

What you will learn during Clinic and must perform on Tryout Day.

Group Chant
Group Dance/Motions
Individual Cheer
Spiriting

Skills that will be involved

3 Jump Combo (connected by a whip or a clap)
Running Tumbling Pass
Standing Back Handspring, Standing Back Tuck, or Standing Full
Double Toe-Touch, Toe-Touch Back Handspring, or a Toe-Touch Back Tuck (one of these will be in your cheer, whichever one you are capable of doing)

***Note: Please don't worry if you can't do all of these skills. They are just options for you to think about.**

What to wear on Tryout Day!!

- Black Shorts
- White T-shirt (absolutely no logos or prints)
- Any type of athletic shoe
- NO Jewelry
- NO Nail polish

Please wear Black Shorts and a White T-Shirt on the day of Tryouts. Any type of athletic shoe is acceptable. Please wear your hair up and out of your face. It doesn't hurt to wear a bow. ☺ During Clinic and Mock Tryouts you are allowed to wear any type of workout attire that you would like. Just be sure that you are comfortable and able to move freely.