

TRYOUTS

What do we consider when determining team size and who does and doesn't make it?

First Consideration...Tumbling!

What does the score sheet ask for?

- JV- 50%-75% with back handsprings.
- Varsity- 75% with tucks.

Generally speaking our goal is for everyone on varsity to have a running tuck and everyone on junior varsity to have a back handspring. Once we look at who has tumbling, we look at stunt groups and see if we have enough to complete whole stunt pods that can perform elite stunts.

Second Consideration....Stunting and their position!

- Flyers- very flexible, can hold their weight
- Bases- very strong with good technique
- Backs- strong, taller than their bases, fearless
- Fronts- typically have good tumbling but need to work on strength or flexibility

**What about being good dancer, having great motions, and awesome jumps?. These are a plus but these are mainly areas we look at when placing cheerleaders in formations during routines.

Tryouts...What do we do?

- Will be timed on a mile run (need to come in under 10 minutes)
- Will be given a strength test.
- Those who are being considered as flyers will be asked to pull flyer positions.
- They will be asked to show what tumbling they have.
- They will show us their jumps (this will be done in groups)
- We will play around with stunt pods and try learning stunts.
- They will be learning cheers & dances throughout but will not be asked to perform them individually.

*Coaches will talk individually with anyone who did not make the team; team placements will be emailed out.

EXAMPLE TRYOUT SHEET

Name _____

___/___ Run Time

___/___ Tumbling

___/___ Weights

___/___ Flyer (flexibility, body control)

___/___ Jumps

_____ Summer Effort

Comments _____

HOW TO RUN THE RANKING SYSTEM:

Timed Mile- Write down each athlete's time and rank them fastest to slowest.

Tumbling- Have each athlete perform their highest running and standing tumbling skills and rank them based on hardest skills performed.

Weights- Each athlete holds a 25lb. plate at chest level, they bend and press with extended arms continuously without ANY pauses in between. Count how many reps each athlete does and rank them from most reps to least reps.

Flyer- Each flyer is asked to pull each flying skill and is ranked from most flexible to least flexible.

Jumps- Each athlete performs a variety of jumps and is ranked based off of technique from highest technique to lowest.

Summer Effort- Based off of summer attendance for conditioning.

THINGS TO REMEMBER:

- You can hide dancers, you can hide jumps.... You can't hide tumbling and stunts!
- Always explain to cut athletes why you cut them and what they can work on to tryout again.
- We try to have "competition alternates" on the team for injuries, grades and commitment issues so they can fill in when needed.
- Try to keep the mile in your daily practice schedule and add tumbling into it! Run a lap then do a standing tuck, another lap standing tuck, another lap round off handspring tuck, last lap round off handspring tuck.