

ECR JV and Varsity Cheer

Beth Corbett - Cheer Advisor and Coach

ECR CHEER

Junior Varsity and Varsity ECR Cheerleaders:

- practice in the summer and throughout the school year.
- Cheer Class in always period 6 - every day
- Fall, Winter and Spring practices are always Monday and Wednesday after school until 5pm and sometimes Fridays
- For 9th and 10th graders, Cheerleading fulfills the PE Requirement
- Cheer performs at Friday football games
- Cheer performs Wednesday and Friday Basketball games
- Attendance at practices and games is mandatory unless a doctor's note is provided and stamped. Please do not schedule any family events, vacations, and celebrations on practice, games or competition dates. This may result in removal from the team.

ECR Competition Cheer Team

- If you become an ECR cheerleader, you will be required to do sideline cheer as well as participate in CIF Competitive Cheer meets.. There are approximately 3 - 4 competitions during our comp season.

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TRYOUTS:

Cheer tryouts for the 2023 - 2024 school year will be held Spring 2023 on the following dates:

- Thursday May 18, Friday May 19, and Monday May 22, 2023
- Must attend all three days. The last day is the actual tryout day.
- Bring to tryout day on Friday May 20th: Completed Sports Physical, Emergency Card, Information Sheet and report card
- Attire: Hair in ponytail, stretchy shorts, t shirt and no jewelry or long nails

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Skills needed for Cheer:

- Most important: Enthusiasm, Energetic, Happy and Loud Cheerleaders
- Toe Touches and Side Hurdler Jumps
- Able to learn Dances and Cheers quickly and correctly
- Posture, Form, Flexibility and Timing
- Stunting Experience is very helpful
- Tumbling is helpful. Back Handspring or running back handsprings
- You will be judged on all of the above

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Final Tryout Info:

- Current ECR students: 2.0 GPA and no more than one U in cooperation. Incoming 9th graders must have a 2.0 GPA.
- Look for Updated Cheer Tryout info on the ECR Home Page under “News & Announcements” and under “Activities” then “Cheer”
- Email Beth Corbett with any questions:

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