

**Spartan Cheerleading  
TRY-OUT APPLICATION & PACKET  
2017-2018 Season**



- Completed applications must be turned in on 1st day of Clinics (May 8<sup>th</sup> during registration period beginning at 5:00pm).
- Application must include all required signatures (Student and Parent Signature-Found on Last Page of Packet)
- THIS Application is part of your try-out score
- YOU MUST HAVE AN UPDATED PHYSICAL (Please attach copy to this form)
- ALL APPLICATIONS MUST INCLUDE A CURRENT PHOTO (Please attach to this form)
- Try-outs are May 8<sup>th</sup> 5:30pm-8:30pm; May 9<sup>th</sup> 5:30pm-8:30pm; and May 10<sup>th</sup> 5:30pm-finished. All three days will be held in the Slantdome.

**SCHEDULE:**

**Monday May 8<sup>th</sup>, 2017 Tryout Clinic Day-5:30-8:30pm. Location: SFHS Slantdome**

Registration will begin promptly at 5:00pm. Please make sure that your cheerleader has an UPDATED SPORTS PHYSICAL and has also completed the CHEERLEADING TRYOUT PACKET. Both will be turned in at this time. Candidates will be taught a sideline cheer, dance, and will also be introduced to motions, jumps, tumbling, and stunting. Tumbling evaluations will take place at the end of the final rotation.

**Tuesday May 9<sup>th</sup>, 2017 Tryout Clinic Day - 5:30 pm – 8:30 pm. Location: SFHS Slantdome**

Candidates will continue to work on motions, sideline cheer, dance, jumps, tumbling, and stunting. Stunt evaluations will take place at the end of the final rotation.

**Wednesday May 10<sup>th</sup>, 2017 Tryout Day - 5:30 pm – until finished. Location: SFHS Slantdome**

Candidates will be assigned their group number and will be evaluated on the cheer, dance, and jumps. Candidates must wear solid blue shorts, plain white shirt (devoid of markings), cheer/athletic shoes, ankle socks and girls must have hair high pony with bow. No Jewelry! All candidates must stay until the completion of tryouts. Call backs may occur.

**\*\* Candidates must attend all three days. Please contact coach if you have a conflict with any of the tryout days. 2017-2018 team members will be posted on the school website no later than Thursday May 11<sup>th</sup> at 5pm. \*\***

Please contact Coach Brittany Esquivel @ [BEsquivel@SFHSCollegePrep.org](mailto:BEsquivel@SFHSCollegePrep.org) for more information/questions.

St. Francis High School Cheerleading  
Tryout Information—PLEASE READ ALL DETAILS CAREFULLY

Tryout scores are based on the following and Mirror the IHSA Competitive Cheerleading Rubric:

- MOTION TECHNIQUE (sharpness, execution, placement)
- SPIRIT (facial expressions, eye contact, enthusiasm, smile)
- VOICE (loud, sharp, deep, articulate)
- OVERALL CHEER SCORE (includes motions, spirit, voice & execution)
- APPEARANCE (hair, clothing, no jewelry, NO EXPOSED MIDRIFTS, “game day” makeup)
- JUMPS (toe-touch, pike, right and left hurdler, combo jump and any jump with tumbling if possible.)
- STUNTING (technique, execution, level of difficulty.)
- TUMBLING (running & standing; technique and execution important)
- ACADEMICS (must be in good academic standing in order to tryout)
- TRYOUT APPLICATION FORM (must be completed and turned in by the first day of tryout)
- ATTITUDE (This is VERY important. Follow rules of this tryout packet; turn off cell phones--no texting or calling during the tryouts; exhibit the qualities of a supportive teammate to candidates, coaches, and judges; engage in positive and productive conversations, be respectful to all)

\*\* Please do not be intimidated if you are unfamiliar with any of the cheer terminology used in this info packet. We will explain the basics to everyone during the clinic. Please feel free to ask questions and ask for help. THAT IS WHAT WE ARE HERE FOR 😊\*\*

CHECK LIST: What to bring to clinic days and to tryouts!

- As you arrive feel free to start stretching on your own.
- Completed application form. Bring on 1<sup>st</sup> day of tryout (May 8<sup>th</sup>, 2017)
- Attire for Clinic Days: Comfortable black/blue shorts and either white/blue/black t-shirt and athletic/white cheer shoes. (NO FLIP FLOPS, JEAN SHORTS, OR SANDALS ANY DAY)
- Hair must be tied up and away from your face (Hair high pony; this includes bangs pulled back)—no headbands of any kind.
- Attire for Tryout day: Solid royal blue shorts with solid white t-shirt or tank top-devoid of markings. Girls need to have hair tied back, in a high pony with bow.
- Fresh youthful make up.
- No gum or jewelry on any of the days.
- Large bottled water for all days.
- Any questions: after you have fully read the handout.
- A big smile and a positive attitude...and of course SPARTAN SPIRIT 😊

Cheerleader Information Form

Name: \_\_\_\_\_

Grade Level (Circle): Fresh Soph Jr Sr

Date of Birth: \_\_\_\_\_

Parent/Guardian Name \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Main Phone # \_\_\_\_\_

Parent Cell # \_\_\_\_\_

Athlete cell # \_\_\_\_\_

Parent Email: \_\_\_\_\_

Athlete Email: \_\_\_\_\_

T-Shirt Size:      YL      AS      AM      AL      AXL

1. Cheerleading Experience:

High School:  
Number of Years:

Middle School:  
Number of Years:

Recreational League:  
Number of Years:

All-Star Gym:  
Number of Years:

2. Dance Experience:

Schools:  
Number of Years

3. Gymnastics Experience:

Location:  
Number of Years

4. **For Returning Spartan Cheerleaders Only:** Please list tumbling, stunt, dance, exercise classes or sports that you have participated in the off season (including Quarter Season Teams)

5. Please indicate the squad you are trying out for:

\_\_\_\_\_JV Football Season Only

\_\_\_\_\_JV BOTH Seasons—Checking this space means you are available for **BOTH** seasons.

\_\_\_\_\_Varsity---Checking this space means you are available for **BOTH** seasons of the Varsity team.

**\*\*Please note that Juniors are eligible for the JV team. Also, just because you check that you are available for both seasons, does not mean that you will definitely make both seasons. We STRONGLY recommend underclassmen try-out for the JV team. If scores allow it-they can be moved up. Please notate above, if you DO NOT wish to be moved up because of how you score\*\***

6. Please list all sports, hobbies or interests:

7. Aside from cheerleading, what other commitments might you have such as a job, music lessons, Drivers Ed, etc. during the cheer season(s)?

8. Do you understand that you will be required to attend summer practices, camps, and any choreography dates pertinent to the team you make? Yes\_\_\_\_\_ No\_\_\_\_\_

9. St. Francis Cheer will have two competitive teams. Do you understand alternates will not be announced until after October 23<sup>rd</sup>? Yes\_\_\_\_\_ No\_\_\_\_\_

10. Do you understand that an alternate is not necessarily guaranteed a chance to compete and is required to learn all competition material, but that alternates will cheer all Basketball games regardless of alternate status? Yes\_\_\_\_\_No\_\_\_\_\_

11. Do you understand that Tumbling and Stunting practices on Tuesdays and Thursdays from 4pm-6pm will be held at ICE All Stars, in Aurora, IL and is also considered part of our regular practice days/times? Yes\_\_\_\_\_No\_\_\_\_\_

12. Do you understand that you will be required to commit to the team, as in any other sport, and show up on time to practices, games and competitions? Yes\_\_\_\_\_ No\_\_\_\_\_

13. What is your favorite thing about cheerleading? Why?

**Stunt Experience:**

Please be honest with your answers.

<b>Position:</b> <i>If you do not have any stunting experience please just put N/A in box</i>	<i>Please mark an X next to every stunt position you are able to execute</i>	<i>For all boxes marked with an X, to the left, rate your strongest skilled position (1) to the weakest (5)</i>
<b>Flyer</b>		
<b>Back Spot</b>		
<b>Main Base</b>		
<b>Secondary Base</b>		

**Gymnastics/Tumbling:**

Please answer honestly. In order to check yes for any and all skills, you must be able to perform these skills on a **cheer mat** not a spring floor.

<b>SKILL</b>	<b>Yes (x)</b> I am able to execute w/o a spot.	<b>Almost (x)</b> I am able to perform with a light spot.	<b>No (x)</b> I am unable to perform this skill.
Round Off			
Front/Back Walk Over			
Standing Back Handspring			
Standing Tuck			
Round off Back Handspring (1 or more)			
Round off/Back Handspring/ Back Tuck			
Round off/Back Handspring/ Lay-out			
Round off/Back Handspring/ Full			

Do you currently take tumbling classes? Yes \_\_\_\_\_ No \_\_\_\_\_

Where? \_\_\_\_\_

Instructor's Name \_\_\_\_\_

How Often \_\_\_\_\_ (once a week, twice a month, etc.)

When did you start the above class? Month \_\_\_\_\_ Year \_\_\_\_\_

**Permission to Tryout and Signed Acknowledgement**

I, \_\_\_\_\_, attest that the information found in this packet is true and correct to the best of my ability. I have read and understand the rules and policies in the cheerleading handbook and I will commit to the requirements necessary to be a St. Francis High School Cheerleader, including maintaining acceptable attendance and grades required by the IHSA in order to stay eligible to participate. I understand that being part of an interscholastic sport requires time management, dedication, and hard work and I will demonstrate respect to my community and will represent St. Francis High School positively in and out of uniform.

Athlete Signature: \_\_\_\_\_ Date: \_\_\_\_\_

I, \_\_\_\_\_, give my son/daughter permission to try out for the St. Francis High School 2017-2018 season cheerleading team. I understand that they will be required to participate in all practices, games, and competitions during the Winter season. I also understand that they will maintain acceptable attendance and grades required by the IHSA for eligibility and that they will be participating in a recognized interscholastic sport.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_