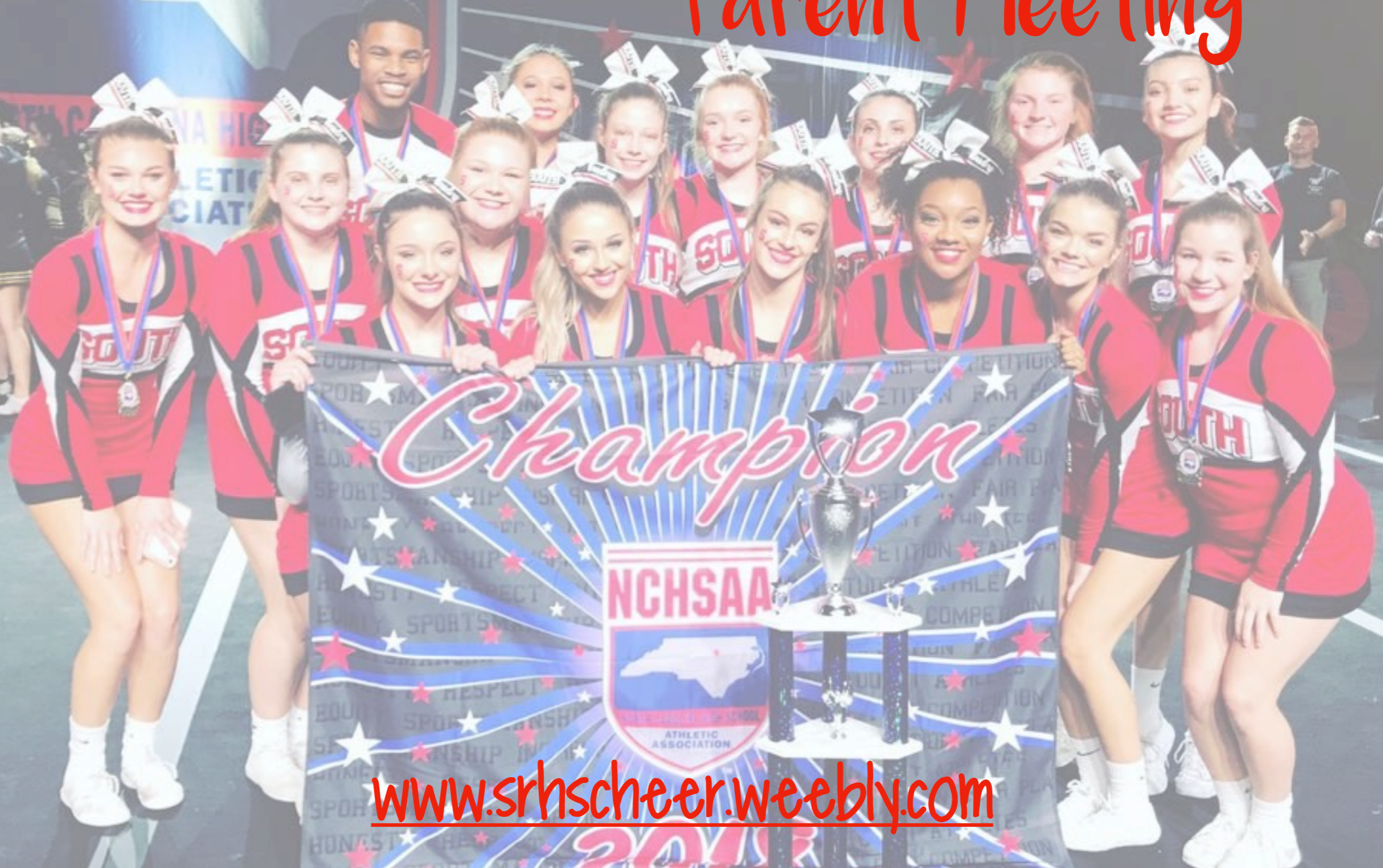


SRHS CHEERLEADING

Parent Meeting



www.srhscheer.weebly.com

Eligibility

- HAVE A CURRENT DOCTORS PHYSICAL
- FILL OUT ALL ATHLETIC FORMS (FINAL FORMS)
- MUST BE ASSIGNED TO ATTEND SRHS
- PASSING 4 / 4 CLASS (HIGH SCHOOL)
- BE PROMOTED TO NEXT GRADE (MIDDLE SCHOOL)

SRHS Teams

- VARSITY FOOTBALL
- VARSITY COMPETITION
- VARSITY BASKETBALL
- JUNIOR VARSITY

Varsity Competition

- CHEER FRIDAY NIGHT FOOTBALL GAMES
- COMPETE AT PRE-STATE, STATE, AND NATIONAL COMPETITIVE EVENTS (OCTOBER-MARCH)
- PERFORM DURING 1/2 TIME OF BASKETBALL GAMES
- PRACTICE @ ELEVATION CHEER GYM BIWEEKLY (\$5 PER WEEK)

Varsity Football

- CHEER FRIDAY NIGHT FOOTBALL GAMES
- WILL LEARN ALL COMPETITION ROUTINE / STUNTS
- WILL BE ALTERNATES FOR COMPETITION TEAM
- MAY BE ASKED TO JOIN COMPETITION TEAM

Varsity Basketball

- CHEERS FOR ALL HOME VARSITY GIRLS AND BOYS HOME BASKETBALL GAMES*
- CHEERS AT SAM MOIR CHRISTMAS TOURNAMENT
- (JUNIOR VARSITY WILL MOVE UP)

Junior Varsity

- CHEERS FOR ALL JV FOOTBALL GAMES
- CHEERS FOR HOME VARSITY B-BALL GAMES

Commitment to Team

- CHEER IS A ~~TEAM~~ SPORT
- VERY TIME CONSUMING
- ZERO TOLERANCE FOR LAZINESS
- IF YOU DON'T WANT TO WORK HARD, THIS ISN'T THE SPORT FOR YOU

Commitment To Cheer Team

- **100%** ATTENDANCE IS **REQUIRED** AT ALL TIMES
- FOLLOW ALL TEAM RULES (SEE WEBSITE & SIGN FORM)
- PRACTICES **3-4 DAYS** A WEEK MONDAY-THURSDAY
- VARSITY COMPETITION GYM DAYS \$5
- FB: GAMES ON **THURSDAY** (JV) & **FRIDAY** (VARSITY)
- BB: GAME DAYS & PRACTICES VARY
- COMPETITIONS ON VARIOUS SATURDAY'S OCT-MARCH
- SCHEDULE ALL DOCTOR APPTS- AROUND CHEER CALENDAR

Tryout Information

Athletes will be evaluated in the following areas

- ENDURANCE (10 MINUTE MILE)
- JUMPS
- CHEER / CHANT
- STUNTS
- DANCE
- GYMNASTICS – EXTRA CREDIT POINTS

Skills Rubric - SRHS Cheerleading

Standing Gymnastics

- +1 = Back walkover
- +3 = Back-handspring
- +4 = 2+ BHS/ToeTouch BHS
- +5 = BHS Tuck
- +6 = Standing Tuck
- +7 = TT Tuck

Execution Points will be added using a 1-3 Scale

Running Gymnastics

- +1 = Round-off
- +3 = Round-off Back-handspring/Ariel
- +4 = RO 2+ BHS
- +5 = RO BHS Tuck
- +6 = Walkover RO BHS Tuck
- +7 = RO BHS Layout or Step out
- +8 = RO BHS X-Out
- +9 = Punch Front Tuck
- +10 = Full Twist LO

STUNTS

INTERMEDIATE STUNTS

- 2 = prep-press to extension
- 3 = straight up extension
- 4 = half-up to extension
- 5 = single leg extended liberty

ADVANCED STUNTS

- 6 = Full around prep - to single leg
- 7 = switch up to elite body position
- 8 = Low to High Tick-tock to lib
- 9 = full up to extension
- 10 = full up to single leg stunt

Execution Points 1-5
1 = Needs Work
5 = Great Job

Jumps

Must show a toe-touch
And a
Combination Jump

- 1 = Below level, poor jump technique, bent legs, feet apart landing, jumps not connected
- 3 = Level Jumps, average jump technique, pointed toes, feet together landing, jumps connected
- 5 = Above level jumps, strong jump technique, pointed toes, feet together landing, jumps

Execution Points

Cheer, Dance, Sideline, Fight Song

These will be judged on knowledge, performance, motions, and rhythm using the 1-5 scale for each category

- 1 = Not so good...got through skill, major problem(s)
- 3 = Pretty good...perform skill with minor problem(s)
- 5 = Great job...perform skill with little to no problem(s)

Judging Rubric

What To Wear To Tryouts

- CHEERLEADER MUST WEAR SRHS COLOR COMBINATION
- NO "TEAM LOGOS"
- NO JEWELRY, LONG FINGERNAILS, BARE MIDRIFTS, NO SPANDEX AS PANTS
- HAIR UP AND AWAY FROM FACE
- CHEER BOW
- FINAL TRYOUT DAY – WEAR WHITE SHIRT AND BLACK SHORTS

When Will I Know If I Made The Team?

f r i d a y

- TEAMS WILL BE POSTED ON THE SRHS WEBSITE FRIDAY NIGHT
- ATHLETES WILL GET A TEXT VIA REMIND WHEN NAMES HAVE BEEN POSTED

Questions About Tryouts?

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Cheerleading Clinics

- REQUIRED!
- 8/1 @ DAVIE COUNTY
- 8/8 @ AL BROWN
- \$100 PER GIRL (TOTAL)

Summer Practices

- PLEASE SCHEDULE VACATIONS ACCORDINGLY
- MUST KNOW AFTER TRYOUTS IF YOU WILL **MISS** A SUMMER PRACTICE
- SUMMER SCHEDULE IS ON WEEBLY
- MORNING SESSIONS (**9:00–11:00**)

SUMMER PRACTICES

TIME: 9:00am - 11:00am

JUNE: 1 - 3

JUNE: 8 - 10

JUNE: 15 - 17

JULY: 6 - 7

JULY: 13 - 15

SATURDAY, AUGUST 1ST, STUNT CLINIC CAMP @ DAVIE CO

SATURDAY, AUGUST 8TH, STUNT CLINIC CAMP @ AL BROWN

Financial Obligations

Prices are Approximate

● STUNT CLINICS: \$100

● UNIFORM FEE: \$25

● CAMP CLOTHING: \$100

● CHEER ITEMS: \$50-100

● BOWS: \$20

● SHOES: \$45-80

COMPETITION TEAM:

● REGIONAL
COMPETITION FEES:
\$140

● + NATIONALS:
\$1200

Fundraising Opportunities

ALL ATHLETES ARE REQUIRED TO PARTICIPATE IN FUNDRAISING EVENTS

- YARD SALE (MAY 2ND)
- POPCORN
- CHEER CLINICS
- SPONSORSHIP T-SHIRTS (RAISED \$5000 LAST YEAR)

Things To Know

- WORKING / JOBS ARE NOT AN EXCUSE TO MISS PRACTICES
- ATHLETES ARE REQUIRED TO LET COACHES KNOW WHEN THEY ARE ABSENT FROM SCHOOL.
- IF YOU'RE ABSENT – YOU CAN NOT PRACTICE – WHICH MEANS THE WHOLE TEAM IS AFFECTED

Expectations

- SKILLS DO NOT END AT TRYOUTS
- MILE RUN = ELIGIBILITY FOR GAME TIME
- CLEAR / CLEAN SOCIAL MEDIA
- HIGH GRADES
- PRACTICING ON YOUR OWN
- ~~ACCOUNTABILITY~~
- COMMUNICATION