

SCHS CHEERLEADING TRYOUT PROCEDURE

1. To be eligible for tryouts you **must**:
 - a. Have a completed application turned in to Mrs. Alonna Smith on or before the first day of Cheer Tryouts.
2. Tryouts will be held **in the Stewarts Creek Middle School gym** April 8th-11th . 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 -April 8 th	4:15 – 6:15p.m.	Learn Material
Tuesday-April 9 th	4:15 – 6:15p.m.	Review and Stunt/Tumble
Wed.-April 10 th	4:15 – 5:45p.m	Stunt and Tumbling TRYOUT
Thurs.-April 11 th	4:15 ~ ??	Individual Cheer Tryouts

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

5. Tryout results will be posted on the STEWARTS CREEK HIGH SCHOOL website at www.sch.rcschools.net on April 12th.

6. Tryout scores will consist of the following:

Communication	5 pts.
Motion Technique	5 pts.
Dance	5 pts.
Toe Touch	5 pts.
Stunting	20pts.
Running Tumbling	25 pts.
<u>Standing Tumbling</u>	<u>35 pts</u>

Points possible

100 points

Trying out for: Football/Competition___ Varsity Basketball___ Freshmen___

STEWARTS CREEK HIGH SCHOOL
CHEERLEADING APPLICATION

(Must be turned in by Monday April 8th to be eligible to make a squad)

Name: _____ Birthday: _____ Height _____

Address: _____

Guardian(s) Name: _____

Guardian Phone: (home) _____ (work) _____
(cell) _____ (cheerleader cell) _____

Name of current school student attends: _____

Cumulative GPA: _____

Any ISS or OSS? YES___ NO___ (please check) Reasons: _____

Please answer the following questions, using the space provided:

1. What is your experience with school cheerleading?
2. What is your experience with All Star cheerleading?
3. What is your willingness to participate in the following positions? (please check all that apply)

_____ flyer _____ base _____ backspot _____ signs/ crowd involvement

4. Describe the tumbling skills you are able to perform without a spot (if any):

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 # _____

Category	Possible Points	Points Received	Comments
Communication Skills Projection, Voice, Enthusiasm Crowd Appeal	5		
Motion Technique Sharpness, Arm Levels	5		
Dance Technique Coordination, Rhythm	5		
Toe Touch Height, Flexibility, Technique	5	head up: 1 pointed toes: 1 land with feet together: 1	chest up: 1 height/ even legs: 1
Stunting Form, Technique, Difficulty	20	Liberty/Heel stretch: 5 Switch up Lib/Heel Stretch: 10 360 to extension: 15 360 to Lib: 20	
Running Tumbling Form, Technique, Difficulty	25	round off back handspring: 5 round off back handspring series: 10 round off back handspring tuck: 15 layout: 20 full: 25	
Standing Tumbling	35	Standing back handspring: 15 Standing Tuck: 20 Standing BHBT: 25 Standing Full: 35	

Total Points 100 _____

Comments/Areas to improve/Potential?
