

LOCKPORT CHEERLEADING TRYOUTS

WHEN & WHERE:

*October 26th – 4:30-7:30pm workshop in the small gym at Central

*October 27th – 4:30-7:30pm workshop in the small gym at Central

*October 29th – 4:30 -? Tryouts in small gym at Central

*The girls will be trying out for the freshmen and JV basketball/competitive cheerleading teams at this time.

*Please dress appropriately: shorts, t-shirt, gym shoes, hair up

*Paperwork will be available on www.lths.org. Paperwork needs to be filled out and turned in before the girls will be allowed to try out.

*The girls must bring a copy of a current physical to the first workshop. The girls will NOT be allowed to participate in the workshop without proof of a current physical. Current LTHS athletes do not need to bring proof of a current physical.

*Workshops and tryouts are closed to the public.

Requirements:

Cheer (this will be taught)

Motion Sequence (this will be taught)

Dance (this will be taught)

Standing tumbling

Running tumbling

Stunting

Toe touch

Double toe touch

Optional jump

*Lockport Township High School is proud to have one of the strongest cheerleading programs in the state of Illinois. Cheerleaders at Lockport are athletes and will follow the Athletic handbook guidelines.

*Cheerleading is a serious sport and is a large time commitment, so before trying out please make sure you are willing to put in the time and effort it takes to be part of an award winning program.

*If you have any questions please contact Head Coach Danielle Calabrese at danielle_calabrese@comcast.net

**Lockport Township High School
Cheerleading Application**

FRESHMEN

SOPHOMORE

JUNIOR

SENIOR

Name: _____

Address: _____

City/State/Zip: _____

Phone #: _____

Parent/Guardian Name: _____

In Case of Emergency: (Name & Phone #): _____

For stunting are you a: **BASE** **FLYER** **BACK SPOT** **NOT SURE**

Are you a tumbler? **YES** **NO**

Do you have a job? How many days a week or how many hours do you work?

What are the goals you wish to achieve through cheerleading and/or why are you trying out for cheerleading?

What characteristics would make you a good LTHS cheerleader? What will you personally bring to the squad? (Use back or type)

Permission Slip for Lockport High School Cheerleading

My child, _____, has my permission to try out for cheerleading at Lockport Township High School for the 2010 basketball/competition season. The athletes will be trying out for the freshmen and JV teams at this time. If she/he is chosen to be a member of any cheerleading team, I understand that she/he must abide by the rules and regulations set forth by the coaches and be present for all practices and games. I understand that there is a high level of commitment, and I have read the expectations of the cheerleading teams. I further understand that the violation of any of these rules may lead to temporary or permanent suspension from the team. I also understand that cheerleading is a sport, and therefore IHSA rules and regulations will be followed regarding grades, practices, consequences, etc. I understand that all forms must be completed by Thursday, October 29th or my child will not be allowed to tryout.

*I understand that my daughter/son will be evaluated by qualified judges, and we agree to abide by the decision of the judges.

*I understand all costs involved as stated.

*I understand by the very nature of the activity, cheerleading and gymnastics carry a risk of physical injury. No matter how careful the participants and coaches are, how many spotters are used, or what landing surface is used, the risk cannot be completely eliminated.

Parent or Guardian Signature

___/___/___
Date

I am interested in being a cheerleader at Lockport Township High School. I realize that my dedication to the squad is of the utmost importance and that practices and games will be my #1 extra-curricular priority. I understand the rules and risks stated above. If selected, I promise to abide by the expectations set forth by the coach and to cooperate and follow her instructions or risk being removed from the team. I understand that cheerleading is a sport, and my actions and grades will be looked at on a consistent basis by my coach and athletic department. I am also aware that the judges' decisions are final.

Student Signature

___/___/___
Date

Tryouts (2009-2010)

1. Cheer workshops will be held on Monday, October 26th from 4:30-7:30pm and Tuesday, October 27th from 4:30-7:30pm in the small gym at Central. Tryouts will be held on Thursday, October 29th at 4:30pm in the small gym at Central campus.
2. Stunting and Tumbling will be judged throughout the 2 days of workshops.
3. At Thursday's tryout the motion sequence, cheer, dance, and jumps will be judged. We will begin at 4:30pm in the small gym at Central. The girls will be free to leave when they are finished with their tryout. They will know their number on Monday, so you can gage a time frame.
4. A list of girls who make each squad will be posted on the Smith Foyer doors at Central (across from the parking lot) Saturday morning by 10:00am. The judges' decisions are final.
5. Any age group may make JV, but only freshmen will be on the freshmen team. Girls may be moved to different squads as the season progresses depending on the need of each squad.

*Coach Calabrese, Coach Janssen, and Coach Kuchta will be doing the judging. The judges know what they are looking for, and their decisions are final.

B. Season/Practices/Games

1. The freshmen team's first practice will be held on Monday, November 2nd from 3:00-5:00pm in the small gym at Central. Please bring a \$50 payment for choreography costs. Checks can be made payable to LTHS. The additional fees will be staggered. Practice, competition, and game schedules will be handed out at this time.
2. The freshmen team will be practicing 3-4 days a week and will attend most home, and some away games for the freshmen boys' A and B basketball teams.
3. The JV team's first practice will be held on Tuesday, November 3rd from 6:00-8:00pm in the small gym at Central. Please bring a \$50 payment for choreography costs. Checks can be made payable to LTHS. The additional fees will be staggered. Practice, competition, and game schedules will be handed out at this time.
4. The JV team will be practicing 3-4 days a week and will attend all home and away sophomore boys' basketball games.

C. Cost for Freshmen and JV for basketball/competition season

- Briefs = \$20-\$25
- Bodysuit = \$25-\$65
- Warm-up = under \$100
- Shoes = \$70
- Choreography = \$100
- Competition Fees = \$50
- Miscellaneous = \$75
(socks, bows, bag, cheer curls)

*These costs are estimates. The girls also have the opportunity to buy apparel or other items throughout the year that is not mandatory. Also, parents may choose to fundraise to offset these costs.

Lockport Cheerleading Workshop/Tryout Requirements

Appearance: You are to wear a pair of shorts, a t-shirt, and gym shoes. Gym uniforms would be acceptable. Hair should be neatly pulled back. All jewelry must be off.

Spirit: We are looking for girls with positive attitudes, smiles on their faces, and looking like they are having fun cheering. You will be judged on facial expressions, eye contact, enthusiasm, and smile.

Jumps: You will be required to do three jumps at tryouts. A toe touch and a double toe touch are required. The third jump will be your choice of the following: front hurdler, pike, double nine, or an around the world.

Motion Sequence: You will be taught a motion sequence. We are looking for placement, sharpness, and execution of motions.

Cheer: You will be taught a cheer. We are looking for motion placement, sharpness, and execution. You will also be judged on voice and overall cheerleading ability.

Dance: You will be taught a dance. We will again be looking for motion placement and sharpness, rhythm, dance ability, and technique.

Tumbling:

Freshmen: Tumbling is not required, but you will be asked to do standing and running tumbling if you have it.

JV: You should be able to perform standing and running tumbling at least on a mat.

These are the points you will receive for tumbling:

Standing Tumbling

- Flip Flop = 1-2 points
- Series of flip flops = 3 points
- Jump flip flop = 4 points
- Tuck = 5 points
- Flip flop back/cartwheel back/jump back = 6 points
- Combo jump back tuck = 7 points
- 2 or 3 to a full = 8 points
- Cartwheel full = 9 points
- Standing full = 10 points

Running Tumbling

- Round off + flip flop = 1 or 2 points
- Round off + succession of flip flops = 3 points
- Round off + back = 4 points
- Round off + flip flop + back = 5 points
- Round off + flip flop + layout = 6 points
- Round off + flip flop + X-out or walk out = 7 points
- Round off + flip flop + full = 8 point

*Bonus points Front tumbling into any of the above - +1 Tumbling out of any of the above - +1 or +2



***Choose what you do best. If any of the above tumbling is poorly performed, the score will be lowered.**

***We are looking for clean, perfect execution of the above skills and expect to see the skill you are tying out with at all the workshop days. We will not give the full score for the tumbling skill if we only see it once or twice.**

Stunting: You will be judged on your stunting technique. You will have a choice of whom you would like to stunt with. You should show the judges your best one-legged stunt with dismount. You will be judged on technique, execution, and difficulty.

Freshmen: Flyers should be able to perform at least a full extension or lib with a cradle down.

J.V.: Flyers should be able to perform at least a liberty to a stretch with a single down.

***Bases and back spots will be judged on their basing technique and the difficulty of the flyer's skill level. Bases and back spots should choose a flyer they are comfortable with and that accentuates their ability.**

***There will time at the workshops to work with different groups and on different skills.**

These are the points you will receive for stunting:

Stunt:

- Half or full extension = 1 point
- Liberty = 2 points
- Arabesque = 3 points
- Scale = 4 points
- Heal stretch = 5 points
- Scorpion = 6 points
- Bow and arrow = 7 points

Dismount:

- Cradle = 1 point
- Single down = 2 points
- Double down = 3 points

***Choose what you do best. If any of the above tumbling is poorly performed, the score will be lowered**

***Again we are looking for clean execution of stunting skills and the consistency at which you can do the skills.**

