



TRYOUT #: _____

CLINIC SCORE SHEET

Participation/Progress	5 points
Demeanor/Attitude	5 points
Punctuality	5 points
Stunting	20 points
Mock Try-Out	15 points
	50 points

PARTICIPATION: New members only

Throughout the clinic, new potential athletes will learn and review a cheer, a dance, and a chant to be performed for mock try-outs and try-outs. Coaches will attend the clinic to ensure safety as well as evaluating each athlete's participation in a variety of activities. Cheerleading includes expression, vocals, motions, danceability and more! It is important for each girl to be well rounded and the try-out clinic allows the girls to prove their ability in these categories.

PROGRESS: Returning members only

Returning athletes are expected to improve their skills each year and throughout the season. Coaches have met with each athlete individually to discuss goals and areas of improvement. The coaches want to see that athletes are taking steps towards improvement and bettering themselves for the team. It is important for athletes to be increasing their skill level in tumbling, flexibility, jumps, motions and all other elements of the tryout process that have been worked on throughout the year.

DEMEANOR/ATTITUDE

Jesuit cheer is an outstanding program built on traditions, that helps develop well rounded student-athletes spiritually, physically and academically. We strive for excellence to support our school. Jesuit and Ursuline students develop as a whole person through experiences that enrich mind, body, and spirit. Athletics plays an important role in that development, offering opportunities for leadership and community-building, as well as enjoyment of sports.

PUNCTUALITY

The quality of being on time is of utmost importance to the success of the program this includes daily attendance as well as submitting paperwork and forms in a timely manner.

STUNTING

With safety as our topmost priority, we will evaluate the athletes based on the following scale:

Technique	1 2 3 4 5				20 points
Coachability	1 2 3 4 5				
Safety	1 2 3 4 5				
Skill Level	JV Skill Level:	JV Points:	Varsity Skill Level:	Varsity Points:	
			Extension Cradle	1	
	Prep Sponge	2	Lib Cradle	2	
	Prep Cradle	3	Heel Stretch Cradle	3	
	Extension Sponge	4	Arabesque Cradle	4	
	Extension Cradle	5	Scale Cradle	5	

MOCK TRY-OUT

The final clinic day, the athletes will perform the 3-3 chant with assigned partners and be evaluated using the following scale:

Motions	1 2 3 4 5	15 points
Projection	1 2 3 4 5	
Skills	1 2 3 4 5	