



South Rowan High School 2020-2021 Cheerleading Tryout Information

Dates

April 27 - May 30

With COVID19 we will be hosting virtual cheer tryouts. Each cheerleader will post videos of their tryout material following the criteria below to their google folder. Cheerleaders will also be asked to have a live tryout via ZOOM. Cheerleaders will sign up for various times throughout the tryout week to be judged for squad placement.

Virtual Tryouts
All Videos must be
submitted before your
LIVE tryout via ZOOM

Teams

We will be holding tryouts for 3 squads this season. JV, Varsity Football/Competition, and Varsity Basketball

Varsity Football/Competition

1. Will cheer for all Varsity Football games, including playoff games
2. All grade levels are eligible
3. Will compete in 5-6 competitions
4. Elite stunting skills are required

Varsity Basketball Only

1. Will cheer for all Home Basketball games, all In-County Away Games, and all playoff games
2. JV Will MOVE UP
3. Gymnastic Skills & Advanced Stunts are helpful

Junior Varsity

1. Will cheer for all JV Football Games
2. 9th and 10th graders ONLY
3. Will possibly compete at 2 events*
4. Gymnastics skills are helpful
5. Will cheer VARSITY bball

Coaches reserve the right to move cheerleaders between squads as they see fit based on need or skill performance.

Judges

The panel of judges for tryouts will include, but is not limited to, the SRHS cheer coaching staff. Other members of the panel may include: alumni cheerleaders, other coaches, and/or other adults from the school or community.

****If you are going to miss a tryout day, you are responsible for letting us know before tryouts begin. You will be required to tryout in an alternate format before your absence.**

Eligibility

To be eligible for cheerleading a student **MUST**:

Rising Freshman

1. Be promoted to SRHS
2. Have parental permission
3. Have a current Doctor's Physical (and all eligibility paper work)
4. Be assigned to attend South Rowan

Rising Sophomores, Juniors, & Seniors

1. Pass 4 of 4 courses from Spring Semester
2. Have parental permission
3. Have a Doctor's Physical (and all eligibility paper work)
4. Be assigned to attend South Rowan

Point Scale

There will be a point scale used to help in the judging of some of the required skills.

Execution, Knowledge & Showmanship will be judged on a 5 point scale.

Difficulty and Point Values are illustrated on the Skills Rubric Sheet

Please note that the point scale is used to help in the decision making process. The final decision will be that of the coaches.

Parent Meeting

VIRTUAL MEETING

The parent meeting is **MANDATORY** for parents of **ANY** student wanting to tryout for cheerleading.

ALL PARENTS must **READ** the **PARENT PACKET & RULES SHEET** before a cheerleader is eligible to tryout. **THEY MUST SIGN** the **GOOGLE FORM** after completion

Topics of Discussion:

1. Tryout Information - Questions & Answer Session
2. Camp Information
3. Financial Obligations (approximate)
4. Commitment to Cheer Squad
5. Competition information
6. Rules

This can be found at srhscheer.weebly.com under "Squad Information"

Requirements

Requirements to be a high school cheerleader remain at high standard. Cheerleading is athletic and competitive. However, please **DO NOT** try skills you have not been trained to do. We will be available during the open gym sessions to assist in stunting technique, but this is **NOT** the time to attempt things you do not know how to do well.

For example: If you have never cradled—don't try a double full dismount...if you can't do a backbend, don't try a back-handspring.

Gymnastics

Both Standing Tumbling and Running Tumbling Passes will be judged for "extra credit"
* Gymnastics skills are not required our teams this year, but will be extremely helpful in order to increase your final score

The Difficulty Rubric Page will illustrate a graduated point scale for more difficult skills

Judges will be looking for correct gymnastics technique including but not limited to: legs/feet together, power, height, flow, timing and solid landings.

Endurance

This will be judged when we meet in person. If you can not run the mile in 10 mins or less you may be removed from your original squad placement.

A 10 minute mile run will be judged for endurance. If a cheerleader does not run the mile in 10 minutes they will no longer be eligible for the Varsity Football/Competition Squad. If a cheerleader does not run the mile in 11 mins they will not be eligible for JV.

Judges will be looking for strength, ability, endurance, motivation and effort.

Jumps

Cheerleaders will be judged on the following jumps:
Judges are looking for Straight legs, height, and technique

Athletes will be judged on two jumps. One must be a toe-touch and one must be a combination jump.

We suggest if you're wanting to be on varsity to do a Toe-Touch and a 3+ jump combo and for JV to do a Toe-Touch and a 2+ jump combo

There is no "jump requirement" for placement on either squad.

Dance & Fight Song

Participants will be judged on the South Rowan Fight Song dance as well as a 24 count dance made up by the graduating cheerleaders. The dance will be posted the day before tryouts and athletes can practice dances during the open gym sessions of tryout week.

Judges will be looking for PERFORMANCE, knowledge, confidence, facials, rhythm, motion technique, and general dance ability...Are you having fun out there?

Sideline & Cheer

Participants will be judged on 1 cheer and 1 sideline chant. The cheer and chant will be posted the day before tryouts and athletes can practice cheer/chant during open gym sessions.

Judges will be looking for confidence, knowledge, facials and smiles, motion sharpness, placement and technique and voice projection.

Stunts

This will be judged when we meet in person. If you can not show adequate skill level you may be moved between squads to best fit your ability.

This year you do not have to perform a certain skill to be eligible for varsity. Stunts will be judged on a progressions chart. The higher the skill- the higher the point value. Athletes must tryout as a base or a top girl for points. However, you may show your versatility by performing skills at other positions. Stunt chart can be found on the rubrics page.

****1 fall without a deduction will be granted. 2 points will be deducted thereafter if it is determined that the fall is due to lack of execution on your part.**

BASING: you must be a **MAIN, SIDE** or **BACK BASE** for points - not a front base.

Judges will be looking for solid stunting technique, included but not limited to:

Top Girl - Tightness, flexibility, confidence, strong transitions, flow, riding pops for cradles, locked legs

Bases - Use of legs, attention to flyer, confidence, ability to transition, high catches, strong pops, locked arms

Please DO NOT practice stunts at home- this is how accidents happen. Please use the Open Gym Time wisely- and remember this is not the time to learn new advanced skills.