

Hinsdale Central Cheerleading Tryout Packet

2019-2020

Within this packet, you will find the information that you need in order to try out for HC Cheerleading. Tryouts are the week of May 27th. **Please through read the ENTIRE packet carefully!** Students, if you have a question, you may contact us via email. Since you are the one trying out, we want to hear from you.

Good Luck! :-)

-HC Cheerleading Coaches

Ilyssa Hoffman, Head Coach - ihoffman@hinsdale86.org

Liana Marino, Assistant Coach - coachmarinohc@gmail.com

Kimberly Williams, Assistant Coach - kwilliams@hinsdale86.org

Twitter: @eatsleepHCcheer

WHAT TO DO BEFORE TRYOUTS: (by May 28th at 3:00PM):

1. Turn in a current physical to the HC Athletic Office.
 - a. If you are new to HC, you must turn in a physical to the Athletics Office before you can tryout. If you are a current student, be sure that your physical is still good.
2. Complete the Hinsdale Central Athletics Online Registration:
 - a. <https://hinsdalecentral.8to18.com/accounts/login>
 - b. Contact the HC Athletics Department if you have questions with this: (630) 570-8241
3. Complete the Hinsdale Central Cheerleading Online Registration Form:
 - a. <https://forms.gle/aLoTTbiUvmP5tyK9A>

WHAT TO BRING TO TRYOUTS:

1. Signed Candidate Preference Form (included in this packet)
2. Three Completed Recommendation Forms in envelopes (included in this packet)
 - a. This is required for students who have **NOT** cheered before in the program. (Returning cheerleaders need not complete)
3. Water bottle

WHAT TO LEAVE AT HOME:

1. Anything of value, jewelry, and piercings including belly button rings
2. Gum, food, drinks (other than water)
3. All of the other pages of this packet (bring only what's listed above!)
4. Your family and friends (tryouts are CLOSED to spectators)

TRYOUT SCHEDULE: (Attendance on **BOTH DAYS** required)

● **TUESDAY, MAY 28th: (Clinic)**

- **WHERE:** Hinsdale Central Field House
- **WHEN:**
 - Juniors/Seniors @ **5:00PM-6:30PM** - Registration begins at 4:30PM
 - Freshman/Sophomores @ **7:00PM-8:30PM** - Registration begins at 6:30PM
- **WHAT:**
 - Turn in all paperwork and obtain tryout times for Wednesday.
 - We will solidify tryout groups tonight!
 - Learn dance, cheers, and jumps for tryouts
 - Judging of tumbling and stunting

● **WEDNESDAY, MAY 29th: (Tryouts)**

- **WHERE:** Hinsdale Central Field House (All Levels)
- **WHEN:**
 - All levels may arrive as early as **3:15PM** to get name tags, stretch, & review
 - **Group tryout times begin @ 3:45PM**
 - Groups of 3 w/ specific time determined on Tues.
- **WHAT:**
 - Judging of cheers, dance, and jumps

RESULTS:

- You can access tryout results in one of two ways on **THURSDAY, MAY 30th:**
 - a. Individual conferences with coaches, starting @ **3:45PM in Room 114**
 - Individual conferences are FIRST COME FIRST SERVE.
 - b. Via the following website after conferences are concluded:
<https://sites.google.com/a/hinsdale86.org/ihoffman/>

****Our coaches respectfully request that you wait AT LEAST 24 HOURS after squads are announced to bring any questions/concerns regarding results to our attention. Any emails/voicemails sent within 24 hours will not be responded to. It is expected that the athlete bring questions/concerns directly to the coaches, as they are the ones trying out... NOT the parent!**

WHAT TO WEAR TO TRYOUTS (Both Days):

- All white, short-sleeve t-shirt
 - No writing on shirt, no stomachs showing, shirts should be tucked in
- Red athletic shorts with boy-shorts (aka “spankies”) underneath.
 - Shorts must be school appropriate length.
- White, ankle-length athletic socks & athletic shoes (appropriate for cheerleading)
- Hair should be pulled back with no hair in your face or on your shoulders.
 - A clean ponytail or braid is appropriate. Nothing hard, plastic or beaded can be in your hair for safety reasons. Consider choosing a hair bow or accessory that will help you stand out.
- Your fingernails should be cut short. They should not be able to be seen from the palm side of your hand for safety reasons.

WHAT TO DO IF YOU CAN'T BE AT TRYOUTS:

- Please arrange all non-school related activities around these tryout dates and times.
- If you **absolutely must miss**, email Coach Hoffman (ihoffman@hinsdale86.org) no later than 1 week before tryouts, and provide your reason.
 - Missing a tryout night without proper notification will reflect poorly on your commitment to the team and could prevent you from being adequately judged.
- If you must miss Tuesday night, you will be responsible for learning the dance and cheers from another person who is trying out. **You will still be judged on all items on Weds.**
- If you must miss Weds., you will need to schedule an alternative time to videotape your tryout with Coach Hoffman. Makeup tryouts will be held **before school on Weds.** with Coach Hoffman in the Field House. The videotape will be shown only to the judges at the tryouts after school for scoring purposes.

****IMPORTANT NOTE*: This should be done by the student, not the parent acting like the student or the parent trying to do it for the student. The student is the one trying out for the squad.***

WHAT TO DO IF YOU ARE MEDICALLY UNABLE TO TRYOUT:

- Only students who are cleared for participation in PE are eligible to tryout. If you are not cleared for participation or you feel that there are parts of the tryout process that you can't do, a separate tryout will be available to you at the beginning of fall practice in August.
- Please contact the coaching staff before May tryouts to discuss this.

Hinsdale Central Cheerleading Program Overview: 2019-2020

TRYOUTS:

Tryouts for all candidates (male & female) will consist of: 2 cheers, 2 jumps, stunting, tumbling, and dance. Judging will be done by adults who have cheerleading experience. The dance & cheer material will be provided at the tryout clinic. **Judges' scoring & coaches' decisions are final.**

- **JUMPS:** Candidates are expected to demonstrate two jumps: a double toe-touch and a combo jump of front-hurdler to pike.
 - Flexibility is the key to jumps.
 - Male and female candidates are expected to demonstrate both jumps.
- **STUNTING:** Stunting will consist of demonstrating one's ability to do **single-leg stunts** (*i.e. liberties*) with a variety of stunt groups.
 - **You do not need to prepare a stunt group ahead of time for tryouts.**
 - Judges and coaches will be putting together a variety of groups as appropriate.
 - **BASES & BACKSPOTS:** should be prepared to put up single leg stunts.

- **FLYERS:** should be prepared to demonstrate multiple body positions.
 - All flyers will be judged on their flexibility by doing arabesques, heel-stretches, bow & arrows, and scorpions on the ground.
 - All previous flyers for HC Cheerleading will be asked to demonstrate their heel-stretch in the air with a “full down” cradle.
- Male candidates trying out should be prepared to base or back spot the above listed stunts and be familiar with cheerleading terminology.
- **TUMBLING:** Tumbling is a part of the try out score. Candidates **are not required** to tumble, but it is part of earning points for tryouts.
 - Candidates **will not** be provided mats or spots. All tumbling will be done on a hard surface in order to demonstrate the candidate’s ability to perform the skill during our routines (performed on the gym floor).

***IMPORTANT NOTE:** Doing the above listed items well **DOES NOT** guarantee you a spot on the squad. Many candidates have been successful by stretching and practicing at home. Spending extra money will not guarantee you success.

- **Candidates may choose to tryout for fall and winter seasons or specify one season. A candidate has the best chance of being a team member if they are available for both seasons but must commit to their decision.**
- There will be a cheer meeting and fitting appointment for all cheerleaders for summer clothes and uniform pieces following tryouts. Once squads have been picked, information about the parent meeting will be distributed via email. *Each cheerleader must have one parent/guardian present at the parent meeting.*

SUMMER COMMITMENT:

If you are selected as a member of the cheerleading squad, you are expected to be at every cheerleading event. We are a team, and everyone is expected to act as one. Attendance at these summer practices and events prepares the teams for our upcoming seasons. All team members should plan ahead to accommodate for the following cheerleading commitments.

***Summer commitments will take place during the month of July. Specific dates will be provided at the parent meeting.**

- 4th of July Parade
- Team Camp & Practices

PRACTICE & GAME EXPECTATIONS

- Fall practices begin on **August 9, 2019** and winter practices begin on **November 6, 2019**. Practices are scheduled for weekdays from approximately 3:30 – 5:45PM, and will also include some morning practices. Practices are scheduled at the coach’s discretion. Schedules are given out at the beginning of each season.
- Football games are Friday nights and Saturdays. Basketball games are on Tuesdays, Fridays and Saturdays. **Cheerleaders are required to be at all practices and games.**

COSTS:

- Costs listed below are based on previous years’ costs, and are subject to change.
 - Uniform costs for the season are approximately \$300.
 - Summer costs are approximately \$500
 - This includes camp, camp/practice spirit wear, and summer practice fees.
- **Our coaching staff is working to keep costs at a minimum. Finalized costs will be further outlined at the mandatory parent meeting, held annually before the season.**
 - *Scholarship money and payment plans are available. Please speak with a coach about this after squads are announced.*

ACADEMICS & ATHLETIC CODE:

- Academics are to be taken very seriously. A cheerleader will risk her eligibility to participate if she has one (1) grade lower than a “C” in any class.
- Upon being named a Hinsdale Central cheerleader, the Athletic Code goes into effect immediately.

****Any student who cannot meet the above expectations and commitment should not try out for Hinsdale Central Cheerleading. A cheerleader who fails to keep her commitment will be dismissed from the squad****

HCHS CHEERLEADING QUESTIONS?

Contact your HC Coaches!

Ilyssa Hoffman, Head Coach: ihoffman@hinsdale86.org
Liana Marino, Assistant Coach: coachmarinohc@gmail.com
Kimberly Williams, Assistant Coach: kwilliams@hinsdale86.org

HINSDALE CENTRAL CHEERLEADING TRYOUT [SAMPLE] SCORE SHEET

TN: _____

PRESENTATION (10pts.)

- Appropriate Outfit
- Shirt tucked-in, jewelry removed
- Nails trimmed, hair pulled back

BAD-----GOOD
1 3 5 7 10

EXPRESSIONS/ENTHUSIASM (10 pts.)

During Dance and Cheer:

- Engages the crowd
- Genuine, Fun to Watch, Shows Personality while Performing

BAD-----GOOD
1 3 5 7 10

CHEER & INDIVIDUAL SIDELINE (20 pts.)

-Motion Technique (10pts.)

- Stiffness, levels, fists
- Timing/ Coordination

BAD-----GOOD
1 3 5 7 10

-Clarity/Pronunciation/Volume (10 pts.)

- Correct use of words

1 3 5 7 10

DANCE (10pts.)

- Motion Technique
- Timing/Coordination
- Knowledge of material

BAD-----GOOD
1 3 5 7 10

JUMPS (20pts.)

-Technique

- Approach, landing
- Motion execution

BAD-----GOOD
1 3 5 7 10

-Height/Body Position

- Straight legs, toes pointed
- Legs to chest, not hunched over

1 3 5 7 10

TUMBLING (10 pt. potential)

None	-----	0pt.
Standing Back Handspring	-----	2pt.
Toe-Touch Back Handspring	-----	3pt.
Round-off Back Handspring	-----	4pt.
Round-off with series back handsprings	-----	6pt.
Round-off back handspring, back tuck	-----	8pt.
Standing back tuck	-----	10pt.

STUNTING (20pts.)

Flyer _____ Base/Back _____

	BAD-----GOOD
-Execution/Technique	1 3 5 7 10
<ul style="list-style-type: none"> ● Clean, Stable, Safe ● Shows potential for improvement ● Flyers – demonstration of body positions & full twist dismounts 	
-Difficulty	1 3 5 7 10
<ul style="list-style-type: none"> ● Clean, Stable, Safe ● Demonstrates knowledge of skills ● Flyers – level of difficulty with body positions & full twist dismounts 	

TOTAL JUDGES SCORE: _____/100

CANDIDATE INFORMATION & PREFERENCE FORM

This form must be turned in on April 17, 2018 at tryouts.

We encourage you to attach a picture to this form but it is not required.

NAME:

(LAST):

(FIRST):

(Grade for 2019-20):

*****Please initial & sign one of the statements below as your preference:***

___ I am trying out to be a part of both the fall and winter cheerleading teams. I am willing to do both seasons but understand that I may only make one of the seasons depending on needs and fit.

Student Signature

Parent Signature

___ I am trying out for the fall team only. I will be doing _____ in the winter.

Student Signature

Parent Signature

___ I am trying out for the winter team only. I will be doing _____ in the fall.

Student Signature

Parent Signature

*****Please sign the statements below AFTER reading the full tryout packet:***

I give my student permission to try out for the 2017 – 2018 Hinsdale Central Cheerleading Squad. I have read and understand all of the expectations listed within this packet and will assist my cheerleader in meeting these expectations. I have read the Hinsdale Central Athletic Code (available on the HC Athletics Website) and understand that it goes into effect for my student when he/she makes the squad. Furthermore, I am acknowledging that my student plans to attend Hinsdale Central for the 2017 – 2018 school year.

Parent's Signature _____

Date _____

I have fully read and understand the Athletic Code (available on HC Athletics Website) and the expectations set forth by my coaches. I agree to abide by these rules or accept the penalties given by the coaches and the Athletic Department. Furthermore, I am acknowledging that I plan to attend Hinsdale Central for the 2017 – 2018 school year.

Student Signature: _____

Date: _____

STUDENT ATHLETE RECOMMENDATION FORM

(To be completed for new HC Cheerleading candidates only)

Dear Colleague:

The student listed below is trying out to be a part of the Hinsdale Central Cheerleading Squad. We believe that solid academics and positive behavior are critical criteria for the members of our squads. Please provide us with some insight about the student by taking a minute to complete the following evaluation.

Please place this sheet in an envelope, seal it and sign the flap. The student will return it to us with their tryout paperwork. If you would feel more comfortable, you are welcome to return it to us typed in an email or to our HC mailboxes. Our contact information is below. We appreciate your honesty and time. Thank you!

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ihoffman@hinsdale86.org

Liana Marino, Assistant Coach
coachmarinohc@gmail.com

Kimberly Williams, Assistant Coach
kwilliams@hinsdale86.org

-Hinsdale Central Cheerleading Coaches

Student Name: _____

Teacher Name: _____

On a scale of 1 to 5 (5 being "Excellent"), please rate the applicant in each of the areas listed below:

___ Ability to get along with others

___ Work ethic

___ Attitude

___ Class conduct/Behavior

___ Cooperation

___ Attendance and punctuality

___ Dependability/Responsibility

___ Respectful of authority

___ Positive Leadership Qualities

___ Problem-Solving Skills & Independence

Additional comments:

Signature: _____

Date: _____

Contact Information (either phone or email): _____

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Additional comments:

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Date: _____

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