

Cheerleading Tryout Information 2016

Squads:

- Varsity Football/Competition (This squad will cheer at all Varsity football games and competitions.)
- Varsity Basketball (This squad will cheer home Varsity Basketball games and some away games.)

Tryouts:

- Dates:
 - April 18 and 19, 4-5:30 p.m.- Clinic- Cheer Fieldhouse
 - Wednesday, April 20, 3:30 p.m.- Formal Tryouts- RHS Gym
 - April 21&22, April 25-29 - Anyone scoring in range for Varsity Football will continue the tryout process with a stunt and tumble clinic in the RHS Cheer Fieldhouse. 3:30-5:30 p.m.
 - If you are involved in a spring sport, please let me know asap so I can make arrangements to work around your schedule during this time.
- The athletes will learn a cheer, a dance, and a jump sequence during the tryout clinic.
- The coaches and outside judges will score each girl at formal tryouts.
- Each athlete may invite one parent/guardian to watch the formal tryouts on April 20. Once a spectator has left the gym, they will not be allowed to re-enter.
- Each athlete will have an informal interview with the coach during the clinic. There is no point value for this meeting; it is simply a chance for us to get to know everyone.
- Candidates will wear the tryout t-shirt, black shorts, a white bow, and white athletic shoes for the tryout process.
- Results will be posted online on the RHS cheer website.

Scoring:

- Anyone trying out for Varsity Football will be asked to throw a jump sequence, round off handspring or round off tuck, standing tuck or handspring tuck, and an optional running pass.
- There are no tumbling requirements for Varsity Basketball, however any tumbling that is executed during tryouts will be included in the overall score.
- Candidates for the football squad will be judged on the following elements: Tumbling, Motions, Dance, Jumps, and Expression. **Each category is equally weighted.**

- Candidates for basketball will be judged on the following elements: Motions, Dance, Jumps, and Expression. **Each category is equally weighted.** Again, tumbling is part of the score sheet, but it is not required.
- Score sheets will not be available for review or discussion with parents or applicants; however, an administrator **may** discuss strengths and areas of needed improvement with applicants/parents **if a meeting is formally requested.**

Application:

- The tryout application requires the applicant's signature, a parent/guardian signature, progress report (printed off of Infinite Campus), Catoosa County Athletic form and a \$15 fee. **It is due on April 18th when the clinic begins.**
- Each applicant must have a current physical in order to tryout. You can find the GHSA physical form (this is the form that must be used) at <http://ghsa.net/sites/default/files/documents/forms/GHSA-PPE-4.pdf>
- Each applicant will receive a copy of the music used for tryouts and a t-shirt the week of tryouts.

Miscellaneous Information:

- Cheerleading at Ringgold High School is a big commitment. Please sit down as a family and talk about the time and money involved before trying out for the squad.
- I can work with you to defer some costs through fundraising and volunteering.
- Please take a look at the important dates before trying out. It is extremely difficult to have a productive practice if all members of the squad are not present.
- Prepare for the unexpected! Every year that I have coached, participated in, or judged a tryout, there has been a girl with an injury trying out. The **ONLY** way to fairly give points for tumbling or jumps is if the injured girl has a video of herself performing those skills. (No spring floors.) I must be able to clearly identify the person performing the tumbling in the video.

*** If you have questions that are not answered on these documents, feel free to email me at tfleming.rhs@catoosa.k12.ga.us ***

Important Dates for Varsity Football/Competition:

- May 9, 6:00 p.m.: Parent meeting- RHS Cafeteria
- Team workouts: Mondays and Wednesdays in May 3:30-4:15
- Summer Practices:
 - May 31-June 2: 3:30 p.m.-5:30 p.m.
 - June 6-9: 8:00 a.m.-11:30 a.m. Kids' camp; Practice following
 - June 13-16: 8:00 a.m.-10:30 a.m.
 - June 20-23: 8:30 a.m.- 10:30 a.m. Choreography
 - **June 24-July 10--- no practice! **If at all possible, please plan vacations during these dates. It is difficult to have effective practices without the entire team present.****
 - July 11-14: 8:00 a.m.-10:30 a.m.
 - July 18-21: 8:00 a.m.-10:30 a.m.
 - July 25 and 26: 8:00 a.m.-10:30 a.m.
 - Camp: July 25-27—the cost is \$50/girl

- August 1: First day of mandatory practice

Important dates for Varsity Basketball:

May 9, 6:00 p.m.: Parent meeting- RHS Cafeteria
Thursday, June 2: 3:30 p.m.-4:00 p.m. Kids' camp Meeting
June 6-9: 8:00 a.m.-11:30 a.m. Kids' Camp
First dates of practice: November 15-17

**WE ARE SUBMITTING A REQUEST TO HOST A CHEER
COMPETITION ON SEPTEMBER 24. PLEASE KEEP THESE
DATES AVAILABLE! WE WILL NEED EVERYONE'S HELP!!!!**