

SUMMER SCHEDULE:

JUNE 12th – Open Gym 4-5:30

JUNE 26th – Open Gym 4-5:30

JULY 3rd – Open Gym 4-5:30

JULY 10th – Open Gym 4-5:30

JULY 14th – FamilyID opens for high school students (entering grades 9-12)

JULY 17th – Open Gym 4-5:30

JULY 23rd – CAMP @ CORE ATHLETIX

JULY 24TH – CAMP @ CORE

JULY 24TH – NO OPEN GYM

JULY 25TH – CAMP @ CORE

JULY 26TH – CAMP @ CORE

JULY 27TH – CAMP @ CORE

JULY 30TH – YOUTH CAMP (*VARSITY ONLY NEEDS TO VOLUNTEER TO HELP)

JULY 31ST – YOUTH CAMP*

JULY 31ST – OPEN GYM 4-5:30

AUGUST 1ST – YOUTH CAMP*

AUGUST 2ND – YOUTH CAMP*

AUGUST 5TH – MIDDLE SCHOOL FamilyID OPENS

AUGUST 6TH – HIGH SCHOOL FamilyID CLOSES

AUGUST 7TH – OPEN GYM 4-5:30

AUGUST 13TH – VARSITY TRYOUTS

AUGUST 26TH – MIDDLE SCHOOL FamilyID CLOSES

SEPTEMBER 4TH – MODIFIED TRYOUTS

OPEN GYMS ARE HELD IN THE GRASSY AREA NEXT TO THE HIGH SCHOOOL WEIGHT ROOM AND ARE WEATHER DEPENDENT

Please visit www.leaguelineup.com/hflcheer and follow us on Facebook and Twitter (@hflcheer) for all schedule changes/updates.

FALL TRYOUTS FOR VARSITY AND MODIFIED CHEER

Coach Wood
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Try Out Requirements

- Dance (10 Points)
- Triple Jump Series (10 points)
- Quad Jump Series (10 Points)
- 3 Sidelines Cheers (5 Points Each)
 - Stunting (10 points)
 - Tumbling (10 points)
- Other: Summer Open Gym/Camp/Tumbling Classes (10 points)

Possible Total: 75 points

SCORE NEEDED FOR VARSITY 55 POINTS
SCORE NEEDED FOR MODIFIED 45 POINTS

SCORING:

Sidelines:

5 Points: Perfect
4 Points: Little Mistake
3 Points: 2-3 Mistakes
2 Points: Several Mistakes
1 Point: Did Not Complete

Jumps, Dance & Stunts:

10 Points: Perfect
8-9 Points: Little Mistake
6-7 Points: Few Mistakes
3-5 Points: Several Mistakes
1-2 Points: Did not Complete

- **Dance:** Score will be based on rhythm, ability to track 8 counts, execution of motions, accuracy, facials, and ability to master the dance quickly.
- **Sidelines:** Score will be based on voice strength, volume, accuracy, inflection, motion tightness, facials, and ability to master the cheers quickly.
- **Jumps:** Score will be based on height, form, landing and overall technique.
- **Stunts:** Score will be based on strength, technique, knowledge, coachability, willingness to participate in any/all roles.
- **Tumbling:** Each Skill will fall within a specific range.
Ranges will be based on speed, form, accuracy, height and overall technique.
1-3 Backhandspring 3-5 Double/Triple BHS
5-7 Tuck/Skills leading to Tuck 7-10 Layout/Full

****Varsity Tryouts will be August 13th, 14th and 15th in the High School B-Gym**

****Modified Tryouts will be September 4th, 5th and 6th in the High School B-Gym**

Please wait 24 hours after tryouts before contacting a coach with questions/concerns.

Personal scores will be given out only if requested. Other participant's scores will not be released.

WHAT TO EXPECT THIS SEASON:

Practices:

- Varsity: Monday-Friday 3:00-5:00 B Gym
- Modified: Monday-Friday 5:00-7:00 B Gym *Possibly 5:30-7:30*

Tumbling:

Coach Gonsenhauser will be coming to both Modified and Varsity practices twice a week for tumbling.

Competitions:

- Both teams should expect to compete 3-4 times during the month of October.
- Competitions are typically on either Saturday or Sunday but are occasionally on a weeknight.
- Busing is provided to and from all competitions. Any Cheerleader NOT riding the bus is required to give a note to the Athletic Office no later than the Friday before that event.
- Modified will also be required to attend Sectionals and Counties (winter only) to support their Varsity Team.

Games:

- Both teams will attend approximately 2 home football games.
- Modified cheers for JV football.
- Homecoming and youth night will be 2 of Varsity's games.

Senior Night:

- We are hoping to incorporate senior night into our annual Heart and Soul Competition this year. This will be a way for the seniors to be recognized in a setting where everyone attending appreciates and loves the sport of Cheerleading.
- Senior Parents should begin the process of ordering/paying for senior banners and sashes as soon as tryouts are completed.

HF-L's Heart and Soul Competition:

ALL parents and athletes are required to attend/volunteer/work this event. This is our primary fundraiser and is not possible without all hands-on deck!

Sports Boosters:

ALL parents are required to sign up for various Sports Boosters volunteer positions throughout the year. Sports boosters handles all of our banking and in the past has contributed to our busing/competition fees and help with uniforms etc.

Expenses (all amounts are approximate):

- Bow \$15-\$20
- **ALL BLACK** NIKE PRO/REEBOK/UNDER ARMOUR compression shorts: \$10-\$30
- White no-show Socks
- Cheer Shoes \$65-\$100 (style TBD)
- *VARSITY ONLY: custom Varsity Bra \$26.00
- Team Shirt: \$15
- Jacket (optional): \$70

*All of this information is subject to change and is provided as a general guide.

SUMMER CHECKLIST

- _____Decide if you are able/willing to commit 110% to cheerleading from August-October
- _____Register on FamilyID with an updated physical (7/14-8/6 High School, 8/5-8/26 Middle School)
- _____Register for cheer camp at Core
- _____Register for a tumbling program
- _____Notify employer of cheer schedule
- _____Attend open gyms
- _____Workout and stretch at home
- _____Volunteer at summer youth camp (Varsity only * July 30th-August 2nd)

If you have any questions please email Coach Wood
wood.ashley.s@gmail.com