

Lockport Cheerleading Tryouts

When & Where: (Workshops and tryouts are closed to the public.)

- Tuesday, May 7th, 2019 – 5:00pm-8:30pm in the small gym at Central (Workshop)
 - Wednesday, May 8th, 2019 – 5:00pm-8:00 pm in the small gym at Central (Workshop), 8:00pm-9:00pm (Varsity Callbacks)
 - Friday, May 10th, 2019 – 3:30pm-6:00pm in the small gym at Central (Tryouts)
- The athletes will be trying out for the Freshmen, JV, and Varsity football season cheerleading teams at this time. Competitive cheer tryouts will be at the end of October. Most athletes choose to do both and we recommend both seasons but it is not required.
 - Please dress appropriately: shorts, t-shirt, cheerleading/gym shoes, hair up with a bow (females). No jewelry is allowed.
 - Please register for tryouts at both of the following links:
<https://goo.gl/forms/HluTd6v5Nqggu7bl3>
<https://lockport.8to18.com/accounts/login> - Please choose fall cheerleading.
 - This paper work will also be available @ www.lths.org on the Athletics page. Paperwork must be turned in before the athletes will be allowed to try out. These papers should be turned in at the beginning of the first workshop or emailed to jkrumlinde@lths.org.
 - **A copy of a current physical must be turned in on the first workshop day**, which is May 7th. The athletes will not be allowed to participate in the workshops without proof of a current physical. Current LTHS athletes do NOT need to bring a copy.

Requirements:

- Cheer and Dance (taught at the workshop)
 - Standing Tumbling (not mandatory)
 - Combination Standing Tumbling (not mandatory)
 - Running Tumbling (not mandatory)
 - Stunting
 - Toe Touch and Optional Jump
- Lockport Township High School is proud to have one of the strongest cheerleading programs in the state of Illinois. Cheerleaders at Lockport are athletes and will follow the Athletic handbook guidelines. Cheerleading is a serious sport and is a large time commitment, so before trying out please make sure you are willing to put in the time and effort to be part of an award winning program.
 - If you have any questions please contact Head Coach Jenny Krumlinde at jkrumlinde@lths.org.

Permission Slip for Lockport Cheerleading

My child, _____, has my permission to tryout for cheerleading at Lockport Township High School for the 2019-2020 fall season. If she/he is chosen to be a member of any cheerleading team, I understand that she/he must abide by the rules and regulations set forth by the coaches and be present for all practices and games. I understand that there is a high level of commitment, and I have read the expectations of the cheerleading teams. I further understand that the violation of any of the rules may lead to temporary or permanent suspension from the team. I also understand that cheerleading is a sport, and therefore IHSA rules and regulations will be followed regarding grades, practices, consequences, etc. I understand that all forms must be completed by Tuesday, May 7th or my child will not be allowed to tryout.

- I understand that qualified judges will evaluate my daughter/son, and we agree to abide by the decision of the judges.
- I understand all costs involved as stated.
- I understand by the very nature of the activity, cheerleading and gymnastics carry a risk of physical injury. No matter how careful the participants and coaches are, how many spotters are used, or what landing surface is used, the risk cannot be completely eliminated.

Parent or Guardian Signature

Date

I am interested in being a cheerleader at Lockport Township High School. I realize that my dedication to the team is of the utmost importance and that practices and games will be my #1 extra-curricular priority. I understand the rules and risks stated above. If selected, I promise to abide by the expectations set forth by the coach and to cooperate and follow her instructions or risk being removed from the team. I understand that cheerleading is a sport, and my actions and grades will be looked at on a consistent basis by my coach and athletic department. I am also aware that the judges' decisions are final.

Student Signature

Date

Tryouts (2019-2020)

1. Cheer workshops will be held on Tuesday, May 7th from 5pm-8:30pm and on Wednesday, May 8th from 5-8pm in the small gym at Central. Varsity call backs will be on Wednesday, May 8th from 8-9pm following the workshop. The athletes will be told on Tuesday if they need to attend the Varsity call back workshop. Tryouts will be held on Friday, May 10th at 3:30pm in the small gym at Central.
 2. After the workshop on Tuesday, a list of numbers will be announced. These athletes are invited to the varsity call back after the workshop on Wednesday and will be considered for the varsity team. All other athletes will be considered for the freshmen or JV teams.
 3. Stunting and tumbling will be judged throughout the 2 days of workshops. We are looking for consistency with stunting and tumbling, not just hitting a skill once to get a score.
 4. At Friday's tryouts, the cheer, dance, and jumps will be judged. We will begin at 3:30pm in the small gym at Central. The athletes will be free to leave when they are finished with their tryout. We start with juniors and seniors, then sophomores, and then freshmen. We hope to be done with tryouts by 6pm.
 5. Teams will be announced Friday night. All Freshmen will need to meet back at Central at 7:15pm. All Sophomores, Juniors and Seniors will meet at 7:30pm. All judges' decisions are final. If selected for a team, practice will begin at the end of May for Varsity and in June for Freshmen/JV.
 6. We will have three teams: Varsity, Sophomore/JV1, and Freshman/JV2. Any age group may make varsity. The numbers and skill level of each grade level trying out will determine if we will have juniors on the sophomore/JV1 team or sophomores/juniors on the Freshmen/JV 2 team. We like to give as many opportunities as we can for athletes to cheer, so the types of teams we have will be determined by grade level and scores.
 7. Tryouts at Lockport Township can be very competitive. Please do not be discouraged if you do not make a team or did not make the team you wanted. All of our teams are very competitive. Our freshman and JV squads are strong contenders at every competition they compete at. Our varsity squad is one of the most decorated in the state, placing in the top 3 at IHSA State 8 times in the past 14 years. We have a lot to be proud of!
- Coach Krumlinde, Coach Vasiliades, Coach Ziembra, and Coach Kirkland will be doing the judging. The judges know what they are looking for, and their decisions are final.

Seasons/Practices/Games:

- Varsity practices 2-3 days a week over summer and 4-5 days a week once school starts. Football games are every Friday night from August through October. Summer practices will be decided after the team is selected. Additional competitive season tryouts will be in late October. PLEASE TRY TO AVOID SCHEDULING A VACATION OVER WINTER BREAK if you plan on trying out for competition season. If your child is not at practice, they will risk becoming an alternate.
- The sophomore/JV team will start practicing as soon as school is out to start getting ready for football season. The sophomore/JV team practices 2-4 days a week throughout the summer and fall. Football games are every Friday night from August through October. Tryouts for basketball/competition season will be in late October. PLEASE TRY TO AVOID SCHEDULING A VACATION OVER WINTER BREAK if you plan on trying out for competition season. If your child is not at practice, they will risk becoming an alternate.
- The Freshmen/JV2 team will start practicing as soon as school is out to start getting ready for football season. During football season, the team practices 3-4 days a week. Football games are mostly on Saturday mornings and some weekday evenings. Tryouts for basketball/competition season will be in late October. PLEASE TRY TO AVOID SCHEDULING A VACATION OVER WINTER BREAK if you plan on trying out for competition season. If your child is not at practice, they will risk becoming an alternate.

Cost for Freshmen/Sophomore/JV football season:

- Briefs= \$10 (Freshmen team only)
- Practice clothes= \$75
- Uniform= \$190 (sophomore/JV only)
- Warm up= \$145
- Camps= \$250
- Poms=\$25
- Miscellaneous= \$75 (bag, bows, hoodie)
- Team Tumbling = \$100
- Rain jacket \$15

Cost for Varsity Football season

- Uniform= \$180
- Practice clothes = \$100
- Warm up = \$145
- Shoes = \$90
- Poms = \$25
- Camps= \$300
- Miscellaneous = \$100 (bag, bows, hoodie)
- Team Tumbling =\$100
- Rain jacket \$15

*These costs are estimates. The cheerleaders also have the opportunity to buy apparel or other items throughout the year that is not mandatory. Also, parents may also choose to fundraise to offset some of these costs.

TRYOUT CHECK LIST – Do you have the following completed and ready to turn in?

- Cheer registration google form <https://goo.gl/forms/HluTd6v5Nqggu7bl3>
- Registered for Fall Cheerleading on <https://lockport.8to18.com/accounts/login>
- Current Physical
- Permission Slip
- Camp Permission Slip

Camp Permission Slip

Cheerleading camp is an important component in creating a solid cheerleading team and program. Varsity and JV will be attending a two-day commuter camp with NCA Speed Camps at Evergreen Park High School on June 22nd and 23rd. Varsity will also be attending a one day stunt clinic on June 8th at ICE in Aurora, IL. Freshmen will have a home camp at the school, dates are TBD.

Our past camp experiences have been filled with team bonding and some of the best stunting material in the state. Although it is an exhausting couple of days, the athletes come back with the material that they learned and memories that they made. Participation in camp is expected for each member. If your child is not able to attend, this could put them in a position to be an alternate when competition season comes around.

Please check the following below that apply to your child:

_____ My child **WILL** be able to attend camp on June 22nd and 23rd.

_____ My child **WILL NOT** be able to attend camp on June 22nd and 23rd.

_____ My child **WILL** be able to attend the one day stunt clinic on June 8th.

_____ My child **WILL NOT** be able to attend the one day stunt clinic on June 8th.

Name of athlete: _____

Parent Signiture: _____

Lockport Cheerleading Tryout Rubric

Participants will be scored on many different categories over the 3 days to make up a final score out of 100 points. We will use this score, what position they are (base, flyer, back spot, tumbler), last year's performance/attitude (if a returner), and grades to determine what team, if any, the athlete will be placed on.

The following is what we will be judging throughout the tryout process:

- Standing Tumbling (0-10 points)
- Combo Standing Tumbling (0-10 points)
- Running Tumbling (0-10 points)
- Stunting (0-10 points)
- Toe Touch (0-5 points)
- Optional Jump (0-5 points)
- Cheer (0-20 points)
- Dance (0-20 points)
- Appearance (0-5 points)
- Overall Ability (0-5 points)

Tumbling, stunting, jumps, cheer, and dance will be scored based on execution and difficulty. It is better to throw something that you know you will hit and be clean than a skill that might be more difficult but sloppy/shakey. Appearance will be judged on if the participant has their hair up cleanly, appropriate clothing and shoes, a bow (females), and no jewelry. Overall ability is based on the overall impression and skill level of the athlete.

The following will show the point breakdown for tumbling and stunting. Points will be taken off for poor technique.

Standing Tumbling

1 point	Cartwheel
2 points	Back walkover or Front walkover
3 points	Back Handspring
4 points	Jump Back Handspring
5 points	Multiple Jumps Back Handspring
6 points	Standing Tuck
7 points	Jump Tuck
8 points	Multiple Jumps Tuck
9 points	Cartwheel Full
10 points	Standing Full

Combo Standing Tumbling

1 point	Standing 2 Back Handsprings
2 points	Standing 3-4 Back Handsprings
3 points	Back Handspring Tuck
4 points	Multiple Back Handsprings to Tuck
5 points	Jump to Multiple Back Handspring to Tuck
6 points	Multiple Back Handsprings to Layout
7 points	Jumps to Multiple Back Handsprings to Layout
8 points	Multiple Back Handsprings to Full
9 points	Jump to Multiple Back Handsprings to Full
10 points	Back Handspring Full or Whip pass to Full

Running Tumbling

1 point	Round off
2 points	Round off Back Handspring
3 points	Round off Multiples/Specialty pass to Back Handspring
4 points	Round off Back Tuck
5 points	Round off Back Handspring Tuck
6 points	Specialty pass to Back Tuck
7 points	Round off Layout or Round off Back Handspring Layout
8 points	Specialty pass to Layout
9 points	Round off Full or Round off Back Handspring Full
10 points	Specialty pass to Full

Stunting

1 point	Half with a straight cradle or smush
2 points	Half with a full down cradle/ Half press extension with a straight cradle/smush
3 points	Extension with a straight cradle or smush
4 points	Extension with a full down cradle
5 points	Straight up, intermediate body position with a straight cradle or smush
5.5 points	Straight up, advanced body position with a straight cradle or smush
6 points	Straight up, intermediate body position with a full down cradle
6.5 points	Straight up, advanced body position with a full down cradle
7 points	Elite entry to the top, intermediate body position with a full down cradle
8 points	Elite entry to the top, advanced body position with a full down cradle
9 points	Advanced Elite entry to the top, intermediate body position with a full down cradle
10 points	Advanced Elite entry to the top, advanced body position with a full down cradle

*Intermediate body positions include: lib, arabesque, heel stretch, scale

*Advanced body positions include: overstretch, free stretch, front stretch, scorpion

*Elite entry includes, but is not limited to: full up, switch up, lib to lib low to high tick tock, low to high full around to 2 feet

*Advanced Elite entry includes, but is not limited to: half up switch up, 1.5 up, full up immediate, low to high tick tock with non lib body positions, full around immediate, high to high full around, double up