoon.

## We will also be looking for the following when making our final decisions:

**Physical Fitness:** Cheerleading is a demanding activity and all candidates should be healthy and in good physical condition. This includes strength, agility, flexibility, coordination and body control. Successful candidates will be put through daily conditioning and must be will and able to participate.

**Spirit and Enthusiasm:** You are trying out to be a cheerleader and your crowd looks to you for spirit and enthusiasm. If you're not enthusiastic, the crowd won't be either. Candidates shouldn't be afraid to "rally" their crowd and get them excited. There is no place for timidness in cheerleading. Be confident!

**Neatness and Cleanliness:** All candidates should come to tryouts dressed to impress. You are trying to convince the judges that you deserve a spot on this squad! Shoes should be white (and clean), shorts and shirt should be in LCA colors (remember, no tank tops), hair pulled back in a ponytail (no bangs in face). Don't be afraid to add accessories with matching hairbows.