

Freshman Cheer Tryouts 2020/21

Tryout content is posted on your YouTube channel now.

Open Gym, Tuesday, August 18th – Athletes can sign up for 30-minute slot to work on content. 10 athletes maximum per slot.

Tryouts, Wednesday, August 19th – Groups of 5 athletes per 30-minute slot. Tryouts are videoed for virtual judges.

Tryout Requirements:

- Perform Fight song in groups of 5 or less
- Perform Cheer in groups of 5 or less
- Double Jump of choice
- Toe Touch

Tumbling, while not required will increase score. Tumbling will be on gym floor without assistance. If athlete prefers, a video of tumbling can be submitted. Tumbling must be performed on hard cheer surface such as hard mat, grass, or sport court. Videos of tumbling on trampoline, spring floor, or air track will not be scored for tryouts. Tumbling videos only can be submitted from last season if you are unable to tumble on grass or hard mats.

Attire:

Athletes must wear black shorts with a plain white or grey top. No logos are permitted including CDS attire. Athletic or cheer shoes must be worn.

Hair must be pulled back and secured in a medium or high pony.

We follow AIA guidelines; no jewelry can be worn during the open gym or tryout session.

Logistics:

A sign-up genius will be provided for both open gym and tryout times. We can only accommodate 10 girls per session, no exceptions can be made.

Athletes must bring their own water. Water sharing is not allowed, and water fountains will not be open. It is suggested you bring at least one gallon of water with you for open gym and tryout.

The district requires that athletes wear masks on campus. Please arrive about 10 minutes early so you can fill out the health survey and have temperature taken by Athletic Trainer. A mask must be worn until you are called for tryouts. Due to cheer requirements, a mask **cannot** be worn during the open gym or tryout. This is per AIA guidelines and no exceptions can be made. You must be picked up or leave campus within 5 minutes of your scheduled session end time. Students are not allowed to “hang-out” on campus.

Athletes will be asked to wash hands or use hand sanitizer before their scheduled tryout/open gym session begins. They will need to wash hands or use hand sanitizer at the conclusion of the open gym and tryout session. As soon as their open gym or tryout session ends, the athlete will need to wear a mask until they depart campus.