



American Leadership Academy – Ironwood

High School Spiritline Try-Out Packet

Dear Parents/Guardians,

Your child has expressed an interest in becoming a member of the ALA Ironwood High School Spiritline for the 2020/2021 season. Please note that the commitment to the Spiritline involves supporting Football and Basketball, performing at some school functions, competing at cheer and pom competitions, possible out of state competitions and camps, and showing support of and involvement in ALA Ironwood.

At this time, tryout dates are still in the works. You will receive additional information once they are scheduled. Students will be able to try out for both cheer and pom if they would like, but they will only be selected for one team. There will be several elements that applicants will need to learn through tryout videos. **Please see information specific to Cheer or Pom on the next page for more details.**

Participation in our ALA Ironwood High School Spiritline will bring many valuable and rewarding experiences that will be remembered long after students graduate from high school. To be an effective member of this team, students must commit a great deal of time throughout the year. **Social plans, job schedules, and commitment to other sports or school positions cannot interfere with practices, games, and other required activities.**

Academic success is an important part of all Spiritline teams, and it will be up to the students to ensure they use their free time wisely to fulfill both commitments. **Passing grades are another aspect included in the selection process.** If selected for High School Spiritline, students will be enrolled in a 7th Hour Spiritline Class. This course will count toward students' PE credit.

If selected, there are certain personal and financial responsibilities that your daughter must assume in order to qualify and remain a member in good standing. Our expenses this year will include summer camps and workshops, uniforms, shoes, warmups, shorts, specialty clothing, choreography fee, and monthly tumbling charge (Cheer). Please do not let cost be the reason you don't try out. We try to pace payments properly and are willing to fundraise to help facilitate costs.

The Spiritline tryout packet and teacher recommendation forms **MUST BE SUBMITTED** before student may tryout in Fall. Please use the following links below:

Tryout Packet: <https://forms.gle/YioGsmP1foMyUY8C8>

Teacher Recommendation form (needs to be emailed to TWO of your teachers from the 2019/2020 school year): <https://forms.gle/nh5ARAVA7usDDiQ67> **This can only be completed and sent FROM your teacher.

In addition, students must register on Register My Athlete (www.registermyathlete.com) and submit a current physical. **ATHLETIC PACKET AND PHYSICAL MUST BE CURRENT AND COMPLETED BY 3:00pm ON THE DAY OF YOUR TRYOUT.** (More information regarding tryouts to come!!)

Students will NOT be permitted to try out without the Spiritline packet and athletic clearance completed.

Thank you and good luck!!

Cassy Downs, Lindsey Hamberg, Jancy Wade
Spiritline Coaches

TRYOUT INFORMATION:

High School Spiritline tryouts are open to all students who will be in 9th-12th grade for the 2020-2021 season.

Please remember that students will absolutely NOT be able to participate in Spiritline tryouts unless they are present at tryouts, have watched the videos and learned the required material, have submitted their completed Spiritline packet, registered on RegisterMyAthlete.com, and received athletic clearance. Tryouts will be watched by qualified judges who will accurately measure the level of the students. All judges have strong cheer and dance backgrounds.

All tryouts are closed to observers.

CHEER TRYOUT INFORMATION:

To try out for Cheer, students need to learn elements using the following link:

<https://www.youtube.com/channel/UC3uenSjtTlQDx5vahRVDwGw>

Additional Cheer Elements:

- ◇ Voice Quality: tone/projection, ability to lead a crowd
- ◇ Standing Tumbling: Handstand Forward roll, backwards roll, back walkover, back extension roll.
- ◇ Running Tumbling: cartwheel, front walkover, power Hurdler round-off, round-off back walkover, round-off double back walkover
- ◇ **For Varsity:** standing back handspring, running round off back handspring

For questions on Cheer tryout information, please contact Coach Cassy Downs at Cdowns@alaskools.org

POM TRYOUT INFORMATION:

To try out for Pom, students need to learn a Pom dance using the following links: <https://vimeo.com/387009797> and <https://vimeo.com/387004377>

Additional Pom Elements:

- ◇ Solid double pirouette (nearing triple) and pique turns
- ◇ Battements with leg hold: leg straight, toes pointed, strong arms, control
- ◇ Leaps, center leaps, single stag – all with correct arms, control, and placement
- ◇ Flexibility in splits and extensions
- ◇ Knowledge of fouettes and a la secondes
- ◇ Toe touch: height, flexibility, and placement
- ◇ Optional dance or tumbling trick: aerial, walkover, switch leap, firebird, scorpion, or advanced turn sequence

For questions on Pom tryout information, please contact Coach Lindsey Hamberg at Lhamberg@alaskools.org or Coach Jancy Wade at Jwade@alaskools.org

PHYSICALS/ATHLETIC CLEARANCE: All students must have a current physical before participating in tryouts. You will need to register on RegisterMyAthlete.com and submit a current physical as well as a few other documents. The current physical must be dated after March 1, 2020, in order for the student to be eligible to tryout.

The information for registration can be found on our athletic website, www.alaiwathletics.org, under “Announcements.” No hard copy packets will be accepted and all paperwork must be scanned and uploaded by the parent. The athletic office will NOT scan paperwork.

****PLEASE ALSO NOTE, we will pull your grades from 2019-2020 school year, as passing grades are a part of the selection process.**