



## **CHEER TRYOUT PACKET 2016-2017**

YOU **MUST** BE CURRENTLY ENROLLED AS A JEROME HIGH SCHOOL STUDENT BY THE DATE OF THE CHEER TRYOUT TO BE ELIGIBLE TO TRY OUT FOR A PLACE ON THE DUBLIN JEROME CHEERLEADING TEAM.

IF YOU HAVE QUESTIONS, PLEASE CONTACT HEAD COACH CARLA CRAWFORD **BEFORE** THE ACTUAL TRYOUT DATE AT [crawford\\_carla@dublinschools.net](mailto:crawford_carla@dublinschools.net)

**Dublin Jerome High School  
Cheerleading Try-Out Information Packet**

**Tryout Clinic Dates**

8-12pm, July 25-27, 2015, meet at DJHS Track  
bring a LARGE water bottle, running shoes, cheer shoes large beach towel, and washcloth

**Team Placement Date:**

July 28, 2015

9:00am

Tryouts begin for JV and V teams

12:00pm

Tryouts begin for freshmen teams

**Place for Tryouts:**

Dublin Jerome High School Auxiliary Gym and Main Gym

**Attire:**

White T-shirts, dark shorts, tennis shoes and hair pulled back-game ready. Be dressed and ready to go! No jewelry of any sort!

**Material:**

All material will be posted on the [djhscheer.com](http://djhscheer.com) website

**Tryout Information**

1. In order to participate in **CLINICS and TRYOUTS**, students **must** have a new physical that will cover through March 2017, and all information updated and posted on the DJHS website for student information including concussion form, emergency contact information, etc.
2. The Dublin Jerome cheerleading coaches will choose team members with the assistance of independent judges. These judges will have at least one of the following qualifications: from a known cheerleading organization, coached middle, high school, or collegiate level athletes, or have prior college cheerleading experience.
3. The decisions of the coaches and judges are final. If you have questions concerning the procedures for tryouts and team placements please make sure that you ask them **prior** to the date of **tryouts in July**.
4. Any time prior to July 15, 2016 athletes may receive an individual sheet reflecting strengths and weakness of the athlete in regards to cheerleading skills as assessed by one of the DJHS Cheer staff. This sheet of information may be used by the athlete as they choose to improve during the summer. For team tryouts in August, there will be four stations in which students will be required to demonstrate a variety of skills. The scores from these four stations will be combined for an overall score, which will be the score used for team placements. This model will allow for formative feedback for each athlete prior to team tryouts, but is in **NO WAY** a guarantee of placement onto a specific team.

5. Freshman may only make the freshmen teams, but may be moved up at the discretion of the coaching staff if deemed necessary.
6. For safety and liability reasons, the coaching staff reserves the opportunity to disqualify candidates who score 65% or less of the total points at the tryout in July or at anytime in the year.
7. Cheerleading tryouts are closed to the public, and cheerleaders must be present for tryouts and evaluations, unless a unique situation that is approved by the head coach and staff prior to the start of tryouts and/or evaluations begin.
8. Girls making the squads will need to practice and exhibit the same skills displayed at tryouts throughout the season in which they cheer on the track and/or basketball court. If the cheerleader cannot practice and exhibit the skills, he/she may be ineligible to cheer including if the cheerleader is injured for more than 1 week. The cheerleader, depending on circumstances, may be dismissed from the team.
9. All gymnastic skills must be performed unaided and without a spotter on the basketball court.  
\*\*All skills must land in an appropriate and safe manner. Skills that "touch", fall, etc. will not be scored a zero.
10. Varsity and JV teams are comprised of seniors, juniors and sophomores.
11. At the conclusion of tryouts, each cheerleader will be called and will be told which team(s) he/she has made and asked if he/she is willing to cheer for the team that she has made. If he/she does not wish to cheer for the team he/she is placed on, he/she will be notified of what areas could be improved upon for the future.

**\*\*NEW FOR 2016-17**

12. Stations 1,2, and 3 will be on the gym floor surface. Coaches will determine the week of tryouts is station 4 will be on that basketball court. This means ALL tumbling skills will be executed on the basketball court during tryouts.

## Season Information and Expectations

1. Cheerleaders are expected to attend and participate actively at all scheduled practices and games through the conclusion of their season. Failure to do so may result in dismissal from the team, and may not earn participation awards nor letters. **Missing one game, a reason other than a death in the family or personal illness or by permission of the coach, may result in a one game suspension. If the cheerleader misses more than one for reasons not listed above, the cheerleader may be dismissed from the team.**
2. During the year, there are three to five practices per week, and one-three games.
3. Practices begin the first week of August for **ALL** Jerome Cheerleaders. If a cheerleader is participating in a fall sport, she will need to meet with Carla Crawford to make arrangements regarding these cheerleading practices.
4. **Fall Cheerleaders** will cheer the fall season until approx. November 1<sup>st</sup>.  
**Winter Cheerleaders** will cheer the winter season until approx. March 1<sup>st</sup>. They may rotate and not cheer every game. For tournaments or games outside the regular season, the pattern of rotation will stay the same. This could mean that a cheerleader, depending on the outcome of games, may not cheer during tournaments. Carla Crawford will determine the rotation schedule for all games, and the cheerleaders will not be able to change or exchange games with one another.
5. In order to maintain eligibility, a cheerleader must have/do the following:
  - a. Have passing grades in five (5) academic subjects (based upon nine weeks grades).
  - b. Dublin Schools also has a 2.0 GPA requirement that must be met.
  - c. Perform the same skills during practices and games, as was performed at tryouts.  
Note: if this is not attained, the student may be required to sit out, or may be asked to leave the team. This includes injury related issues that prevent a cheerleader to perform, just as it would in other sports at DJHS.
6. Once the squads have been chosen, each cheerleader and parent(s) will be required to sign the Constitution and by-laws of Cheerleaders and abide by them.
7. Decisions of which teams/cheerleaders cheer for what games will be decided by Carla Crawford.
8. Cheerleaders will be expected to fully participate in each practice, game, activity, etc. This includes wearing the correct practice wear, uniform to school, uniform to a game, having poms, having rain gear, etc. Failure to do so may be cause and be the reason for the cheerleader to sit out of games, up to being dismissed from the team.
9. Being late to an event, game, practice, without prior permission from the Carla Crawford, may result in not participating in an event up to being dismissed from the team.
10. Cheerleaders who do not meet the coaches' expectations for knowing and performing material will not cheer and may be dismissed from the team.

## **Cost Information**

1. **Cheerleading is both time consuming and expensive.** Cheerleaders are responsible for their own shoes, socks, boy shorts, poms, tumbling lessons, and body suits. Please see enclosed price list. If students choose to tryout for both football and basketball cheerleading and make both squads, there may be additional expenses involved. Those who tryout for the all year competition team will have more competition fees, tumbling fees, other fees, etc.

## **Competition Information**

1. Cheerleaders at Jerome will be able to participate on one of our competition teams. "All Year Green" , "All Year Gold", and "All Year White"
2. Cheerleaders who choose to participate in competition cheer on the DJHS Competition team, will be placed by the coaching staff on the team that best suits the Jerome Cheer Program, as well as for the individual athlete.
3. Cheerleaders may choose to compete all year, but will make that commitment with Carla Crawford and will be required to fulfill the commitment. This team may also commit to a National Competition.
4. Cheerleaders who participate on the All year competition team will have additional costs associated with being part of the team.

## Station 1-Gymnastics/Jumps

### **Scores possible for each optional pass (must be performed on gym floor/track)**

\*\*skills and their value may be added by Carla Crawford at anytime for tryout purposes.

#### **0-3 points**

Back Handspring

#### **0-5 points**

Round off-Back Handspring  
Cartwheel-Back Handspring  
Round off-Back Handspring-series  
Toe Touch -Back Handspring

#### **0-7 points**

Round off Tuck

#### **0-9 points**

Round off-Back Handspring-Back Tuck

#### **0-10 points**

Round off-Back Handspring-Back Handspring-Tuck

#### **0-11 points**

Cartwheel-Tuck

#### **0-12 points**

Round off-Back Handspring-Layout

#### **0-13 points**

Back Handspring-Back Tuck

#### **0-16 points**

Standing Tuck

#### **0-18 points**

Toe Touch-tuck

#### **0-20 points**

Round off-Back Handspring-Full (must be performed on track or mat due to NFHS/AACCA safety rules)  
Pike-Tuck  
Triple Toe Touch Tuck

#### **0-25 points**

standing handspring-handspring-full must be performed on track or mat due to NFHS/AACCA safety rules)

#### **0-30**

standing full (must be performed on track or mat due to NFHS/AACCA safety rules)

# Jumps and Tumbling

Judge \_\_\_\_\_ # \_\_\_\_\_

<p>Double Toe Touch</p>	<p>( ) pointed toes                      ( ) straight legs                      ( ) sticks landing                      ( ) feet together                      ( ) legs at/above horiz                      ( ) arm placement                      ( ) Strong Technique</p>	<p>( ) toes not pt'ed                      ( ) bent legs                      ( ) wobbly landing                      ( ) feet apart                      ( ) legs not horiz                      ( ) arms not placed                      ( ) Weak Technique</p>	<p>15</p>
<p>Pike</p>	<p>( ) pointed toes                      ( ) straight legs                      ( ) sticks landing                      ( ) feet together                      ( ) legs above horiz                      ( ) arm placement                      ( ) Strong Technique</p>	<p>( ) toes not pt'ed                      ( ) bent legs                      ( ) wobble landing                      ( ) feet apart                      ( ) legs not horiz                      ( ) arms not placed                      ( ) Weak Technique</p>	<p>15</p>
<p>Standing Tumbling</p> <p>Backhandspring=max. 5pts                      BH-TK=max. 10pts                      Standing tuck =max. 15pts.</p>	<p>( ) pointed toes                      ( ) straight legs                      ( ) sticks landing                      ( ) legs together                      ( ) pops off floor</p>	<p>( ) toes not pt'ed                      ( ) bent legs                      ( ) wobbly landing                      ( ) legs apart                      ( ) pops off floor</p>	<p>15</p>
<p>Running Tumbling:</p> <p>Rd/BH or Rd/BH/BH max=6                      Rd/TK max=8                      Rd/BH/TK max=12                      Rd/BH/Layout max=15                      Rd/BH/Full max 15</p>	<p>( ) sticks landing                      ( ) good form                      ( ) other _____</p>	<p>( ) wobbly landing                      ( ) form need imp.                      ( ) other _____</p>	<p>15</p>
<p>Optional:</p> <p>_____</p>	<p>( ) sticks landing                      ( ) good form                      ( ) other _____</p>	<p>( ) wobbly landing                      ( ) form need imp.                      ( ) other _____</p>	<p>20</p>
<p><b>TOTAL</b></p>			<p><b>80</b></p>

**Cheer/Chant**

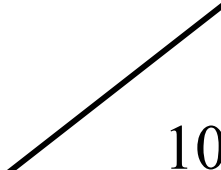
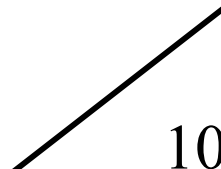
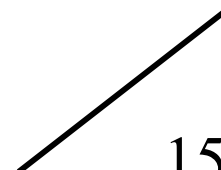
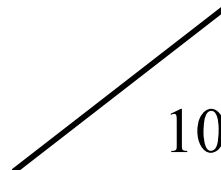
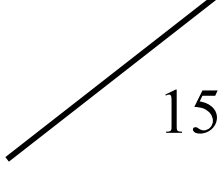
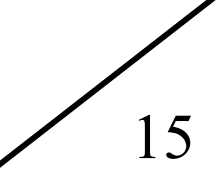
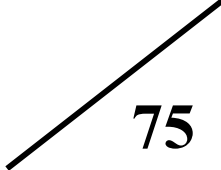
**Judge** \_\_\_\_\_ **#** \_\_\_\_\_

<p>Voice projection</p>	<p><input type="checkbox"/> loud voice <input type="checkbox"/> good expression</p>	<p><input type="checkbox"/> quiet voice <input type="checkbox"/> no expression <input type="checkbox"/> too high/too low</p>	<p>10</p>
<p>Energy/Showmanship</p>	<p><input type="checkbox"/> natural look <input type="checkbox"/> enthusiastic <input type="checkbox"/> fun to watch <input type="checkbox"/> good eye contact <input type="checkbox"/> invites crowd to cheer</p>	<p><input type="checkbox"/> overdone facials <input type="checkbox"/> lacks enthusiasm <input type="checkbox"/> uninterested <input type="checkbox"/> no eye contact <input type="checkbox"/> hesitant to initiate crowd</p>	<p>10</p>
<p>Motion placement</p>	<p><input type="checkbox"/> correct placement <input type="checkbox"/> wrists straight</p>	<p><input type="checkbox"/> placement NI <input type="checkbox"/> bent wrists</p>	<p>15</p>
<p>“Pepping”/calling chant</p>	<p><input type="checkbox"/> natural look <input type="checkbox"/> enthusiastic <input type="checkbox"/> fun to watch <input type="checkbox"/> good eye contact <input type="checkbox"/> invites crowd to cheer</p>	<p><input type="checkbox"/> overdone facials <input type="checkbox"/> lacks enthusiasm <input type="checkbox"/> uninterested <input type="checkbox"/> no eye contact <input type="checkbox"/> hesitant to initiate crowd</p>	<p>10</p>
<p>Sharpness of motions</p>	<p><input type="checkbox"/> motions punch <input type="checkbox"/> motions stick and hold</p>	<p><input type="checkbox"/> motions place <input type="checkbox"/> motions bounce</p>	<p>15</p>
<p><b>TOTAL</b></p>			<p><b>60</b></p>



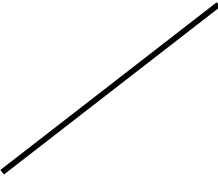
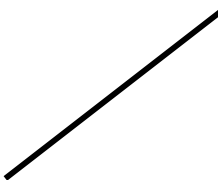
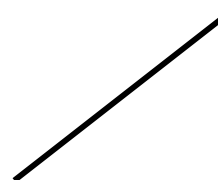
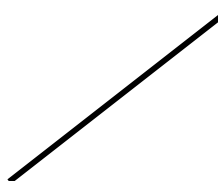
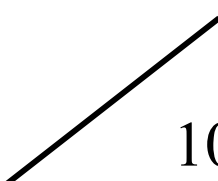
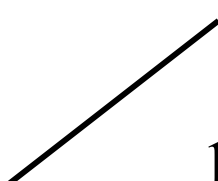
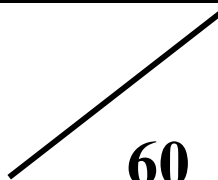
# Band Dance

Judge \_\_\_\_\_ # \_\_\_\_\_

Timing	<input type="checkbox"/> on beat <input type="checkbox"/> keeps time	<input type="checkbox"/> off beat <input type="checkbox"/> loses time	 10
Energy/Showmanship	<input type="checkbox"/> natural look <input type="checkbox"/> enthusiastic <input type="checkbox"/> fun to watch <input type="checkbox"/> good eye contact <input type="checkbox"/> invites crowd to cheer	<input type="checkbox"/> overdone facials <input type="checkbox"/> lacks enthusiasm <input type="checkbox"/> uninterested <input type="checkbox"/> no eye contact <input type="checkbox"/> hesitant to initiate crowd	 10
Motion placement	<input type="checkbox"/> correct placement <input type="checkbox"/> wrists straight	<input type="checkbox"/> placement NI <input type="checkbox"/> bent wrists	 15
Jumps/tumbling	<input type="checkbox"/> pointed toes <input type="checkbox"/> straight legs <input type="checkbox"/> sticks landing <input type="checkbox"/> legs together <input type="checkbox"/> good height	<input type="checkbox"/> toes not pt'ed <input type="checkbox"/> bent legs <input type="checkbox"/> wobbly landing <input type="checkbox"/> legs apart <input type="checkbox"/> low height	 10
Sharpness of motions	<input type="checkbox"/> motions punch <input type="checkbox"/> motions stick and hold	<input type="checkbox"/> motions place <input type="checkbox"/> motions bounce	 15
Knowledge of Dance	<input type="checkbox"/> fluid motions <input type="checkbox"/> recalls dance easily	<input type="checkbox"/> stops and starts <input type="checkbox"/> forgot motions/parts	 15
TOTAL			 75

**Dance**

**Judge** \_\_\_\_\_ **#** \_\_\_\_\_

<p>Timing and synchronization to the music</p>	<p>( ) in time with music</p>	<p>( ) off beat</p>	 <p>10</p>
<p>Energy/ Showmanship</p>	<p>( ) natural look ( ) enthusiastic ( ) fun to watch ( ) good eye contact ( ) invites crowd to cheer</p>	<p>( ) overdone facials ( ) lacks enthusiasm ( ) uninterested ( ) no eye contact ( ) hesitant to initiate crowd</p>	 <p>10</p>
<p>Motion Technique</p>	<p>( ) correct placement ( ) wrists straight</p>	<p>( ) placement NI ( ) bent wrists</p>	 <p>10</p>
<p>Jumps/tumbling  Jump w/ Tuck =poss. +5 Jump only=max of 5pts.</p>	<p>( ) pointed toes ( ) straight legs ( ) sticks landing ( ) legs together ( ) good height</p>	<p>( ) toes not pt'ed ( ) bent legs ( ) wobbly landing ( ) legs apart ( ) low height</p>	 <p>15</p>
<p>Dance Technique</p>	<p>( ) good rhythm ( ) good body posture ( ) good body positions ( ) ease of execution</p>	<p>( ) uncomfortable ( ) body posture NI ( ) body positions NI ( ) execution uneasy</p>	 <p>10</p>
<p>Precision of motions</p>	<p>( ) motions punch ( ) motions stick and hold</p>	<p>( ) motions place ( ) motions bounce</p>	 <p>10</p>
<p>TOTAL</p>			 <p>60</p>

# 2016-2017 Cheerleading Price List

(Prices are estimates and subject to change)

***Many items can be used for several years and need not be purchased each year. We have made an attempt to keep costs down after the first year by re-using practice wear and other items***

## **Yearly expenses**

Pay-to-participate	\$50.00
Shoes (must be new for THIS season)	\$85.00-\$105.00
Summer Camp	\$100.00
Socks	\$6.00
Bow	\$20.00
Competition	approx \$350 per competition season, plus \$750 if attending UCA Nationals
Professional Choreography Fees	\$125-\$350.00

## **One Time expenses (based upon normal wear and tear)**

Spankies	\$20.00
T-shirts/tanks	\$45.00-50.00
Shorts	\$20.00-40.00
Body Suits	\$75.00
Bags	\$45.00
Poms	\$50.00

If the squads attend any competitions, there may be an additional fee to help cover costs.

**If you are selected to be a member of the squad and are in financial need, please contact Carla Crawford as soon as possible in order to make arrangements.**

**2016-2017 FRESHMEN TEAM PLACEMENT REQUEST SHEET**

Please feel free to ask questions at clinics about your options. You will turn this sheet into the coaching staff on Wednesday, July 27, 2016. Coach Crawford and her staff will verify your understanding of this form.

Name \_\_\_\_\_ Grade **NEXT YEAR** \_\_\_\_\_

**Freshman Candidates I would be willing to cheer for:**

\_\_\_\_\_ Freshman Football

\_\_\_\_\_ Freshman Basketball

**Information I would like the coaching staff to know about team placement/schedule/etc.:**

**Read and MARK one of the following choices below:**

I would like to be considered for the all year competition team \_\_\_\_\_ YES \_\_\_\_\_ NO

**I have completely read the cheerleading information packet and understand the information contained within.**

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Parent Signature

**2016-2017 JV AND VARSITY TEAM PLACEMENT REQUEST SHEET**

Please feel free to ask questions at clinics about your options. You will turn this sheet into the coaching staff on Wednesday, July 27, 2016. Coach Crawford and her staff will verify your understanding of this form.

Name \_\_\_\_\_ Grade **NEXT YEAR** \_\_\_\_\_

**Sophomores / Junior /Senior Candidates**

Grades 10-12 have **(4)** possible teams from which to choose.

**This is a request sheet only. Please mark the squads for which you prefer to cheer in order of preference, with 1 being your first choice. If there is a team you would NOT be willing to cheer for, leave the blank next to that team empty. There is no guarantee you will earn a place on a team you are requesting.**

\_\_\_\_\_ JV Football

\_\_\_\_\_ JV Basketball

\_\_\_\_\_ Varsity Football

\_\_\_\_\_ Varsity Basketball

**Information I would like the coaching staff to know about team placement/schedule/etc.:**

**Read and MARK one of the following choices below:**

I would like to cheer both FALL **and** WINTER \_\_\_\_\_ YES \_\_\_\_\_ NO

I would like to be considered for the all year competition team \_\_\_\_\_ YES \_\_\_\_\_ NO

**I have completely read the cheerleading information packet and understand the information contained within.**

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Parent Signature