



## SCHS CHEERLEADING TRYOUT PROCEDURE

1. To be eligible for tryouts you **must**:

a. Have a completed application turned in to the front office before March 21<sup>st</sup> at 3:30pm.

b. Have a copy of your current physical form and proof of zoning.

2. Tryouts will be held **in the Stewart's Creek High School Aux. gym** March 23<sup>rd</sup>, 24<sup>th</sup>, 26<sup>th</sup>, and 27<sup>th</sup>. Each candidate must wear tennis shoes, shorts, a T- shirt, and have hair secured and off the shoulders.

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3. TRYOUT DATES and TIMES

Monday – March 23<sup>rd</sup> 4:00 – 5:45p.m.

Learn Material

Tuesday - March 24<sup>th</sup> 4:00 – 5:45p.m.

Review and Tumble/Stunt

Thursday.~ March 26<sup>th</sup> 4:00 – 5:45p.m

Review(possible 1<sup>st</sup> cut)

Friday March 27<sup>th</sup> 4:00 ~ ??

Tryouts

4. **ONLY CHEERLEADERS AND COACHES WILL BE ALLOWED AT PRACTICES OR TRYOUT SESSIONS.**

5. Tryout results will be posted on the Athletic Events Entrance Door as well as the STEWARTS CREEK HIGH SCHOOL website as soon as they are available on Friday March 27<sup>th</sup>.

6. Tryout scores will consist of the following:

Communication	5 pts.
Motion Technique	5 pts.
Dance	5 pts.
Toe Touch	10 pts.
Stunting	20pts.
Running Tumbling	25 pts.
<u>Standing Tumbling</u>	<u>30 pts</u>

Points possible

100 points

**Trying out for:** Competition \_\_\_\_\_ Varsity Basketball \_\_\_\_\_

**STEWARTS CREEK HIGH SCHOOL**  
**CHEERLEADING APPLICATION**

Name: \_\_\_\_\_ Birthday: \_\_\_\_\_ Height \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Guardian(s) Name: \_\_\_\_\_

Guardian Phone: (home) \_\_\_\_\_ (work) \_\_\_\_\_  
(cell) \_\_\_\_\_ (cheerleader cell) \_\_\_\_\_

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Name of current school student attends: \_\_\_\_\_  
GPA: \_\_\_\_\_

Any ISS or OSS? YES\_\_ NO\_\_ (please check) Reasons: \_\_\_\_\_

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**Please answer the following questions, using the space provided:**

1. What is your experience with school cheerleading?
2. What is your willingness to participate in the following positions? (please check all that apply)  
\_\_\_\_\_ flyer          \_\_\_\_\_ base          \_\_\_\_\_ backspot          \_\_\_\_\_ signs/ crowd involvement
3. Describe the tumbling skills you are able to perform without a spot (if any):

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**I have read the SCHS Cheerleading Guidelines and promise to abide by its rules and regulations as well as cooperate and follow any instruction set forth by the cheerleading coach. I further understand that cheerleading, like all sports, can cause accidental injuries ranging from the minor to profound. Stunting and/or tumbling will be a required part of participating in the SCHS cheerleading program. I allow my son/daughter to participate at his/her own risk and will not hold Stewarts Creek High School or Rutherford County Schools liable for any injury that may occur.**

\_\_\_\_\_  
Signature of applicant

\_\_\_\_\_  
Signature of guardian

\_\_\_\_\_  
Date

# SCHS CHEERLEADING TRYOUT SCORESHEET

Candidate # \_\_\_\_\_

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Category	Possible Points	Points Received	Comments
<b>Communication Skills</b> Projection, Voice, Enthusiasm Crowd Appeal	5		
<b>Motion Technique</b> Sharpness, Arm Levels Guys-N/A	5		
<b>Dance Technique</b> Coordination, Rhythm Guys-N/A	5		
<b>Toe Touch</b> Height, Flexibility, Technique Guys-N/A	10	head up: 2 pointed toes: 2 land with feet together: 2	chest up: 2 height/ even legs: 2
<b>Stunting</b> Form, Technique, Difficulty	20	Liberty/Heel stretch: 5 Switch up Lib/Heel Stretch: 10 360 to extension: 15 360 to Lib: 20	Co-ed-guys: Toss Hands-22 Toss Ext.-25 Toss Lib-35 Toss 1 hd QP-40
<b>Running Tumbling</b> Form, Technique, Difficulty	25	round off back handspring: 5 round off back handspring series: 7 round off back handspring tuck: 15 layout: 20 full: 25	
<b>Standing Tumbling</b>	30	Standing back handspring: 10 Standing Tuck: 15 Standing BHBT: 20 Standing Full: 30	

**Total Points**                      100                      \_\_\_\_\_

**Comments/ Areas to improve/Potential?**

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