

2020-2021 Lewis Central Cheerteam Tryouts

Tryout Week Information

****Edited For Virtual Tryouts****

Who can try out for the Lewis Central Cheerteam?

Any individual that will be attending Lewis Central High School during the 2020-2021 school year may try out.

Informational Meetings

An informational meeting took place in February for those interested in trying out. If you were unable to make it to the meeting and have questions, please feel free to email or call the coaches with questions. It is strongly encouraged to read through ALL the tryout information thoroughly!

Clinic & Tryout Dates -

Monday, June 8th – 6:00pm - Application Packet & Teacher Evals DUE!!!

Tuesday, June 9th – 9:00am - Virtual tryout material will be available via video

Friday, June 12th – 6:00pm – Tryout videos DUE!!!

Monday, June 15th – New Team Announced! *\O/*

How To Prepare

Get your application filled out & your essay written! All application materials are due at **6pm on Monday, June 8th**. We will not release the tryout material video to you until we have received your paperwork. Even though tryouts are virtual this year, we are asking that paperwork be turned in **HARD COPY** – this includes your application, signed permission form & essay. Teacher evaluations will be collected via Google Docs, so that is the only virtual paperwork. You will need to turn your paperwork in to Cindy Brockman at the high school office. She will be back in the office starting June 1st and her hours are 8am to 3pm, Monday through Friday. We did receive some applications prior to the school closure, so if you think we should have yours in our possession, please reach out via email or text.

Next, make sure you are in top physical condition. This will not only improve your overall talent, it will also ensure your safety and decrease the risk of injury. Lastly, get lots of rest, eat well, and put your cheerleader smile on for tryout week!

Check Off List – These are DUE by 6pm on Monday, June 8th

- Application
- Essay
- Signed Intro & Permission Letter
- 4 Teacher Evaluations (teachers should turn these in for you via Google Docs)

Tryout Attire

For your tryout video, form fitting clothes are ideal. We ask that you wear a white fitted tank top or t-shirt with navy or black shorts. Large t-shirts and baggy pants are unacceptable – it is difficult to view motion and jump technique. If you were on the team previously, you may wear your cheerleading shoes – and everyone else needs to wear athletic shoes of some sort – socks, slippers, etc. are not appropriate.

Hair must be properly secured back in a ponytail, and nails must be trimmed and have NO chipped polish. If you have a tattoo that is visible, it must be covered up. ALL jewelry must be removed including piercings – spacers and/or fishing wire is not acceptable. It is highly encouraged you dress the role of a “cheerleader” in your video and have hair and make-up game day appropriate. The only freedom you have is with your bow – you are allowed to pick whatever color and style you want.

Material / What Comprises Your Total Score

All of the material that you will need for tryouts will be taught in the material videos. For tryouts, you will be judged by a professional panel of 3 judges with cheerleading/ dance/ gymnastics backgrounds. Score sheets become the property of Lewis Central and will not be shared with parents or students. Each judge score sheet accounts for 200 points, so that is 600 points total between all 3 judges. Another 400 total points will be given for teacher evaluations, essay, and GPA. The grand total is 1000 points.

Jumps – clean, pointed toes, height, legs straight, feet together on landing, appropriate prep

- Side Hurdler (either side)
- Front Hurdler (either side; turn at 45 degree angle)
- Pike (turn completely to the side)
- Toe-Touch
- Double Toe-Touch (whip approach)

Cheer – confident appearance, sharp motions, knowledge of material, loud voice, and facials

- One Cheer
- One Sideline

Dance – confident appearance, sharp motions, knowledge of material, rhythm and coordination

Stunting - No stunting will be done at the tryouts. Please indicate on your application what experience you have, if any.

Tumbling - No specific tumbling skills are required to make the team, but we ask that each participant demonstrate a cartwheel or round-off in your video. If you do have tumbling skills, you have the opportunity to perform one standing skill and one running pass of your choice.

Teacher Evaluations – A total of 4 teacher evaluations will be required. You must utilize teachers from the current school year that you had in either the 1st or 2nd trimester. It is highly recommended that you ask your teachers to do this right away so it allows them ample time to fill out the forms. It is expected that you thank your teacher for filling out an evaluation form for you – either via thank you note, in person, or email. This year teachers will need to fill

evaluations out via Google Docs. Our Athletic Director will be sending out a link to all teachers, but it is highly recommended you also send your teacher the link via email when you ask them to fill one out for you. If we do not receive all 4 evaluations, you will miss out on those points.

Essay – All applicants will be required to attach an essay to their application. The essay will be worth 100 points of your total score. The essay question is, “*What does volunteering in your community mean to you? If you are selected for the 2020-2021 LC Cheerteam, you will have many opportunities to prove yourself through community outreach. What are three volunteer opportunities you can bring to the team, and please explain why they are important to you.*”

Current GPA – Each applicant will receive points based off of their current GPA after 2nd trimester grades. The following points will be awarded:

- No points for < 2.0
- 25 points 2.0 – 2.5
- 50 points 2.5-3.0
- 75 points 3.0-3.5
- 100 points >3.5

Cost of Being a Cheerleader

There are two main costs that families are responsible for – apparel and summer camp. Other costs such as competition fees, poster making, signs, hotel fees, etc. will be covered by team fundraisers. Apparel and summer camp must be paid for up front prior to participation. We plan to place two orders for apparel – one summer order and one fall order. Each cheerleader will be required to have these items: uniform(s), warmups, shoes, briefs, practicewear/campwear, bows, poms, bag, gameday top, and winter accessories. A detailed bill of what is ordered will be given to families at the time of order. The cost will vary for rookies and veterans as we do re-use some items from year to year, so veterans may already own some of the required items. Expect apparel costs to run between \$700 and \$1000. Our summer camp was canceled due to the pandemic, so we are working to find an alternative and will let you know costs as we find something. Camp costs could range from \$250-\$450 per athlete.

*** The team will be required to participate in mandatory fundraisers throughout the year to cover team costs throughout the season for materials, competition fees, hotel fees, etc. ***

Tryout Procedure

The purpose of tryouts is to select the most talented athletes who give the best representation of Lewis Central High School. Due to the pandemic, tryouts will be done virtually this year. A sample copy of the judging sheet is included with the application packet. You will need to submit a video via our Google Classroom to the coaching staff no later than **Friday, June 12th at 6pm**. We ask that the video be one long continuous video of all your skills, except tumbling. You may stop the video and attach tumbling at the end as most will have to go outside to perform those skills. Please showcase your skills in this order: Jumps, Cheer, Sidelines, Dance, Tumbling. If your video appears to be spliced together, we will ask you to submit a new continuous video. Please feel free to give yourself short breaks between each skill section just like you would at a normal tryout, and it will give judges time to capture scores.

Announcement of the 2020-2021 Lewis Central Cheerteam

We will be announcing the team on Monday, June 15th. We thank you in advance for your patience and cooperation in waiting for the results – we are as excited and anxious as you are!

I Made the Team – Now What???

If you make the Lewis Central Cheerteam – first off CONGRATS! Secondly, be aware of some upcoming activities you will be required to attend. The list below reflects a normal “non-pandemic” year, so we are leaving the list “as is” and will update you as needed. This pandemic, as you know, is a rapidly changing situation, so we will keep everyone updated as we get new information as this upcoming season could look very different!

- We will have our first team dinner and activity shortly after tryouts.
- We will have an official parent meeting shortly after tryouts.
- Uniform Fitting – we will plan to hang out as a team, eat some pizza and get fitted for uniforms and apparel. It is vital all members are present!
- We will be participating in the Celebrate CB Parade as a team – Saturday, May 16th!
- Practices – we will start practicing in early June as soon as school is out. Practices will likely be in the morning. We realize some students are in spring or summer sports, but we encourage you to make all the practices you can. The team will have most of July off with the exception of the very last week – we will come back to get ready for the Junior Cheer Camp. Then once the Junior Camp is over, we will hold regular practices in August to prepare for football.
- Summer Cheer Camp – we will be attending UCA summer camp at Northwest Missouri State University, June 25-28.
- Junior Cheer Camp – the Cheerteam will put on and teach our annual Junior Cheer Camp, August 4th through the 7th. Camp is in the morning and the final performance is that Friday evening, August 7th. This is our biggest fundraiser of the year and is mandatory of all members.
- Football will start in late August and once school starts, we practice after school typically on Mondays, Tuesdays and Thursdays from 3-5pm.

GOOD LUCK AT TRYOUTS! SEE YOU SOON!!!