



## 2018 Sideline Cheerleading HIGH SCHOOL TRYOUTS

### **MANDATORY Pre tryout Parent/Athlete Informational Meeting:**

When: **Wednesday, May 30th at 6pm**

Where: OHS Media Center

Who: **Parents AND Athletes** interested in the Oxford Cheer Program

What: You will get information regarding the program, what to expect at tryouts, and get to meet the coaching staff!

### **TRYOUT CLINIC:**

**Monday, June 4 (5:30-7pm) in the Aux. Gym**

To learn material for tryouts, to warm up skills, to meet the coaches and to sign up for a time to tryout.

### **TRYOUTS:**

#### **Incoming 9th - sign up for:**

Monday June 4th (7pm - ?) For athletes attending OMS Honors Night.

or Tuesday, June 5th (5:30-?) in the Aux. Gym

#### **JV & Varsity - Tuesday, June 5th (5:30-?) in the Aux. Gym**

- Tryouts for athletes will be done in order of time signed-up
- Team Placements given over phone by the evening of Tuesday, June 5th
- **Please Note:** Varsity athletes will be required to throw a back handspring independently at tryouts.

### **PHYSICALS ARE REQUIRED FOR TRYOUTS:**

Physical Clinic is Tuesday, May 29th from 5:00-8:00 PM in the OHS Cafeteria

### **POST PARENT MEETING:**

When: **Wednesday, June 6th at 6pm**

Where: OHS Media Center

Questions: Contact Coach Alanna Weber at [alanna.weber@oxfordschools.org](mailto:alanna.weber@oxfordschools.org)



## Sideline Cheer Tryout Information

Name: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Address/City/Zip: \_\_\_\_\_

GPA: \_\_\_\_\_ DOB: \_\_\_\_\_ Grade(fall): \_\_\_\_\_

Athlete's Email: \_\_\_\_\_

Parent/Guardian Names: \_\_\_\_\_

Parent/Guardian Email: \_\_\_\_\_

Parent/Guardian Cell Phone: \_\_\_\_\_

\_\_\_\_\_ **Varsity Candidates MUST have the following:**

- ~ Back Handspring thrown independently
- ~ Strong work ethic
- ~ Positive attitude
- ~ An unselfish TEAM attitude
- ~ Academic excellence...eligible in all classes

**Varsity candidates SHOULD have the following:**

- Correct/good form back walkover
- Correct/good form back handspring
- Correct/good form back tuck with a spot
- Switch splits all the way down and/or triple splits
- Solid heel stretch
- Powerful jumps! Legs parallel to the ground or inverted
- Correct motion techniques including placement, timing, tightness and memorization.

**Junior Varsity Sideline**

\_\_\_\_\_ **JV Candidates MUST have the following:**

- ~ Strong work ethic
- ~ Positive attitude
- ~ An unselfish TEAM attitude
- ~ Academic excellence...eligible in all classes

**JV Candidates SHOULD have the following:**

- Correct/good form back walkover with a spot
- Proper Jump technique
- Side splits within 3 inches of the mat

\_\_\_\_\_ **Freshmen Candidates MUST have the following:**

- ~ Strong work ethic
- ~ Positive attitude
- ~ An unselfish TEAM attitude
- ~ Academic excellence...eligible in all classes