**Clarksburg High School**

**Cheer Tryouts**

**2018-2019**

**Principal- Mr. Edward Owusu**

**Athletic Director- Mr. Ed Dalton**

**Varsity Cheer Coach- Jasmine Sutton**

**JV Cheer Coach-Sydney Bankins**

**\*In order to tryout you must attend both days of tryout clinics.\***

* ***Tryout Clinics:* 3:00-6:00p**
* Wednesday, August 8th
* Thursday, August 9th
* ***Final Tryout:* 4:30p**
* Friday, August 10th

**PAPERWORK COLLECTION:** Cafeteria Tuesday, August 7th 4:30-6:30p. Please bring the following items:

* **4x6 Head Shot (2017-2018 School photo accepted)**
* **Copy of 2017-2018 Report Card**
* **Physical Clearance form (make sure to have the Physician’s signature and date the exam)**

myMCPS Parent Portal will re-open in July for student athletes to register for the 2018-19 fall sports season. #RAISE

**Very important to come and make sure you have everything before tryouts!  If there is a problem with any of your required forms, you will not be allowed to participate.**

May 2018

Dear Parent(s)/Guardian(s):

Your daughter/son is interested in trying out for the 2018-2019 CHS Cheer Teams. If your daughter/son is chosen to represent Clarksburg High School as a member of the cheer squad, it will not only be an honor, but also a **MAJOR commitment.** The responsibilities are numerous and **MUST** be fully understood in advance. This packet is designed to provide you with a comprehensive list of information pertaining to tryouts, responsibilities, and requirements involved with the cheer program. Please make sure you read this packet in its entirety.

It is important to realize that practice and game schedules are typically set well in advance and should therefore be considered **MANDATORY**. Schedule changes not in control of the cheerleading coaching staff will be made known to squad members as soon as possible.

We welcome you to our successful spirit program and hope your son/daughter will enjoy the experience as the newest members of our cheerleading family. Please contact Jasmine Sutton (Varsity) at cburgcheerleading22500@gmail.com or Sydney Bankins (JV) at cburgjvcheer22500@gmail.com  with any questions.

**NOTE:** If your child makes a cheerleading squad, we will be having an ice cream social on *Saturday, August 11th 12:30-2:00p.* **First MANDATORY practice will be Monday, August 13th** time and location TBA.

***Follow the twitter page to stay updated on summer workouts, cheer camp, and important tryout information @Clarksburgcheer***

**CLINIC AND TRYOUT RULES:**

1. T-shirt, shorts, socks and athletic sneakers must be worn on all days. On the day of tryouts, you must wear a solid White t-shirt, Black or Navy shorts, and white rubber soled athletic/cheer shoes.

2. Hair must be up out of face and **NO** jewelry is permitted. This includes necklaces, bracelets, earrings, belly rings, watches, toe rings, nose rings, etc. **YOU CANNOT COVER PIERINGS ETC WITH BAINDAIDS/TAPE.**

3. Fingernails must be short and filed. NO NAIL TIPS. Only clear nail polish is allowed.

4. Gum chewing is not permitted.

5. **BE ON TIME** to immediately get stretched and be ready to learn.

6. Wear your number every day after receiving it on the first day.

7. This is a closed clinic and tryout. No one will be permitted to visit or watch you.

8. Attendance is mandatory on all clinic and tryout dates.

9. All cell phones are to be **PUT ON SILENT.**

**Judging Criteria:**

You will be judged on the following material:

* Cheer w/ jump or tumbling
* Dance
* Jumps
* Standing Tumbling
* Running Tumbling
* Appearance

*\*Flyers will show body positions and might be asked to go up in a stunt\**

**Sample Tryout Schedule**

**Clinic 1: August 8th**

2:40-3:00-Tryout Registration/Check In

3:00-3:15- Stretching

3:15-3:20- **Divide into 3 groups (Cheer, Dance, and Jumps)**

3:25-3:55- Rotation 1

4:00-4:35- Rotation 2

4:40-5:10- Rotation 3

5:15-5:30- Motion Review

5:35-6:00- Review/Dismissal

**Clinic 2: August 9th**

2:40- Check In

3:00-3:15- Stretching

3:20-3:50- Tumble Practice

4:00-5:00- Review Cheer/Dance/Jumps Rotation

4:00-5:00- ***Tryout Time Registration- groups of 4 or 5 athletes***

5:00-5:30- Free time to review material w/ tryout group

5:30-6:00- Questions/Dismissal

**Tryout Day: August 10th**

**4:00p- Check In**

**First tryout group will go at 4:45pm.**

Please arrive 20-30 minutes before your tryout time so you can review/warm up skills with your group. Poms tryouts will be conductive first then cheer.

Results posted between 8:00-9:00p outside the cafeteria doors and will be posted on social media pages.

**Tryout Groups:** 4-5 people in each group. Tryout groups will be created for you and announced at the end of Clinic Day 1.

**Judging Panel & Criteria –** A panel of judges, with extensive cheer and dance backgrounds, will be present during the formal tryout process, but ultimately the coach, using report cards, impression of candidate’s work ethic, tryout scores, character assessment, and overall disposition during clinics, has the **FINAL AUTHORITY** in member selection. At no time will the scores be presented to the candidates, parents, etc. If you would like to discuss why your child did not make a team and recommendations for the next season you may **email** Coach Jasmine or Coach Sydney.

**Estimated Varsity Expenses**

This list is to give you an overview or idea of the expenses you can expect as part of the CHS cheerleading program. Other expenses (professional team & individual photos, performance videos, squad bonding activities, uniform cleaning) may arise throughout the year, but will be kept to a minimum.

**Required:**

Practice wear: $100

Warm-Up Set: $121

Poms: $40.00

Cheer Shoes: $30-45

Body Liner & Brief Package (Navy): $25

Bows: $30

Team dinner for the season $10 per athlete.

**Note: returning athletes whose prior year’s bodywear, poms, and shoes are in GOOD condition are not required to purchase those items again this year. HOWEVER, if your items are worn torn, ragged or dirty, you will need to replace them.**

Cheer Camp 2018



This camp is personalized just for CHS and B-CC Cheerleaders and will be hosted at Dream All-Stars in Gaithersburg. Camp is not mandatory; however it is **HIGHLY, HIGHLY, HIGHLY** recommended that all cheerleaders attend. Camp is a building block for the year and having the entire squad there will ensure success for the coming season and put us ahead.

HOWEVER, because we cannot attend camp *after* the first day of the fall season, and we cannot hold tryouts *prior* to that day, it is possible that cheerleaders who attend camp will still not make the team.  While cheerleaders who cannot attend camp still have an equal chance of making the team at tryouts, attending camp will give you the opportunity to work on skills needed for the 2018 season prior to tryouts!

**$120 per cheerleader**

Monday, July 16 - 9:30a-2:30p

Tuesday, July 17 - 9:30a-2:30p

Wednesday, July 18 - 9:30a-2:30p

Two options are available to register for camp:

1. Fill out registration/waiver & write **Check made out to Dream All Stars.** Mail to the following address: ***7516 Lindbergh Dr, Gaithersburg, MD 20879.***
2. If you don’t feel comfortable with the mailing option you can drop off payment and registration/waiver to the gym.  Ask for Kim Fitts or Andrea Needle.



2018 Clarksburg HS Cheer Camp Registration Form:

Camper Name:

Current High School:

Grade: Age: Birthday:

Parent Name:

Phone Number:

Email:

**Make Checks payable to:**

“Dream All Stars”

$120 per athlete

**Mail Registration and Wavier to the following address:**

7516 Lindbergh Dr.

Gaithersburg, MD 20879.

**CHS Cheer & Pom Important Summer Dates**

CHS Cheer Summer Calendar is subject to change at any time. Updates will be sent via email. If not on the email list, contact **cburgcheerleading22500@gmail.com** to be added.

**Summer Workouts**

May 29th- July 24th

Tuesday and Thursday, from 4:00-5:00pm , Location CHS Weight Room/Track

Workouts are not mandatory for tryouts, but will help prepare for athlete physical expectations at tryout time. (see below.)

**What to Bring to Summer Workouts:**

* THREE (or more) water bottles
* Towel
* light snacks (if needed)
* Photocopy of valid sports physical (if new student, or if the one on file has expired)

**Summer Workout Session Dress Code:**

* Shorts or capris
* FULL top (t-shirt or tank) **NO** crop-top which shows your midriff area
* Running shoes
* Hair up in a ponytail, out of face
* NO jewelry/NO long fingernails (get in the habit now. Jewelry and long fingernails (past fingertips) are not allowed at practices, games or competition. Fresh piercings need to be taped during games/practices, but please know that fresh piercings WILL be removed for competition.)

**Session format will include:**

* LOTS of conditioning/stamina work to include stairs and running (be ready to WORK hard, no excuses, bring running shoes and water!)
* Motion perfection (our goal is perfect technique)
* Jumps (perfect technique, height and flexibility)
* Proper stretching for maximum flexibility (all team members must be able to do a right, left, and straddle split)

**Tumbling**

Per regulations, summer sessions will NOT include tumbling, but tumbling is a HUGE factor in making a team. We encourage everyone who wishes to cheer on a CHS squad to find summer tumbling classes or private lessons at any local gym. Word to the Wise: tumbling skills can NOT be gained in the week or two before tryouts, skills with proper technique take time. Athletes should be working on this now.

**Athlete Physical Expectations by Tryout Dates:**

* Run 1 mile within 12 minutes or less
* Hold proper plank position for 1 minute
* 25 correct (men’s style) push-ups
* Right & Left leg split all the way to the ground (hold for 30 seconds)