

2021-2022

# OAKTON HS CHEERLEADING PROGRAM OVERVIEW

## INTRODUCTION

Hello and welcome! We're so pleased that you're interested in becoming a part of the OHS cheerleading program. Here is what you need to know approaching tryouts...

## PRE-TRYOUT REQUIREMENTS

All athletes are required to complete and turn in the following documents/assignments:

- VHSL Physical Form
  - Must be signed by a physician
  - Must be completed AFTER May 1<sup>st</sup> 2021 to be valid for the 2021-2022 school year
  - Form can be found under the FILES tab at <https://oaktonathletics.org/>
- Communicable Diseases Form
  - Must be signed by parent/guardian
  - Form can be found under the FILES tab at <https://oaktonathletics.org/>
- Online athlete registration
  - <https://oakton-ar.schooltoday.com/> is the website for registration
  - Must know student's FCPS ID to register
  - Covers annual concussion training and emergency care information

All forms must be scanned and sent to Melissa Weber in the activities office by emailing [mmweber@fcps.edu](mailto:mmweber@fcps.edu). In addition, any questions regarding pre-tryout requirements should be forwarded to Melissa Weber through email.

- Coaches request that each athlete who will be participating in the tryout please fill out the following Google Form
  - <https://forms.gle/jKnsxJdbuGreJyIE9>

## TRYOUT DAY 1

On Monday August 2<sup>nd</sup>, arrive at the cafeteria for check in. Here, a coach will confirm that you have completed all the required documents to be eligible for fall sport tryouts. You will be assigned a number and will be asked to wear this number on your name tag (provided at

check-in). Athletes will wear the same number for all three days of tryouts, so please remember your number. After being checked in, athletes will be brought to the dance studio where the coaches will lead the athletes in a warm-up, stretch, and then begin teaching tryout material. The tryout material consists of two chants, one cheer, and one dance (around four to six 8-counts long).

## **TRYOUT DAY 2**

On Tuesday August 3<sup>rd</sup>, arrive at 3:30 pm in the Oakton HS dance studio. Athletes will pick up their tryout number from the coaches (you must know your number). On this day, coaches will review the tryout material. The athletes may be asked to perform a series of jumps or tumbling on this day. While the final tryout is not until Wednesday, athletes should keep in mind they are being observed and evaluated all three days. Coaches will be looking for athletes who are hardworking, respectful, and can collaborate with their peers.

## **FINAL TRYOUT DAY 3**

On Wednesday August 4<sup>th</sup>, arrive at 3:30 pm in the Oakton HS dance studio. Athletes are encouraged to attempt a more refined “performance” look regarding hair and makeup for this day. Athletes will be placed in groups of three to perform the tryout material for a panel of judges. After this, the coaches will instruct the candidates to perform a series of jumps, their highest-level standing tumbling, and their highest-level running tumbling. No spots of any kind will be given at the final tryout. THIS DAY MAY RUN LATE- see “Team Results” section for more information.

## **WHAT TO WEAR**

The dress code for tryouts is consistent across the three days. Athletes should wear a plain black top with plain black shorts or spandex. The top may be a t-shirt or tank top. Please keep in mind if you choose to wear a tank top, then a full coverage sports bra should be worn underneath. Hair should be pulled back away from the face and absolutely no jewelry is allowed. Finally, shoes should be athletic sneakers or cheerleading sneakers (if you already own them).

## **WHAT TO PACK**

Please bring a large water bottle, a few healthy snacks, and a positive attitude. We advise that all athletes bring their cell phone and a small bag to house their personal items. Cell phone use will be limited to contacting parents for ride information.

## TEAM RESULTS

On Wednesday August 4<sup>th</sup>, the coaches will deliberate what athletes have made the Varsity and JV Oakton Cheerleading Teams. Depending on the numbers at tryouts, a Freshman team is possible. It is not guaranteed that every athlete who tries-out will make a team. However, the coaches are determined to include as many student athletes as possible in the Oakton Cheerleading Program. The coaches/judges will announce the team placement results individually to each athlete out of respect for your privacy and participation in the tryout process. Therefore, the final day of tryouts will likely run later than 6:30 pm. We especially encourage athletes to bring their cell phone to the final tryout so that they can update parents with the correct pick-up-time. After the athlete has been informed of their tryout results, they are free to leave.

- As of now, the first Varsity practice will be the next day Thursday, August 5<sup>th</sup> from 3:30-6:30 pm.
- First JV practice date and time is TBD.

We wish you all the best of luck in the fall sports 2021 tryout and we hope to see you there!

Sincerely,

Oakton HS Cheerleading Coaches

