

# Hunterdon Central Regional High School

## 2015-2016 Cheerleading Tryouts



**Who:** All rising freshman, sophomore, junior, and senior cheerleaders

<b>When:</b>	Tuesday, May 26 <sup>th</sup>	Tryout Clinic 5pm – 7pm
	Wednesday, May 27 <sup>th</sup>	Tryout Clinic 5pm – 7pm
	Thursday, May 28 <sup>th</sup>	Formal Tryout starting at 4pm (Warm-up time will begin at 3pm!)
	Friday, May 29 <sup>th</sup>	Results Posted – PLEASE CHECK THE WEBSITE
	Monday, June 1 <sup>st</sup>	Mandatory Parent Meeting @ 7pm in Cafe 173

**Where:** HCRHS Auxiliary Gym (Cheer Gym) –Located in the 9/10 building near the tennis courts

**Dress:** Please wear school colors Tuesday and Wednesday. For the formal tryout, a white shirt (nothing indicating that you have cheered for Central in the past) and red/black shorts should be worn with hair neatly pulled back in a bow. Cheerleaders should come “game-ready” and looking their best.

## What To Expect:

All athletes will be taught any material needed for the formal tryout during the first day of the tryout clinic. After all material is learned, athletes will have the chance to work on their tumbling, jumps, stunts, or material. In addition to the formal evaluation on Thursday, athletes will be assessed during the clinics on their work ethic, endurance, teachability, and the ability to learn choreographed material with ease.

*Each tryout clinic day will begin at 5:00 pm and end at 7:00 pm. Athletes should be dressed and **ready to stretch before start time**. Please arrive at **4:30** so the mats can be rolled out and you can warm-up/stretch ahead of time to allow everyone to have a full 2 hours of practice time.*

Each athlete will be evaluated on their performance in the following areas (sample score sheet is attached):

- Cheer – motion placement and technique, pace/timing, voice inflection, natural enthusiasm
- Dance – motion placement and technique, timing, rhythm, expression and confidence
- Standing/Running Tumbling – execution, form, difficulty, potential
- Jump Technique – strength, flexibility, technique.
- Stunting Ability – speed/power, control, execution, technique, difficulty
- Presentation/Showmanship – natural appearance and overall energy/enthusiasm.

For the formal tryout on Thursday, May 28<sup>th</sup>, each cheerleader will be assigned a number to tryout. All cheerleaders must arrive at 3 pm. A group stretch and warm-up will be done, and cheerleaders will tryout in their pre-assigned groups. As soon as all tryout requirements are completed, cheerleaders may be picked up.

\*For those who are unable to participate in tryouts due to medical injuries (doctors note will be required), you may submit a video of your skills to be judged by the judges. *Videos **MUST** be from the most recent season as those are the skills you performed most recently.*

Results will be posted on Friday, May 29<sup>th</sup>. All cheerleaders who earn a position on the 2015-2016 cheerleading team must attend a **MANDATORY** team meeting with a parent on Monday, June 1<sup>st</sup> at 7 pm in Cafe 173. The team meeting will cover the following information:

- Summer Camp – Information and Payment
- Summer Practice Schedule
- Online HC Cheer Store Information
- New Booster Club Expectations and Fundraisers
- Team Guidelines, Rules, and Regulations

*Good Luck and Go Red Devils!*

# Important Dates

- June/July:**
- Pre-season unofficial practice dates to learn game material
  - Strength and Conditioning with Paul Kolody - Tuesdays and Thursdays from 9:30-10:30 am. This will begin once the school year is over. Exact start date is to be announced.
  - **HAND IN ALL PAPERWORK TO BE CLEARED *PRIOR TO THE START OF PRACTICES!***
- August:**
- Practices will begin. Exact days and times for both JV and Varsity will be announced.
  - Choreography will begin pre-camp this year so we have some ideas prior to attending camp
  - Both JV and Varsity will be attending UCA cheer camp in Beach Lake, PA @ Trail's End. Camp dates are August 22-25.
- September:**
- Football Season Begins – Schedules are posted at [www.skylandconferencenj.org](http://www.skylandconferencenj.org)
- October:**
- Competition season begins (Late October)
  - HC hosting a competition (Tentative – exact date/agenda will be given well in advance – looking into the last weekend of October)
- November:**
- Be prepared to have a competition every weekend until regionals
  - Skyland Conference Championship (Varsity only competition)
  - UCA Regionals (This will qualify us for UCA Nationals. It is normally located in Toms River, NJ prior to Thanksgiving)
- December:**
- Practices are held over Winter Break – JV and Varsity **MUST ATTEND**
  - Basketball & Wrestling Season – Schedules are posted on [www.skylandconferencenj.org](http://www.skylandconferencenj.org)
  - Hunterdon/Warren/Sussex Tournament (Varsity only competition – this past year it was in December and was postponed due to weather but it seems to change each year)
- January:**
- Garden State Open as well as other competitions (be prepared to have a competition every weekend)
- February:**
- UCA National High School Cheerleading Championship in Orlando, FL – February 6<sup>th</sup>-7<sup>th</sup>
- March:**
- NJCDCA State Championship (normally the first Sunday of the month)
  - Fashion Show (Varsity only)
  - End of the Year Banquet (most of the time it is early April)

\*Exact dates/time will be given as they become available. Updated schedules will be accessible frequently with any necessary adjustments.

# Hunterdon Central Regional High School Athletics

## Tryout Participation Form

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_ Grade: \_\_\_\_\_

\_\_\_\_\_  
DOB: \_\_\_\_\_

Phone: (Cell) \_\_\_\_\_ (Home) \_\_\_\_\_

Email: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Phone: \_\_\_\_\_ Relationship: \_\_\_\_\_

### **For Incoming Freshman:**

\_\_\_\_\_ I approve my child's participation in the tryout clinic for the HCRHS Cheerleading Team. I understand that the school insurance cannot cover my child until she is an official HCRHS student (which can only happen after graduation from 8<sup>th</sup> grade). Therefore, I understand that my insurance must be used in the event of injury during the week of May 26<sup>th</sup> – 28<sup>th</sup>.

### **For Current HCRHS Students:**

\_\_\_\_\_ My daughter has my permission to participate in the tryout clinic at HCRHS.

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

### Team Selection

The tryout process at Hunterdon Central involves a variety of evaluations from a variety of sources to guarantee a fair tryout for all athletes. In order for the staff to decide on team size for the upcoming year, we look to find a break in the formal tryout scores that indicates a difference in athletic ability. This break helps to decide on Varsity ability for that given year versus Junior Varsity and/or Freshmen ability levels. However, it is also essential that we understand the interest and intent of the athlete. Some younger athletes may wish to be considered for that position. Given the number of athletes participating in tryouts, it is crucial that sports are given to members who will remain committed to the team on which they are placed.

Please identify teams for which you would like to be considered by placing a check mark next to ALL that apply. If you would accept a position on any team, please CHECK ALL. If you do not have an interest in participating on a certain level and would not continue in the program should you be placed there, DO NOT check it. Please keep in mind, however, if your score places you in the point break for a team that you did not mark, you will be cut from the program. Placement on a competition level team also requires participation in that teams Football/Basketball/Wrestling team.

\_\_\_\_\_ Varsity Competition/Football/Basketball/Wrestling

\_\_\_\_\_ Junior Varsity Competition/Football/Basketball

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

**THIS FORM MUST BE BROUGHT TO THE CLINIC ON MAY 26<sup>th</sup>  
OR THE ATHLETE WILL NOT BE ABLE TO PARTICIPATE.**

Tryout Number: \_\_\_\_\_ Stunt Position: \_\_\_\_\_ Judge Number: \_\_\_\_\_

## HUNTERDON CENTRAL REGIONAL HIGH SCHOOL CHEERLEADING TRYOUT SCORESHEET

<b>Appearance</b>	Proper Dress and Presentation	5	_____
<b>Jump</b>	Toe Touch	5	_____
	Optional Jump / Jump Tumbling	10	_____
<b>Cheer</b>	Motion placement, precision, timing, and tempo	10	_____
	Incorporation Difficulty / Execution	5	_____
<b>Dance</b>	Motion placement, precision, timing, tempo, and facial expression	10	_____
<b>Standing Tumbling</b>	Difficulty / Execution	10	_____
<b>Running Tumbling</b>	Difficulty / Execution	10	_____
<b>Partner Stunt</b>	Difficulty	10	_____
	Execution	10	_____
	<b>Total:</b>	85	_____

Additional Comments/Notes: