



All information and links can be found on our website on the Tryout page

Head Coach: Laura Sayers

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How to get ready for tryouts:

- o **Tryout application:** Available February 20th- March 22nd
  - Can be found on cheer website: [www.JesuitCheer.com](http://www.JesuitCheer.com)
  - Due March 13th for returners
  - Due March 22nd for Freshman/Transfer students
- o **Jesuit UIL paperwork:** Submit through google form on Jesuit Cheer website: [www.JesuitCheer.com](http://www.JesuitCheer.com)
  - Due for Returners: **March 13th**
  - Due for freshman/transfer students: **March 22nd**
  - Download each file, complete, and submit online
    - Physical, Medical History, Cardiac Arrest, Rules/Acknowledgement
  - Freshman/transfers: must include your proof of enrollment receipt with Jesuit paperwork. Once you pay the deposit to UA, upload your receipt to the UIL forms google form on the Cheer website

**Deadlines:** Punctuality of paperwork is included in the tryout clinic week scores.

- o Tryout Application deadline: **March 13th** for returners and **March 22nd** for new/transfer students
  - [www.JesuitCheer.com](http://www.JesuitCheer.com)
- o Jesuit UIL forms deadline: **March 13th** for returners and **March 22nd** for freshman/transfers
  - Proof of enrollment for new/transfers students included with UIL paperwork

**Jesuit Cheer Calendar:** Please visit our website for the full calendar

Summer absences allotted: 0

Seasonal absence allotted: 5

- o **Try Out clinic:**
  - March 26th: Material release at noon
  - March 27th: 4:30-6:30pm Clinic at Jesuit
  - March 28th: 4:30-6:30pm Clinic at Jesuit
  - March 29th: 4:30-6:30pm Mock tryouts at Jesuit
  - March 30th: 5-7pm Varsity only tryouts
  - March 31st: 5-7pm JV only tryouts
- o First meeting and uniform fitting: April 3rd 4:30pm at Jesuit
- o Spring practices: April 12th- May 15th 4:30-6pm
  - Mondays: At Jesuit

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- Wednesdays: At Ursuline
- o Summer Practices: May 30-June 3rd at Ursuline
  - 4:30-6:30pm except on June 3rd (9am-2pm)
- o Camp Practice: July 20th and 21st 4-7pm and July 22nd 2-5pm
- o Team pictures: July 22nd 8am
- o NCA Camp: July 23rd- 26th sleep away at the Gaylord
- o Fall Practices: August 14<sup>th</sup>- Dec 13<sup>th</sup> or playoffs
  - Mondays 6:30-8:15am at Ursuline
  - Wednesdays 4:30-6:30pm at Jesuit
- o Basketball Practices: Jan 3rd<sup>d</sup>-playoffs
  - Wednesdays 6:30-8:15am at Ursuline
  - Thursday 4:30-6:30pm at Jesuit

### **Tryouts:**

**Please visit our website for the full breakdown of the scoresheet. All skills must be performed on a deadmat and without spotting assistance**

#### **Clinic week scores: 50**

- o Participation/Progress, Punctuality, Demeanor/Attitude: 15
- o Stunting: 20 points
  - o Highest skill for JV: Extension Cradle
  - o Highest skill for Varsity: Scale Cradle
- o 3-3 chant: 15 points
  - o Performed in assigned groups at Mock tryouts: 15
  - o Optional skills: jumps and standing tumbling

#### **Tryout scores: 85 points**

- o Tumbling: 20 points (10 for standing and 10 for running)
- o Spiriting: 5 points
- o Jumps: 15 points
- o Cheer: 20 points
- o Dance: 15 points
- o Showmanship and overall impression: 10 points
- o Additional 5 bonus points- adding specialty in tumbling (standing/running) and skill in cheer

#### **Attire:**

##### **Clinic week:**

- o No oversized shirts, strappy tanks, or shorts with buttons. Candidates trying out for the position of flyer **MUST WEAR BRIEFS** under their shorts. Other candidates must wear briefs if the shorts do not have a lining.



- o Hair must be pulled back in a high, clean ponytail.
- o No jewelry or excessive make-up will be allowed; a “fun” bow is encouraged.

**Tryouts:**

- o Navy or dark colored shorts
- o Plain white t-shirt or non-strappy tank
- o White no show socks
- o Cheer/tennis shoes
- o Bow – optional but encouraged

**Contact information:**

Head Coach: Laura Sayers – [LSayers@jesuitcp.org](mailto:LSayers@jesuitcp.org)

You’ll hear from me when: you submit your application, submit your Jesuit UIL forms and proof of commitment.

**Recommended skills classes:** Rogue Athletics 4505 McEwen Rd. 214-635-4772

**COVID protocols:**

- Athletes will adhere to policies and protocols set by the Jesuit and Ursuline administration

**Video submission:**

In the event that an athlete is injured or sick prior to or during the tryout week, athletes may submit a video of the tryout material with clearance and permission from the Head Coach. Skills must be performed on a deadmat, field or basketball court without spotting assistance. Video submissions will not be accepted after Friday at 5pm.

Questions?