

Requirements



Varsity Cheer

- Grades 10-12
- Varsity Football & Basketball Games
- 5-6 Competitions
 - Local, State, National Competitions
- Commitment of 5-6 days a week
- Increased Cost Commitment
- Advanced Skills:
 - Standing Back Handspring Required
 - Round off Back Handspring Required
 - Stunting Experience Recommended
 - Advanced Jump Sequence
 - Clean / Strong Motion Technique

Varsity Pom

- Grades 9-12
- Two Teams
 - Competition Pom Team: 8- 9 members
 - Competition Jazz Team: 11-12 members
- Varsity Football & Basketball Games
- 5-6 Competitions
 - Local, State, National Competitions
- Commitment of 5-6 days a week
- Increased Cost Commitment
- Advanced Skills:
 - Clean Quad Pirouette
 - Advanced Second Turns Required
 - Aerial- R, L, or Both
 - Required for competition pom
 - Advanced Jump / Leap Sequence
 - Proper Pom and Jazz Motions

JV Cheer

- Grades 9-11
- JV Football & Basketball Games
 - Home Games Only
- Commitment of 3-4 days a week
- Decreased Cost Commitment
- Intermediate Skills:
 - Working Towards a Back Handspring
 - Stunting Experience Recommended
 - Intermediate Jump Sequence
 - Clean / Strong Motion Technique

JV Pom

- Grades 9-11
- JV Football & Basketball Games
 - Home Games Only
- Commitment of 3-4 days a week
- Decreased Cost Commitment
- Intermediate Skills:
 - Clean Triple Pirouette
 - Intermediate Second Turns
 - Intermediate Jump / Leap Sequence
 - Clean / Strong Motion Technique

Cheer Tryout Material

- Tumbling
- Standing
 - Running

- Jumps
- Toe Touch
 - Optional Jump
 - Double Toe Touch

- Material
- Chant
 - Cheer
 - Dance

- Fitness Test
- Varsity
 - Mile ran within 8:30
 - Junior Varsity
 - Mile ran within 9:30

Pom Tryout Material

- Skills
- Triple Jump Combo
 - Aerials
 - Specialty

- Turns
- Pirouette Combo
 - A la Seconde Combos

- Material
- Chant
 - Routine
 - Pom
 - Jazz

- Fitness Test
- Varsity
 - Mile ran within 8:30
 - Junior Varsity
 - Mile ran within 9:30