

Pennsbury High School Cheerleading Tryout Information 2020-2021

Dear Prospective PHS Cheerleader and Parent,

Thank you for your interest in becoming a part of the Pennsbury High School Cheerleading Program. We are so excited for this upcoming season and cannot wait to get things started. This packet contains some very important information so please make sure to read it carefully. We are excited for the upcoming season and can't wait to see you all soon!

Tryout Process:

The 2020-21 PHS cheerleading tryouts will be **VIRTUAL**. Videos will be due on **Wednesday, July 1 by 11:59 PM**.

Google Classroom:

All 2020 Tryout Videos and material can be found on the *Pennsbury High School Cheerleading 2020 Tryouts* Google Classroom, Class code: **f3oiwfm**

We ask that your entire tryout is formatted in **1 video** uploaded to the Google Classroom under the assignment *Virtual Tryout Video*. In addition to a cheer and dance, prospective athletes will be asked to film themselves doing the following skills

- **Introduction**
 - Name
 - Grade for the 2020-21 school year
 - A positive character trait you would bring to the PHS Cheerleading program
- **Jumps**
 - 3 stamina jumps, at least 1 jump **MUST** be a toe touch
- **Running Tumbling Skills** **safely performed on a non-spring surface i.e: grass, dead floor, or rubberized surface
- **Standing Tumbling Skills** **safely performed on a non-spring surface i.e: grass, dead floor, or rubberized surface

Note: Tumbling is not a requirement to make our Game Day program. It will help your score if you are able to showcase tumbling in your tryout.

We also ask that athletes upload a head shot of themselves to the assignment *Prospective Athlete Headshot*.

Tryout Material:

Cheer: For the cheer you may pick which ripple you'd like to learn on the words "We Are Central"

Front: <https://www.youtube.com/watch?v=5KoozqqBTgg&feature=youtu.be>

Teach: https://www.youtube.com/watch?v=ORWU1ey_yDQ&feature=youtu.be

Dance: (on Google Classroom)

Team Placements:

Athletes will be notified individually **via phone** on Monday, July 6th. All team placements are FINAL and based on a scoring system.

See next page for the score sheet that prospective athletes will be evaluated on. All tryout questions can be emailed to pennsburyhscheercoaches@gmail.com after reading the information provided carefully.

Pennsbury High School Cheerleading Score Sheet

Judge Number: _____ Candidate Number: _____ Stunt Position: _____

Category:	Possible Points:	Total Points:
Crowd Leading Skills Voice, facial expression, confidence, volume and pace of words, execution	10	
Motion Technique Arm levels, motion sharpness, motion placement	10	
Jumps: Height, technique, variation, form, execution Jumps executed:	10	
Dance: Rhythm, Memory, Tempo, Motion Technique	10	
Running Tumbling: cartwheel/round off 1, round off bhsp 2, round off back tuck 3, round back layout 4, round off full/specialty pass 5	05	
Standing Tumbling: forward roll 1, cartwheel 2, standing bhsp 3, standing tuck 4, 2x tuck 4.5 2x layout/ standing full 5 Notes:	05	
Overall Impression Poise, personality, posture, charisma	10	
ALL Paperwork Completed <i>On Google Classroom</i>	20	

Total Score _____ / 80

