



## 2010-2011 Tryout Information

### Tryout Requirements

1. Arrive 15-30 minutes before tryout to register.
2. Have your \$20 Cheergyms.com Tryout Application Fee (This fee is non-refundable).
3. Have the following forms completed:
  - a. All-Star Cheer Tryout Application Sheet
  - b. Medical Information Form
  - c. Liability Release Form

(All forms will be available at each facility and online at [www.cheergyms.com](http://www.cheergyms.com) under the "Quick Links" section; click on "Forms.")

4. Boys wear shorts, fitted t-shirts or tank tops (no logos), and cheer shoes.
5. Girls wear shorts or Lycra shorts, fitted t-shirts or bra tops (no logos), cheer shoes and have hair in a pony tail and bow.
6. NO JEWELRY!

### Tryout Procedure

The tryout will consist of a warm-up, jump & jump into tumbling assessment, standing tumbling assessment and running tumbling assessment. The second half of the tryout will consist of a flyers tryout, group stunting and performing a short dance.

### Minimum Jump/Tumble Requirements

Level 1: Basic Tumbling and all jumps (Pencil, Tuck, Toe Touch, Front Hurdler, Pike and Combination).

Level 2: Standing and Round-off back handspring and all jumps.

Level 3: Standing 2 back handsprings, Round-off back handspring back tuck and all jumps into a back handspring.

Level 4.2: Standing and Round-off back handspring and all jumps.

Level 4: Standing back handspring back tuck, Round-off back handspring layout and all jumps into a back handspring back tuck.

Level 5: Standing back handspring layout, Round-off back handspring full and all jumps into a back tuck.

### Team Placement

Athletes will first be placed according to tumbling abilities. Then knowing we must have the correct amount of flyers and bases on the team, we will evaluate each cheerleader to see where they will fit best on each team. Teams will be selected right away, but will not be finalized until August before routine choreography. From May to August, cheerleaders will be moved back and forth from teams as skills are gained and the needs of the teams become apparent. Any cheerleader can request to be on a higher team than their tumbling ability level, but remaining on that team after August will depend on his/her tumbling abilities and strengths in skills to help that team succeed.