

Junior Spartan Cheerleading Tryouts



2020-2021

Read all information in this presentation carefully.

Requirements -

-Tryout packet due 7/14/20 from 2-4PM at the back entrance of SPHS.

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Tryouts are held at Austin Middle School

Additional Requirements-

- View the information in the Return to Athletics Parent presentation.
- View the SPHS Cheer Constitution
- PCSD Athlete-Student Handbook
- Signature page signed and returned at tryouts.

LINKS FOR ALL ARE IN THE NEXT SLIDE!

Important Links to SPHS Cheer, PCSD and GHSA regulations

Please read all of the attachments carefully!

Return to Athletics Parent: [return to athletics - Paulding County Schools](#)

PCSD Parent-Athlete Student Handbook: [Athletics / Forms, Handbooks, & Guidelines](#)

SPHS Cheer Constitution: [SPHS Cheer Handbook 2020-2021.docx](#)

*****The following form must be printed, signed and returned at tryout arrival.**

Parent-Athlete Signature form: [Parent-athlete signature form.docx](#)

TRYOUT INFORMATION:

- 6th grade- Arrive at 9:15AM
- 7th Grade-Arrive at 11:15AM
- 8th grade-Arrive at 1:15PM

**Drop off is at the back of AMS near the gym. Please do not exit the car until your Temperature is checked.

**Parents please remain at the school while your student is trying out. Pull to the front parking lot and your athlete will exit through front doors.

Tryout Days

*Athletes will tryout in the order they arrive. Please understand that we will do our best to get them in and out as quickly as possible but no set tryout time will be given. You may be asked to keep your athlete in the car and stay in the drop off line for a little bit. We will let you know when to exit.

*Parents must stay on campus, in their cars while waiting. Do not leave the campus until your athlete is finished with tryouts as they must immediately leave campus upon completion.

*It is important that times be strictly adhered to as we can only have a specific number of athletes from each sport on site at one time! NO virtual tryouts will be allowed.

*Bring your own water. Water fountains nor vending machines will be accessible. Also, only one student is allowed in the restroom at one time.

*As previously stated, ALL athletes MUST adhere to social distancing while on site, even if they rode to tryouts together!!!

Tryout Day Procedures

- Pull around to the back of the school. You will see an adult before the awning.
- DO NOT EXIT your car until instructed to do so.
- You must remain in your car until a staff member comes to you. They will take your temperature and ask you questions pertaining to COVID-19.
- Once given clearance, the athlete will exit the car and be given a sticker with their tryout number on it. You must wear this where it can be seen during the entire tryout process.
- The driver will pull to the front parking lot and stay there until their athlete exits from the front of the building.

Tryout Day Procedures

- Athletes who have been cleared to tryout will wait in a line outside of the building maintaining 6 foot distance from others, even if they rode together.
- Only 3 athlete candidates will go into the gym at one time. All others will wait outside until called in. 6 foot distance is expected at all times.
- Absolutely NO visitors will be allowed outside the gym or inside the gym during tryouts.
- Once your tryout is complete, you must go directly to your vehicle and leave campus.
- Please remember that this is new to all of us. Patience is important as we work through the process.

What to Wear to Tryouts

- Black athletic shorts and a white t-shirt with no writing. T-shirts should not be baggy as it takes away from proper motions.
- Tennis shoes/cheer shoes
- Hair should be pulled up and out of your face. Bows are encouraged but not required.
- No apparel should be South Paulding or specific to any other team.
- Short nails, clear or nude.
- NO JEWELRY! This is a GHSA rule that must be adhered to at all times!
- Your tryout number sticker on the top left of your shirt.

- Tryout information will be posted on social media and can be found in this presentation. . Athletes need to learn material and practice at home. We will not have any practice time during the tryout process.
- Learn the female parts of the material and use the words exactly as they are in the video. “Bears, blue and gold, etc”
- Pay attention to motions and sharpness.
- Athletes will be judged on:
 - Tumbling
 - Cheer
 - Chant
 - Dance
 - Jumps
 - Single Toe Touch
 - Jump of choice
 - Jump sequence: Pike, toe touch, hurdler

Tryout Material

CHANT: https://www.youtube.com/watch?v=REW08gy_WxY&feature=youtu.be

**You will NOT turn in the chant. That is just to show you front and back view.

CHEER: <https://www.youtube.com/watch?v=5KoozqqBTgg&feature=youtu.be> (front view)

<https://www.youtube.com/watch?v=qNpOEvNWHxs&feature=youtu.be> (back view)

**Learn the 1st cheerleader's part (with dark hair) for the ripple. You will clasp in place of the use of poms.

DANCE: <https://www.youtube.com/watch?v=dPrIsNQzpQQ&feature=youtu.be> (front view)

<https://www.youtube.com/watch?v=tH3cL0JFTGo&feature=youtu.be>

(back view)

Tryout Judging

- There will be NO stunting during tryouts this year.
- However, athletes will be asked what their highest skill in stunting is. You will be expected to exhibit those skills on the first day of practice.
- Remember that we do not use a spring floor in high school so the highest tumbling must be what you can do on dead mat or ground. That skill must be maintained when we return to normal practice.
- We also do not permit the use of a spotter for tumbling so only do what you are comfortable doing on the dead mat.
- Flyers will be asked to show any body positions (from the floor) that they can do.

Results

- Results will be posted on our Social Media Pages and our website at www.soutpauldingcheerclub.com
- Selection will be based on execution of tumbling, cheer, chant, dance and jumps. As well as stunting skills.
- Results will be posted by candidate number.
- Coaches, board members nor Athletic Director will discuss squad selections. As stated in the PCSD Athlete-Student Handbook, “Participation time and specific assignments and positions of participants is the professional judgement of the coach.”

Questions?

If you have any questions, please email Coach Toler at stoler@paulding.k12.ga.us.

We look forward to seeing you all in a few weeks!

GOOD LUCK!