



Are you interested in cheerleading at Cosby?

Cosby Cheerleaders have already begun a legacy of excellence in their sport, their spirit, and their character. The expectations for next year's squad are high; if you would like to be a part of the sport, now is the time to begin working on your skills!

Previous experience in cheerleading is not required; instead, a determined work ethic and dedicated practice can help develop the skills needed to make it on the team.

- **Open Conditioning** is held **Mondays and Wednesdays, 2:30 - 3:30**, for 8th graders zoned to attend Cosby, 8th graders accepted into Health Sciences specialty center, and all current Cosby students. Led by this year's juniors, strength and endurance training is the focus. Please bring the appropriate clothes and shoes.
- **Open tumbling** training is held at VIGS on Tuesday from 2:30 - 4:30. This is led by Phil Logan and is \$45 a month, payable to Fame, at the gym. I do not lead this, nor do I collect money for it. Please call FAME and ask for Phil if you have any questions. This is also open to all who will be eligible to cheer at Cosby next year.
- **Varsity and JV cheerleaders must attend mandatory practices in August.** The practice times will be advertised as soon as they are set, but they will certainly be long and hard. You must arrange any work schedules around the cheer practices. All August practices are required for both JV and Varsity! Cheerleading must take priority over work schedules during August. In June and July, conditioning is offered and will be announced after tryouts.
- **2 teams -- Varsity and JV -- will be chosen at spring tryouts which are May 7th - 12th, 4:00 - 6:00 in the Cosby gym.** You are not penalized if you are a middle schooler and can not be there at the start; just get there as soon as you can! You do not need to be dismissed early from school! The first day of tryouts, participants learn a cheer, a sideline, a dance, and they will practice stunting, jumping, and tumbling. At the final tryout, on May 12th, they will perform each of those skills for the coaches who will select both JV and Varsity teams based on the skills, spirit, and *attitude shown throughout the entire evaluation period.*
 - **24 will be selected for Varsity; 16 - 20 will be selected for JV**
 - **Spots may remain open until August 1st to allow for students transferring or moving**
 - **Competition team is not selected until August 1st.**
 - **Athletes may be moved from JV to Varsity after selection.**
- **Academic requirements** for both teams from VHSL are that 5 subjects were passed the previous year, but our team prides itself on higher standards, and the student's GPA and ability to maintain good standing while in a demanding sport will be taken into consideration.

- Being on competition squad this past year does NOT assure a cheerleader a place on the competition squad for next year.
- Skills, attitude, and a record of **commitment** affect the selection.
- **All students** must have a VHSL physical on file in order to try out.

JV Requirements and General Expectations:

- standing back
- handspring is a PLUS!
- super sharp motions
- strength and endurance
- flexibility
- excellent jumps.

Camp dates for JV are set for the first week of August at the University of Virginia.

- Cost of camp is approximately \$250.
- Girls purchase all their practice uniforms. (approximately \$150, with shoes)

Varsity Requirements and General Expectations:

- Standing back handspring is a **MUST**; standing tuck is a PLUS!
- Super sharp motions and facials
- Endurance - mile run in ten minutes before executing jumps
- Flexibility, especially for flyers - heel stretch and chin-chin
- Evidence of commitment to the team.
- Varsity will go to Va Beach for choreography camp with Shannon Smith, Phil, and Eric Little the first week of August. Approximate cost: \$400; practice clothes - \$150
- Other commitments required of cheerleaders:
 - **JV squad** is required to sell programs at every Varsity **home** football game.
 - **Both squads solicit football program ads to help cover cheerleading costs.** Each cheerleader is asked to sell \$400 in ads. Sales begin in May and are due around the end of July.
 - Three invitational competitions will be scheduled. Save all October Saturdays for these competitions! You will be given the dates as soon as possible.
 - Other community and school events may be added to the calendar, as cheerleaders act as ambassadors for the school for certain opportunities.
- If you are interested in cheering only for basketball, you must tryout in the spring, and indicate on the application that you want to cheer only for basketball.
- All current 8th graders zoned for Cosby and Specialty Center students accepted to Cosby are eligible to try out for cheerleading.
- *Before tryouts, A meeting for parents and students interested in trying out for cheerleading (both squads), where all necessary forms will be distributed, will be announced on the Cosby Titans website (www.cosbytitans.com) and the CHS homepage.*

- **A copy of your current SCHOOL physical is required to try out.** Any athlete at a Chesterfield County Public School who participated this past year has one on file. Ask for a copy and turn it in with your application.
- If you do not have a current school physical, one **dated after May 1st** and an insurance/liability form must be completed before you can try out. This physical is good for the entire 2009-2010 school year. Please use **ONLY** the VHSL form, available in the office.

Contact: Head Cheerleading Coach - Catharine Walters - I prefer e-mail!

catharine_walters@ccpsnet.net or call the school at 639-8340 and leave a message!