**Topsail High Cheerleading Tryouts**

**2023-24**

Thank you for your interest in the Topsail High School Cheerleading Program!

Please read this document carefully for more information.

**Eligibility**

* All athletes trying out must have a current physical.
* You must use the form approved by the NCHSAA:  [click here for the form](https://drive.google.com/open?id=1JoP2TzxZUVfB6Y8pJp-ucN6N42M1RU9U)
* To be eligible to attend workouts, your current physical must be dated March 1, 2022 or later.
* To be eligible for tryouts, your current physical must be dated April 30, 2022 or later.
* If your physical has expired, or will expire soon, please get an updated physical
* Free physicals will be given at Topsail High School on May 1, 2023 from 3:45-6:30 pm. More information will be available soon.
* **All athletes must set up a Planet High School account. If you already have an account, you MUST update it.**
* **Planet High School**: Use this link to set up your account. <https://www.planeths.com/index.php?keyword=%2Fuser%2Fsignin&schoolID=0>
	+ This must be done to be allowed to participate in tryout practices and on the final tryout day.
	+ If you have an account from the 2022-23 school year, **you are required to update your information**. Your current physical must be uploaded and the online forms must be completed, even if you have turned in hard copies of them.
* All rising 9th graders are academically eligible for athletics.
* All rising 10th-12th graders must meet these requirements:
	+ All cheerleaders must be enrolled as students at Topsail High School.
	+ Pass 3 of 4 classes at the end of the Fall 2022 semester to be eligible for tryouts. If you were enrolled in 3 classes, you must have passed all 3 classes.
	+ Pass 3 of 4 classes at the end of the Spring 2023 semester. If you are enrolled in 3 classes, you must pass all 3 classes.
	+ Rising 10th-12th graders must have a GPA of 2.0 or higher and a 70 grade average or above.
* All cheerleaders must be enrolled in at least 3 classes during the cheerleading season. Year-long AP classes do not count as a full credit for each semester, so you must talk with Coach Sliwa or Mrs. McGee in Student Services to make sure you are taking at least 3 credits during the semester.
* Seniors may be enrolled in 2 classes in the spring semester only.

**What should you do now?**

* All athletes trying out must fill out the [Tryout Information Form](https://forms.gle/2ZDq3eiPfdbj4TJdA). All accomplished skills must be skills that can be done at the present time and **without a spotter** on a **dead floor** (no spring floor).
* Fill out the [Tryout Registration Form.](https://forms.gle/iFS3jkk2wumS5eZ4A) This is a different form from the Information form.
* Please make sure you enter your school email address and check it regularly for cheer emails.
* Use the link above to set up or update your Planet High School account. This must be done early to make sure it is accurate before tryout day.
* Start stretching, running, jumping, working on motions, and working on tumbling skills. Do not wait until the week of tryouts because others will be in better shape than you.
* Tryout material will be emailed to you on Monday, May 22, 2023. You are expected and learn and practice the material on your own, in a setting that is safe for cheerleading skills. Some athletes get together in small groups to practice, but that is optional and will not be organized through the coaches.
* You will receive a link to sign up for a tryout time slot on Tuesday, May 23, 2023. You must sign up for your time slot. If you trade time slots, it must be done online so we know who to expect during the tryout process.
* Practice your spirit! Record yourself and make sure your spirit looks clean and is loud! Look up examples of good spirit online to help you.
* Good spirit information: [spirit](https://www.youtube.com/watch?v=twHoaJKVkmA) tips
* You should add spirit before and after each tryout element for full points at each station.

**Important Dates!**

* **Interest meeting: Tuesday, April 4 at 3:35 pm in E106**
* **Spring Workouts - for rising sophomores, juniors, and seniors only**
	+ **You must have a current Planet HS account. Make sure to update your account for the 2023-24 season, and upload new physical documents.**
	+ **April 11, 13, 18, 20, 25, and 27 from 3:50-5:00 pm each day.**
	+ **May 2, 4, 9, 16, and 18 from 3:50-5:00 pm each day.**
	+ I will send out google forms to get feedback on how many will be attending workouts each week. If we will have less than 5 athletes at a workout, the workout will be canceled for that day. The forms will only be sent to those who fill out the Tryout Information form and the Tryout Registration form..
* **Monday, May 22:** Tryout Materials will be emailed to everyone who has completed the [Tryout Information](https://forms.gle/eAtm8ShCvd7D76Ah6) google form and the [Tryout Registration](https://forms.gle/iFS3jkk2wumS5eZ4A) google form.
* **Tuesday, May 30**: All candidates will be able to attend a day of tryout practice to polish their skills. The tryout practice will be held at Topsail High School from 4:00-6:00 pm. You are expected to know the material before you arrive at tryout practices. We will not be teaching material on those days. Bring your own water.
* **Wednesday, May 31**: Tryout day! Athletes are expected to learn material virtually and be fully prepared to perform it for tryouts when they arrive. You will receive a number when you arrive. Your outfit must be a plain, white shirt and blue or black shorts. Your clothing should not have the name of any cheerleading gyms or school teams, or any other design. You should wear cheer shoes and your hair should be in a full ponytail. You may wear a bow in your hair, but it must not have the name or logo of a cheer gym or school cheer team. You must bring your own water. Make up should be modest and all jewelry must be removed.
* **Friday, June 2**: Tryout results will be posted online by 1:00 pm.
* **Monday, June 5**: Parent meetings
	+ JV Parent Meeting: 5:30 pm
	+ Varsity Parent Meeting 6:45 pm
	+ Orders must be paid online by 10:00 pm.
	+ Camp deposit for competition cheerleaders is due at the parent meetings for the assigned team. ($100.00)

**Tryout Requirements**

* Tryout practice outfits: Please wear clothing that covers all body parts and is comfortable for cheering, dancing, jumping, running, and tumbling. Cheer shoes should be worn. If you do not have a pair, try borrowing shoes. We will be purchasing team shoes, so we would prefer that you not buy brand new shoes for tryouts, unless you are fine purchasing another pair for the season.
* Tryout Outfit: Plain white shirt, plain dark shorts, white socks, cheer shoes or tennis shoes (sneakers), hair pulled back into a full ponytail, and bow (or ribbon). Short hair must be pulled back away from your face. Do not wear any clothing or bows that indicate previous cheer teams.
* Cheer, Sideline Chant, and Dance: Material will be sent out on Monday, May 22 via email.
	+ Be sure to practice in front of a mirror, or record yourself and watch the playback.
	+ Practice with a friend or with a group and give each other good feedback.
* Original Cheer: This year you will be given a set of words and you will make up an original cheer to go with the words. The cheer can include tumbling and jumps.
* Interview Question: You will have to answer an interview question during the tryout.
* Jumps: *Click on each jump to see a tutorial video.*
	+ [Toe touch](https://www.youtube.com/watch?v=jDlF26-Uu2I), [Right herkie](https://www.youtube.com/watch?v=TlKVIc4GdEk), [Right hurdler](https://www.youtube.com/watch?v=oumtdUHc9fI), [Double toe touch](https://www.youtube.com/watch?v=vqqBj7QxXGY), [Pike](https://www.youtube.com/watch?v=4c3mnQjnBzM)
	+ [Extra right hurdler video](https://www.youtube.com/watch?v=GpoFezY_VEU)
	+ Jumps will be judged on the following:
		- Leg height
		- Arm position (arms in a T motion with fists)
		- Chest up
		- Face looking forward and not down
		- Smile on face
		- Clean landing, feet together, knees bent on landing and stand up with spirit
	+ There will be a jump bonus for a toe touch with a tumble skill.
		- [Toe Touch Back Handspring](https://www.youtube.com/watch?v=Tsb6Oq_Cwx0)
		- [Toe Touch Back Tuck](https://www.youtube.com/watch?v=0AjMCbmGoKE)
* Tumble skills: *You should only perform skills that you can do safely without a spotter on a dead floor*

**\*\*You do not need to tumble to make the Topsail Cheer program.**

**DO NOT attempt tumble skills unless you already know how to do them.\*\***

* + Pick the highest difficulty skill for standing tumbling that you can do on your own.
	+ Pick the highest difficulty skill for running tumbling that you can do on your own.
	+ **Standing Tumble Skills**
		- Cartwheel 1 pt
		- Back Walkover 2 pts
		- Round off 3 pts
		- [Ariel](https://www.youtube.com/watch?v=LUF8tQR_Plo) 4 pts
		- [Back handspring](https://www.youtube.com/watch?v=mPjuSkeDkyw) 5 pts
		- [Back tuck](https://www.google.com/search?q=standing+back+tuck+tutorial&rlz=1CAQIMT_enUS863&oq=standing+back+tuck+tutorial&aqs=chrome..69i57j0i22i30j0i390l2j69i64l3j69i65.3293j0j4&sourceid=chrome&ie=UTF-8&safe=active&ssui=on#kpvalbx=_VppuYtfsJ6uckPIP9e-S2AY26) 6 pts
	+ **Running Tumble Skills**
		- 3 Cartwheels 1 pts
		- 2 Cartwheels, Roundoff 2 pts
		- 3 Back Walkovers 3 pts
		- [Roundoff Back, Handspring](https://www.youtube.com/watch?v=SVkdVng0Lhc) 4 pts
		- Front Walkover, Roundoff, Back Handspring 5 pts
		- [Roundoff, Back Tuck](https://www.google.com/search?q=round+off+back+tuck+tutorial&rlz=1CAQIMT_enUS863&ei=Y5xuYsnNI7bdqtsP5LWuWA&ved=0ahUKEwiJi7rOxL73AhW2rmoFHeSaCwsQ4dUDCA4&uact=5&oq=round+off+back+tuck+tutorial&gs_lcp=Cgdnd3Mtd2l6EAMyBggAEA0QHjIICAAQCBANEB46BwgAEEcQsAM6BQgAEIAEOgYIABAWEB46CAgAEBYQChAeOgUIABCGA0oECEEYAEoECEYYAFCZA1j_CmDRDGgBcAB4AIABvwGIAZQJkgEDMC45mAEAoAEByAEIwAEB&sclient=gws-wiz&safe=active&ssui=on#kpvalbx=_d5xuYuXUELeeqtsP1qu9wAE15) 6 pts
		- [Roundoff, Back Handspring, Back Tuck](https://www.youtube.com/watch?v=0nKOR2dSk0s)  7 pts
		- [Front Walkover, Roundoff, Back Handspring, Back Tuck](https://www.youtube.com/watch?v=cRwtyS62DLI) 8 pts
		- [Roundoff, Back Handspring, Layout](https://www.youtube.com/watch?v=wNMwveDv-aA) 9 pts
		- Roundoff, Back Handspring, Full twist 10 pts

**Tryout Score**

The Tryout Score will be determined by skills and teacher evaluations. The score breakdown is as follows. Each station has a maximum points possible listed. Points are awarded by judges based on skill level and execution of the skill performed.

Cheer Score 45 points

Chant Score 45 points

Dance Score 45 points

Original Cheer Score 35 points

Jump Score 35 points

Tumble Score 30 points

Teacher Evaluations 280 points

Coach’s Evaluation Score 25 points

**Total Possible Tryout Score 540 points**

**How are teams determined?**

* Once tryouts are over, score sheets and teacher/coach evaluation points are added up in a spreadsheet. Total tryout scores are determined with and without tumbling points.
* **Rising Freshmen:**  Rising Freshmen who score above the cut line will be placed on the JV cheerleading team. This is different from cheer gyms because those teams are decided by skill level only. High school cheerleading is different. There is a lot of material to learn, plus learning time management as a Freshman in high school. Rising freshmen are eligible for placement on the Game Day and/or Traditional competition teams.
* **Rising Sophomores:** Rising Sophomores who score above the cut line may be placed on JV or Varsity, depending on their tryout score. Rising Sophomores in the top 50% of the scores will be placed on Varsity. Rising Sophomores in the bottom 50% of scores will be placed on JV. Rising sophomores, regardless of team placement, are eligible for placement on the Game Day and/or Traditional competition teams.
* **Rising Juniors and Seniors:** Rising Juniors and Seniors above the cut line will be placed on the Varsity team. Rising Juniors and Seniors will be eligible for placement on the Game Day and/or Traditional competition teams.
* All athletes who fall below the cut line will not be placed on a team.
* The coaches will be reading all teacher evaluations and using those, along with the tryout score sheets to make sure the correct decisions are made for placement on the teams. The team rosters announced on June 2 will be approved by administration and **will not** be negotiable.

**Football Sideline, Basketball Sideline, and Competition cheer.**

* Cheerleaders have the option of cheering for one sideline season or both sideline seasons. In order to cheer on a competition team, you must cheer during both seasons. The deadline for your decision is tryout day because this will affect the number of cheerleaders placed on each team.
* Football Sideline will run from the summer workouts through the last football game at the end of October. It is possible that we may have playoff games in November. All Football season cheerleaders will be expected to practice for and cheer at playoff games in November.
* Basketball Sideline will run from November through February. All Basketball cheerleaders will be expected to practice for and cheer at playoff games in February. Those who cheer for Basketball only will be required to attend some practices to stay in shape during the Football season. If they are playing a fall sport, that will count as their athletic activity.
* Cheerleaders who only cheer football and/or basketball will NOT attend cheer camp in the summer.
* Competition season will run from the summer through February. In order to compete for Topsail High, you must cheer for Football and Basketball seasons, due to the practice and competition schedule. All competition cheerleaders will be required to attend cheer camp.

If you have any questions, please contact Head Coach Sherry Sliwa: sherry\_sliwa@pender.k12.nc.us .

***We are a traditional sideline cheer and competitive cheerleading program.***

***We are looking for athletes who are dedicated to the cheer program***

***during the fall and winter sports seasons and are positive role models for their peers***

**If you are interested in trying out, you should be aware of the time commitment required for high school cheerleading. Please read through the information on the next page. If you are not able to commit the time, then high school cheer is probably not for you. We are providing options of cheering for one or both sideline teams, or doing everything. Please choose wisely. Competitions can be scheduled any weekend from the beginning of October through February. Please do not plan vacations during this time if you are competing.**

**Team Costs**

Team costs are increasing this year, due to increased prices for clothing and for camp. We are also adding a team shoe to the required items. This is due to cheerleaders wearing shoes that are not made for sideline cheer, and the injury risk to their ankles, knees, and backs because of it. Competition cheerleaders will pay more than sideline only cheerleaders due to the cost of camp and competition bow. Team costs will be broken into 3 payments, but parents may choose to pay the full amount at the parent meeting.

* Varsity Sideline Only Cheerleaders: $430.00 (*Returning Varsity Cheerleaders: $250.00*)
* Varsity Sideline and Competition Cheerleaders: $785.00 (*Returning Varsity Cheerleaders: $605.00*)
* JV Sideline Only Cheerleaders: $330.00 (*Returning JV Cheerleaders: $285.00*)
* JV Sideline and Competition Cheerleaders: $685.00 (*Returning JV Cheerleaders: $640.00*)

**Important Dates and Summer Schedule**

* **Monday, June 5**: Team/Parent Meetings at Topsail High School
	+ - JV Team: 5:30 pm
		- Varsity Team: 6:45 pm

**Cheer Schedule**

If you make a team, you must understand that high school cheerleading requires a huge time commitment. **Please do not try out for this program if you are planning on going out of town frequently or have a job that requires you to work all of the time and miss practice.**  You are expected to adjust your work availability to accommodate all practices and games.

* **Summer Schedule**
	+ ***These workouts are required for all cheerleaders, unless you are out of town.***
	+ June 2023
		- June 5-9 7:00-10:00 am (Varsity only; Varsity Sideline only 7:00-9:00 am)
		- June 12-15 7:00-10:00 am (Varsity only; Varsity Sideline only 7:00-9:00 am)
		- June 26-30 7:00-10:00 am (Varsity only; Varsity Sideline only 7:00-9:00 am)
	+ July 2023
		- July 10-14 7:00-10:00 am (Sideline only 7:00-9:00 am)
		- July 17, 20-21 7:00-10:00 am (Sideline only 7:00-9:00 am)
		- July 24-27 7:00-10:00 am (Sideline only 7:00-9:00 am)
		- July 28-30 Cheer Camp (Competition cheer only)
	+ August 2023: You are expected to attend **mandatory practices** starting August 1st. Varsity will have a football game on August 18.
		- August 1-4 7:00-10:00 am (Sideline only 7:00-9:00 am)
		- August 7-11 7:00-10:00 am (Sideline only 7:00-9:00 am)
		- August 14-18 4:00-6:00 pm (Varsity Football game on 8/18)
		- August 21-25 4:00-6:00 pm
* During the school year we will practice every day that we do not have a football game or basketball game from 3:50-5:30 pm. You are expected to attend **all** practices and games. Please schedule appointments and work around the practice/game schedule. If you make one of the two teams you will receive the calendar for the 2023-24 season at the team/parent meeting. Competition cheerleaders may have morning practices as we get closer to the competition season.