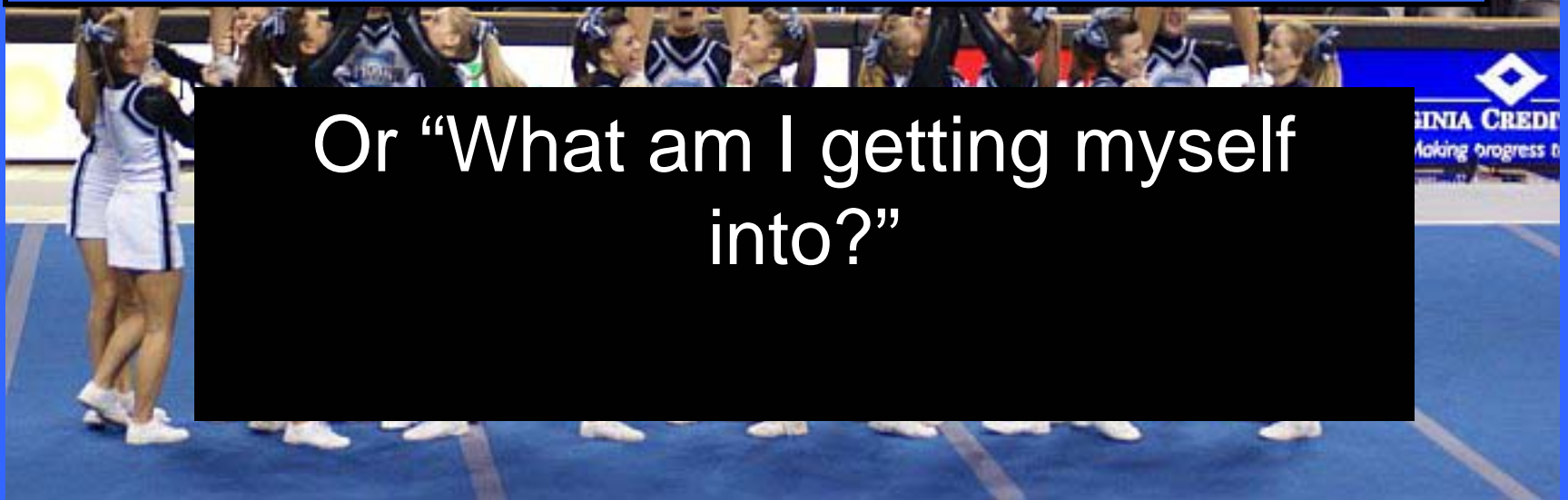




# Cosby High School Cheerleading Tryouts



Or “What am I getting myself  
into?”

MINIA CREDIT  
making progress to

# First, TRYOUTS!

- May 7<sup>th</sup>, 8<sup>th</sup>, 11<sup>th</sup> 4:00 – 6:00
- May 12<sup>th</sup> 3:00 – 6:00 Final tryout date

## What do I wear?

- Come in athletic shorts (no pockets) and t-shirt (no cheer themes, teams, etc.), cheer shoes (smooth soles) and socks. No jewelry
  - Hair must be up in a ponytail, out of face
- No nail polish
- Come ready to work, with a good attitude

# Tryouts Part 2: What do I bring to tryouts?

- Turn in completed application on first tryout day.
- Copy of school physical from this year (good through June) VHSL physicals will be given at Cosby on June 3<sup>rd</sup> after school for \$25. If you are currently a Cosby athlete, or have been a Cosby athlete this year, you do not have to bring in a copy of your physical.
- Copy of last report card
- Willing and patient spirit
- Water bottle with YOUR NAME on it! No sharing!



# Tryouts Part 3:

## What do we have to do?

- Learn and perform a new cheer
- Learn and perform a new dance
- Learn and perform a new sideline
- Execute Jumps – toe touch, herky, hurdlers, pike, combo
- Stunt – You will be assigned which position
- Tumble – at whatever level you are skilled. No spotting!
- Get along with everyone
- Show lots of spirit and enthusiasm
- Prove that you are in good physical shape (timed mile)

# What's this I hear about an interview?

- Interview with the coach
  - To get to know you if you have not already cheered for Cosby
  - To question or to clarify something on your application
- Interview by the seniors
  - To practice for the interview with the coach
  - To allow you to ask them questions about cheering at Cosby.

## Who's on What squad?

- 20 - 24 cheerleaders for Varsity - mostly juniors & seniors – the best skilled and those who fit needs for stunt groups.
- 16 - 20 for JV – all freshmen and sophomores - some may be moved up to Varsity before August.
- Competition squad, not selected until August 3<sup>rd</sup>, will come from Varsity

# Basic Schedule for Tryouts

- Thursday May 7<sup>th</sup> –
- 30 minutes to learn new cheer
- 30 minutes to learn new dance
- 20 minutes of jumping, 20 minutes of stunting, 20 minutes of tumbling
- Friday, May 8<sup>th</sup> –
- Same, but some pulling out for interviews.

# Schedule cont'd

- Monday, May 11<sup>th</sup> - assigned to tryout groups.
  - 15 minutes each on cheer, dance, sideline, jumps and tumbling (together)
  - 30 minutes in an assigned stunt group to integrate the cheer and a stunt
  - 15 - 20 minutes Sample tryout by the seniors
  - 15 minutes – individual group practice for tryout with a senior assigned

# Final Tryout Day

- Tuesday May 12<sup>th</sup> – Although athletes are evaluated each day, the final decision is reserved for the last day of tryouts when each contestant will perform his/her best in front of seniors and coaches. Coaches are the **ONLY JUDGES**; seniors are there to help.
  - Start at 3:00 with high school students.
  - Try out in group assigned
  - Try out in black shorts (like soffee shorts)  
white t-shirt/capped sleeves (no writing)  
cheer shoes (smooth soles, ankle support) and socks.
  - Hair up in high pony tail, off face, with bow of your choosing
  - Light make-up

**Coaches are only judges. Seniors will be there to help you smile and to keep things running smoothly. Selection is by me and my assistant coach only.**

Results will be posted by 6:30. Contestants may be called back for another tryout or a change in position. After trying out, they may leave but should give a phone number where they can be reached to the senior in charge and remain available to return to the gym.

# What are responsibilities if I make it?

- Selling ads for the Football program  
Start right away! \$400 in ads expected from each cheerleader, JV and Varsity
- Kiddy Camp! We teach Rec teams and other little kids in the community at a 3-day Kiddy camp in the middle of August (evenings)
- Conditioning throughout summer:  
Good athletes work out consistently; are always trying to improve their skills  
– Captains will call “voluntary” conditioning sessions. Let captains know when you’re out of town. Condition on your own!

Competition Team announced August 3<sup>rd</sup>, 1<sup>st</sup> day of mandatory practice for ALL cheerleaders.

- Summer camp!
  - UCA camp for JV at UVA August 1<sup>st</sup> – 3<sup>rd</sup> \$305 each; transportation provided
  - Choreography camp for Varsity August 4<sup>th</sup> – 7<sup>th</sup> – in Va. Beach -- app. \$400

# Responsibilities cont'd

- BOTH SQUADS:
  - Every weekday from August 3<sup>rd</sup> until school starts is mandatory practice for both JV and Varsity. Generally early morning practices, some afternoons for making signs & projects
- School Spirit – building an environment of school spirit is the primary job of cheerleaders at school!
  - It takes work to create school spirit!
  - Making signs and treats for players
  - Popsicles/treats for football team, field hockey, band, cross country
  - Game signs
  - Ideas and creativity!
  - Showing school spirit yourself!

# Responsibilities continued

- Games
  - Thursday nights are games for JV.
  - Friday night home games – JV cheerleaders sell programs during 1<sup>st</sup> half
  - Varsity must cheer Friday night games
- Competitions
  - JV is expected to compete at least once, probably 2<sup>nd</sup> week in October.
  - JV goes to every other competition as a team.
  - Varsity will compete at least twice before our District competition.
  - Tentative Competition dates for 2009:
    - October 14, 21 – district competitions
    - October 28<sup>th</sup> – Regional
    - October 3, 10, 17, 24, 31<sup>st</sup> – potential competition dates
  - Cosby will also host a competition this year. All will be expected to help!

# Other Costs and responsibilities

- Practice clothes – app. \$100
- Grades must be kept up! Minimum required to try out is 5 subjects passed the year before. We exceed the minimum!
- Good example in the classroom
- High standards of behavior at all times
- Serve as ambassadors at events Cosby hosts, such as CITE (county-wide)

# Final Comments

- Cosby has established an excellent reputation with its cheerleading program
  - District Champions 2007, 2008
  - Regional Champions 2008
  - Central Virginia Spirit Fest Champions 2007, 2008
  - Rebel Rally Champions 2008
  - National Cheerleader of the Year 2008 Melinda Lawman of Cosby

These achievements are because of a strong work ethic, sense of commitment, and encouragement among the squad. It takes hard work to achieve big dreams!