

Clinics and Tryout Information

Important Dates

- Clinics: April 8th and 9th
 - April 8th make sure you bring your completed packet and you are cleared in Privit or you will not be able to participate
- Open Gym: April 10th → for any cheerleader who did NOT attend the 9th AND highly encouraged for all cheerleaders (see note below)
- Tryouts: April 11th at 10:00am until completion

Attire and Footwear

- Clinics and open gym: any athletic clothing you feel comfortable in. Tshirts ARE required! No sports bras only. Shorts or spandex are acceptable as long as they cover your entire behind
 - Anything that would be appropriate for a PE class or to wear to school. Nothing should be hanging out anywhere
- NO JEWELRY AT ALL!!
 - This includes earrings, nose rings, permanent jewelry, belly button rings, etc. Band-aids to cover are not acceptable either. This is a MSHSAA rule, not a coach rule
 - If you are unable to remove the jewelry, you will NOT be allowed to tryout
- ANY type of tennis is perfectly fine for clinics and tryouts. You will not need your white cheer shoes until summer practices begin. We will post a link to order those within the next few weeks
- For Tryouts:
 - Red, white, or black T-shirt → NO tank tops
 - Black or red shorts/spandex
 - Red, white, or black sports bra (this will be a season rule as well)
 - White socks
 - Cheer bow of any kind (we will have some extras if you do not have one or you can ask a returning cheerleader to borrow one)
 - Tennis shoes of any kind (make sure you are comfortable to stunt/tumble)

Open Gym:

- While it is not required, you will earn clinic points for each day - including Open Gym. (if you are a middle school track athlete, the day of your track meet will NOT count against you - you are expected to either attend your track meet OR the clinics if you are not running in track)
- Returning cheerleaders SHOULD attend open gym even if they “know” what they are doing. You will not only get your points, but you will have an additional opportunity to review and practice your stunts

Arrival Time and Clinic Expectations

- Please arrive between 5:15 and 5:45 for our clinic days. This allows for us to review your cheer paperwork, get name tags sorted, answer questions, and get the mats ready for our 6:00 start time
 - When the season begins, please arrive NO EARLIER than 15 minutes before call time. If you are not cheer ready by that time, you will be considered late
- You will receive 12 points each day of clinics (this includes Friday for open gym). You will earn two points per category listed below. The following criteria will be addressed:
 - If you are on time (5:15-5:45)
 - Attire → athletic wear, no jewelry, tennis shoes, correct socks, and hair up
 - Helpfulness → willing to help get out/put up mats, volunteer to work with others, willing to try new positions in stunt groups, and overall ability to work well with others
 - Attitude → positive, uplifting, smiling, looks like you want to be there, etc.
 - Effort → willing to work, try new things, does your best at all times (even if you aren't the greatest)
 - Team player → willing to help, work with ANYONE, move into new stunt positions and groups, and volunteer to assist when you are capable
- REMEMBER! You are trying out to be a CHEERLEADER! You should have a positive attitude, look like you want to be present at events, and be a positive role model for our student body. We will be looking for people who are putting in the best effort and embody the spirit of cheer. You do not necessarily have to be the best at cheers/dances/stunts to earn a high score on your clinic days. This is about YOU showing us you want to be there and you have Spartan Pride!

NOTES: you should be practicing all materials outside of clinic hours. Do not expect to get all of the information down in two hours, for three days. You NEED to spend the time outside of clinics practicing the material. Get with a friend to practice, practice in the mirror, record yourself and watch the videos back, etc. The judges and coaches will be able to tell who has spent the extra time learning the material.

Tryout Expectations

- Show up between 9:15-9:30 TRYOUT READY (see attire listed above)
- Be prepared to wait if your group is a later group. Please be respectful of those trying out and do your best to keep the noise level down.
 - If we have to remind you more than once, you will lose clinic points. If the issue persists, we will ask you to leave and not be a part of tryouts.
- Once you arrive for tryouts, PLEASE DO NOT LEAVE until you are finished.
 - No runs to McDonald's or the gas station. It might take a minute, so be prepared! Bring snacks, water, etc.

- If you are helping in a stunt group but not being judged for it, please make sure you stay until your groups have gone. You might be judged in group 1 but have to stay until group 10 is finished if you are a flyer/base/backspot for someone else
- The only people who should be in the commons/gym are cheerleaders trying out.
 - Parents, boyfriends, siblings, girlfriends, babysitting children, etc. need to stay home!
- Once you have finished your tryout and/or have no other stunt groups to help, you are free to leave!
- Cleanup after yourself! Coach Griffin and Coach Watson do NOT want to have to clean up after you. You are capable of cleaning up.
- Results will be posted to our Facebook page by 10:00 pm that evening

Tentative Clinic Schedule

- April 8th
 - 5:15-5:50 → name tags, get ready for clinics, answer questions, try out packets, get mats out, etc.
 - 6:00-7:00 → jog, stretch, review cheer, fight song, and dance
 - 7:00-8:00 → learn stunning techniques, practice stunts, and tumbling
- April 9th
 - 5:15-5:50 → name tags, get ready for clinics, answer questions, try out packets, get mats out, etc.
 - 6:00-7:00 → jog, stretch, jumps, arm motions, review all materials learned
 - 7:00-8:00 → stunt and tumble; prep for tryout stunting
 - You should leave today with your stunt group for tryouts and your stunt ready
- April 10th
 - 5:15-5:50 → name tags, get ready for clinics, answer questions, try out packets, get mats out, etc.
 - 6:00-7:00 → Mock Tryouts and Review
 - 7:00-8:00 → Stunt, work on tryout materials, etc.

IMPORTANT INFO!!!!!!

NEW TO TRYOUTS THIS YEAR!

- Be watching on April 6th for tryout material to be posted to the RHS Spartan Cheer Facebook page. We will be releasing the cheer, dance, and fight song materials BEFORE our first clinic to give all cheerleaders extra days to learn and practice. The more you practice at home, the better prepared you will be for tryouts!

We look forward to seeing you all at clinics and wish all cheerleaders good luck at tryouts!