

PINE-RICHLAND SCHOOL DISTRICT CHEERLEADING, GRADES 7-12 TRYOUT INFORMATION UPDATES

Updates are sent via email & posted in the documents folder on the PRCPA Website.

UPDATE 11

May 4: Tryouts are 1 week away!

Good morning!

Tryouts are officially one week away! This week's Road to Tryouts Challenge is YOU CHOOSE! We encourage athletes to review Varsity Fit's Training Guide and choose a week's worth of exercises based on what they need to feel prepared for tryouts! [Find the exercises here.](#)

Here is the schedule and some final reminders in preparation for next week as well as a Varsity Comp. Team update...

SCHEDULE

- **Monday, May 11: 8 AM**
 - Videos of cheer, chant, & dance choreography released on PRCPA website under 2020-2021 Season Information folder
 - Music for dance choreography released on PRCPA website under 2020-2021 Season Information folder
 - Links released to the High School & Middle School google forms on PRCPA website under 2020-2021 Season Information folder
 - Learn choreography, start practicing choreography
- **Tuesday, May 12:** Practice choreography, start videoing
- **Wednesday, May 13:** Practice choreography, finish videoing
- **Thursday, May 14:** Submit all video links on google form by 8 PM
- **Friday, May 15:** UCA Judges evaluate videos & assign scores
- **Monday, May 18 by 4 PM:** Teams posted on PRCPA website

REMEMBER

1. Video tumbling skills as soon as your athlete is ready. This way athletes do not have to worry about the weather cooperating with them next week.
2. Keep videos on the athlete's phone. The google form will allow you to upload videos directly from the phone.

COMPETITION TEAM UPDATE

- The Varsity Competition Head Coaching position was submitted to Pine-Richland HR's office at the end of last week. It should be posted soon!

[Let us know if you have any questions!](#) We can't wait to see the athletes' skills and begin the 2020-2021 season!

UPDATE 10
APRIL 27: Video Tryouts FYI

Good afternoon!

Last week we learned that student's PR Gmail accounts cannot receive emails from people outside of the PR network. This encouraged us to make minor revisions in the Video Tryout process.

If your athlete is starting to film their jumping and tumbling skills (highly recommended), there is no need to email the videos to the athlete's Gmail account. Keep them on your phone. The form to submit videos (released on 5/11) will allow you to upload videos directly from your phone.

We hope this revision will make for a smoother process.

[Let us know if you have any questions!](#)

PR Cheer

UPDATE 9
APRIL 27: Road to Tryouts Challenge 3

Good afternoon!

Tryouts are officially 2 weeks away! Attached is Challenge 3 in the Road to Tryouts series.

Stay home, stay healthy, & GO RAMS!

PR Cheer

UPDATE 8
APRIL 23: Video Tryout – Jumping & Tumbling Info

Good afternoon,

We hope this email finds you well!!

As stated in the Video Tryout Podcast, we recommend videoing your jumping and tumbling skills as soon as you're ready. If you plan to video the skills before the week of tryouts, please review the following podcast and view the videos for the toetouch and hurdler jump counts.

- [Video Tryout - Jumping and Tumbling How-To](#)
 - Info for uploading videos to google drive & generating shareable links
- Video Notes Document (attached)
 - States what judges will be looking for in jump and tumbling videos

- [YouTube Channel with Jumping Videos](#)
- [Video Tryout Questions SUBMIT HERE](#)

As always, all of the above documents and links will be posted on the PRCPA website under the 2020-2021 season documents.

Stay home, stay healthy, & GO RAMS!

PR Cheer

UPDATE 7

APRIL 21: Alternative Tryout Plan Announced

Good evening,

We are excited to announce the alternative tryout plan for the 2020-2021 season. **This season we will be hosting video tryouts during the week of May 11-15.**

The following documents are posted on the [PRCPA website](#) and attached or linked to this email...

- [Video Tryout Overview Podcast \(11 minutes\)](#)
- Updated Video Tryout Information Sheet (attached)
- Updated Video Judge Sheet (attached)
- [Link to Video Tryout Question Form](#)

If you have any questions, please use the google form. The coaches will work together to answer your questions and get back to you ASAP.

Stay home, stay healthy, & GO RAMS!

PR Cheer

UPDATE 6

APRIL 20: Tryout Update & Challenge 2

Good afternoon!

Attached is Challenge 2 in the Road to Tryouts series.

Also, be on the lookout for the alternative tryout plan. I have been working with administration to finalize this. I hope to provide more information soon. For now, please keep the week of May 11-15 open.

Stay healthy, stay home, and GO RAMS!

PR Cheer

UPDATE 5

APRIL 10: Cheer Tryouts

Good evening!

As some of you may have seen in the PR Middle & High School Student Activity & Booster News, PR Cheer Tryouts & Uniform Turn In are currently canceled. Please note that the coaches are working on other tryout arrangements. For now, hold tight! We will communicate the alternative plan ASAP. Please keep the week of May 11 open.

Stay healthy. Stay safe. GO RAMS!

PR Cheer

UPDATE 4

APRIL 7: Tryout Prep: Challenge 1

INTRODUCING

The Road to Tryouts - Challenge #1

Unfortunately, PR Cheerleading has not been able to offer the originally planned tryout prep opportunities. In efforts to bridge that gap, the PR Cheer Coaches will be providing challenges for athletes to complete to prepare for tryouts.

Challenge #1 is a Bingo Board with drills provided by Dana Thomas as well as other exercises to maintain cardiovascular conditioning and muscle strength.

View Challenge #1 by downloading the attachment.

****PR Cheer still plans to hold tryouts from May 11-15 until further notice****

UPDATE 3

MARCH 23: Tryout Preparation & Tryouts

Good morning!

We hope this email finds you and your family safe and healthy.

Per district communication, PR Cheer will not be holding any tumbling or open gym sessions through May 1. Right now, uniform turn-in and tryouts remain as scheduled.

GO RAMS!

PR Cheer

UPDATE 2

MARCH 10: Tumbling for March 17

Good afternoon!

This is a friendly reminder that tumbling sessions begin next Tuesday and run through May 5. As seen on the tryout information document, High School tumbling (grades 8-11) is from 3-4 PM. Middle School tumbling (grades 6 & 7) is from 4-5 PM.

Due to scheduling issues, next week's tumbling sessions will be combined into one session from 4-5 PM only. Right now, this is the only day we will need to combine sessions. If another issue arises, you will be notified via email as well as in the "tryout updates" file under the 2020-2021 season information folder.

GO RAMS!

PR Cheer

***Note your cheerleader can attend either of the tumbling sessions no matter their grade level. Do what is convenient for you!*

**UPDATE 1
FEBRUARY 26: Open Gym**

Good evening,

This week marked the last week of Tuesday tumbling with Dana Thomas.

Tumbling will resume Tuesday, March 17 in preparation for tryouts. [See the tryout information sheet for more details.](#)

This week also marks the week the coaches promised an update on open gym dates. As of right now, we do not have any open gym dates planned. When/if they are planned, you will be notified via email.

Please note that an alternative opportunity to PRHS open gym is available. Dana will be hosting open gym at Rockstar Cheer every Tuesday in March from 3:30-5 PM. It's \$10/athlete and is for cheerleaders in grades 8-12. Email Dana at dana@rockstarcheerpittsburgh.com for more information.

GO RAMS!

PR Cheer

Future Update

DATE: Stunting at Tryouts

To clarify the stunting requirement at tryouts, each cheerleader's stunting score will be recorded by a PR Cheer Coach on Tuesday of tryouts.

On Tuesday cheerleaders will be asked to try different stunts with different stunt groups. Based on their performance, we will record their score for the stunting portion of the tryout. We plan to arrange girls into various groups so that they have the best opportunity to hit their max score.

Please contact Nicole Berezo if you have any questions.

GO RAMS!

PR Cheer