

Dear Student-Athlete and Parent/Guardian:

We are pleased you have expressed an interest in the cheer and pom programs in Moore Public Schools for the 2024-2025 school year. Please read all the tryout information and MPS bylaws before submitting your packet.

All packets must be completed and submitted online at MPS Cheer and Pom website. Packets must be received on or before 2:00 pm Thursday, March 14, 2024. Late packets will not be accepted. Please use the appropriate email address when submitting your tryout packet so the coach can contact you if needed.

High School Cheer

Moore – Shanalewis@mooreschools.com
Westmoore – Marcywoodson@mooreschools.com
Southmoore – ErinSmith2@mooreschools.com

High School Pom

Moore – Jenniferjacks@mooreschools.com
Westmoore – NatalieZielny@mooreschools.com
Southmoore – Hds1975@yahoo.com

Junior High School Cheer

Central – Kalynglover@mooreschools.com
Highland East – Autumnwilson@mooreschools.com
Brink – Kimberlyschuff@mooreschools.com
Moore West – Ladawnahunter@mooreschools.com
Highland West – Ladawnahunter@mooreschools.com
Southridge – Mistyscott@mooreschools.com

Junior High School Pom

Central – Erineitel@mooreschools.com
Highland East – Paulinecaldwell@mooreschools.com
Brink – Taylorfranklin@mooreschools.com
Moore West – Stephaniclayton@mooreschools.com
Highland West – Ladawnahunter@mooreschools.com
Southridge – Ladawnahunter@mooreschools.com

Additional Points of Interest:

- 1) Per OSSAA rules, all participants must be in their classes all day the day of the clinics and the entire day preceding tryouts (unless they have an excused absence).
- 2) Participants will be notified as soon as possible if there are time changes for tryouts. Participants are responsible for showing up for the designated tryout at the correct time.
- 3) The MPS Cheer and Pom Bylaws are available online at:
Please read them carefully!
- 4) Individuals wishing to tryout must complete the linked tryout packet. Physicals are due before the start of clinic on Monday, March 25, 2024.
- 5) The student must have a cumulative G.P.A. of 2.00 from the fall semester ending in December. This will be verified by the spirit coordinator and provided to the head coach. If the student does not meet the minimum grade requirement to tryout, then the parent will be contacted.
- 6) The tryout fee is \$35 and must be paid using MyPaymentsPlus.
- 7) Physicals are still active for all current athletes. All new athletes must complete a physical to turn in with their packet. These forms must be printed, and hard copies submitted and/or scanned and emailed to the head coach.
- 8) If an athlete is placed on a squad, the participant must bring a \$275 check for uniform

rental fee on the designated date (provided in the program's cover letter). Checks are made out to the school the member will attend and must be written in blue or black ink only. ***This includes athletes trying out under a hardship.***

- 9) Any injuries that occur after the date of the physical but prior to tryouts must be reported to the school coach and the participant must supply a new written release from a physician 24 hours prior to tryouts.
- 10) If you were/had an athlete who was either dismissed or resigned from a squad during the 2023-2024 season and would like to have the opportunity to try out for the 2024-2025 season, please email ladawnahunter@mooreschools.com to set up an interview. All interviews will be conducted by a committee comprised of the school coach, site athletic facilitator, and spirit coordinator and will be scheduled between Monday, February 26th and Wednesday, March 13th, 2024. Please note that an interview does not guarantee a tryout. Parents will be contacted with a decision within 24 hours of the interview. All decisions are final.

Thank you for your interest in the MPS cheer and pom programs. We hope that you will join us in the upcoming year! Please let us know if we can answer any questions.

Respectfully,

Ladawna Hunter

MPS District Spirit Coordinator

ladawnahunter@mooreschools.com

Cathy Peters

MPS Assistant Spirit Coordinator

catherinepeters@mooreschools.com

MPS CHEER & POM Information for the 2024-2025 Season

PACKETS: The 2024-2025 packets will be available online beginning Monday, February 26th.

ATTENDANCE: All athletes intending to try out must be in school all day on both days of the clinic.

All pom candidates will be excused from school on Thursday, March 28th

All cheer candidates will be excused from school on Friday, March 29th.

CLINIC: The clinics are mandatory. Athletes should meet 15 minutes early in the main gym lobby to stretch. Wear school appropriate shorts/leggings, shirt, and appropriate shoes. No jewelry. Please bring water!

TRYOUT: Athletes must arrive 30 min early to check in and stretch. Wear school appropriate black shorts/leggings, tryout shirt (*handed out at clinic*) and appropriate shoes. Hair in ponytail, bangs back, no bow or jewelry.

CLINIC MUSIC AND VIDEOS: Will be posted to the MPS Cheer and Pom website after the first day of clinic.

TEAM RESULTS: All team results will be posted on <https://www.mooreschools.com/departments/athletics/mps-pom-and-cheer> and on Facebook @mpsspirit by 9:00 pm on the day of each tryout.

Parent and Athlete Tryout Informational Meeting

Monday, February 26th in the Southmoore High School Lecture Center

Park in the back and enter through door 15A

JH meeting at 6:00 pm

HS meeting at 7:00 pm

Athlete Cheer and Pom Clinic (no parents allowed at clinic)

Monday, March 25th and Tuesday, March 26th at Westmoore High School

All athletes enter through door 21 on the north side or door 25 on the south side and wait in the lobby for instructions.

Please arrive 15 minutes prior to the clinic to stretch.

The HS clinic will run from 3:30 pm -5:00 pm both days.

The JH clinic will run from 5:00 pm – 6:30 pm both days.

Cheer and Pom Tryouts (no parents allowed at tryouts)

Thursday, March 28th and Friday, March 29th at Westmoore High School

All athletes enter through door 21 on the north side or door 25 on the south side and wait in lobby for instructions.

Please arrive 30 minutes prior to tryouts to stretch, review, and meet with the school coach.

Thursday, March 28th – Pom Tryouts

Moore 8:30 am Tryout Time

Westmoore 10:00 am Tryout Time

Southmoore 11:30 am Tryout Time

LUNCH BREAK FOR JUDGES

Highland East 2:00 pm Tryout Time

Brink 2:45 pm Tryout Time

Southridge 3:30 pm Tryout Time

Central 4:15 pm Tryout Time

Moore West 4:45 pm Tryout Time

Highland West 5:15 pm Tryout Time

Friday, March 29th – Cheer Tryouts

Moore 8:30 am Tryout Time

Westmoore 10:00 am Tryout Time

Southmoore 11:30 am Tryout Time

LUNCH BREAK FOR JUDGES

Highland East 2:00 pm Tryout Time

Brink 2:45 pm Tryout Time

Southridge 3:30 pm Tryout Time

Central 4:15 pm Tryout Time

Moore West 4:45 pm Tryout Time

Highland West 5:15 pm Tryout Time

****All tryout times are subject to change. You will be notified about any changes on Day 2 of the clinic.**

JUNIOR HIGH CHEER REQUIREMENTS

Required Cheer

****Total of 60 points possible for required cheer**

Voice: Strong, clear voice. Spoken words are clear and concise.	15 points
Motions: Execution of cheer is performed with confidence and precision. Arms and legs are executed with sharp defined movement.	15 points
Memory: Knows cheer, knows correct motions, and executes it with confidence.	15 points
Overall Effect: How well did the athlete perform the routine from start to finish? Did she/he maintain confidence and poise during the performance?	15 points

Required Jumps

****Total of 20 points possible for required jumps**

Single Toe Touch
Double Jump combo
ex.) Side Hurdler/Toe Touch

Tumbling

****Total of 20 points possible for required tumbling**

Standing Tumbling

****Total of 10 points**

- 0 – No attempt
- 1 – Back walk over
- 2-3 – Back handspring
- 4-5 – Jump to back handspring/series
- 6-8 - BHS back tuck/ standing back tuck
- 9 - Jump to standing back
- 10 – Standing full

Running Tumbling

****Total of 10 points**

- 0 – No attempt
- 1 – Round off
- 2 - Round off back handspring
- 3 – Round off back handspring series
- 4-5 –Round off back tuck/ROBHS back tuck
- 6-8 – Specialty to back tuck
- 9 – Layout specialty to layout
- 10 - Full

RO – Round off

BHS – Back handspring

****Points may be deducted for mistakes/falls outside of the point range for the attempted skill.**

HIGH SCHOOL CHEER REQUIREMENTS

Required Cheer **Total of 40 points possible for required cheer

Voice: Strong, clear voice. Spoken words are clear and concise.	10 points
Motions: Execution of cheer is done with confidence and precision. Arms and legs are executed with sharp defined movement.	10 points
Memory: Knows cheer, knows correct motions, and executes it with confidence.	10 points
Overall Effect: How well did the athlete perform the routine from start to finish? Did she/he maintain confidence and poise during the performance?	10 points

Required Jumps **Total of 10 points possible for required jumps.

Single Toe Touch
Triple Jump Combo
ex.) Right Hurdler/Toe Touch/Left Hurdler

Tumbling **Total of 15 points possible per category for required tumbling. 30 total points!

Standing Tumbling

**Total of 15 points

0 – No attempt
1-2 – Back handspring
3-4 – BHS series/ Jump to BHS
5-6 – BHS Back
7-8 - Jumps to BHS Back/Standing back
9 -10 -Jump to back tuck
11-12 – Triple jump combo to back tuck
13-14 –Two to layout/ Two to full
15 – Standing Full

Running Tumbling

**Total of 15 points

0 – No attempt
1-2 – Round off/ RO BHS
3-4 – RO BHS series
5-6 – Specialty to RO BHS/ Specialty to RO BHS series
7-8 – RO BHS back/ RO series to back
9-10 – Specialty to back tuck/Layout
11-12 – Specialty to layout/alternate
13-14 - Full
15 –Specialty to Full

Stunting – Total of 20 pts.

1-3 – Straight up to prep level two feet
3-5 – Straight up to single leg at prep level: liberty or body position
5-6 – Straight up to extension or target
6-7 – Half up or similar to two feet **OR** straight up extended single leg
7-8 – Full up to prep, switch up to prep single leg, half up to single leg extended
9-10 – Full up to two feet extended, release inversion to two feet extended, switch up to single leg extended
10-13 – Full up to single leg extended, high-to-high tick tock, assisted partner stunt extended position
13-16 – Released inversion to single leg, 1.5 up to one leg, unassisted toss to prep level partner stunt
16-20 – Released spinning inverts, 360 tick tock/switch up, hand-in-hand catching extended position, unassisted toss to extended position partner stunt

****Poor execution can result in scoring a range lower.**

JUNIOR HIGH POM REQUIREMENTS

Required Dance Routine – Total of 50 points

Technique – 1-10 pts.

Performance – 1-10 pts.

Execution – 1-10 pts.

Strength/Control - 1-10 pts.

Creativity/Style - 1-10 pts.

At the tryout clinic, dancers will be taught a routine. At the end of the routine, there will be a 4 8-count music section where dancers can show their style and creativity. The required dance routine will be performed individually in front of the judging panel on tryout day.

Required Technical Skills – Total of 50 points

Pirouettes – 1-10 pts.

Double Pirouette – **1-4 pts.**

Triple Pirouette – **5-7 pts.**

Quadruple Pirouette – **8-10 pts.**

Turn combination – 1-10 pts.

Two á la seconde turns and a double pirouette - **1-3 pts.**

Three á la seconde turns and a double pirouette - **4-6 pts.**

Three á la seconde turns into a double pirouette, followed by three á la seconde turns into a double pirouette - **8-10 pts.**

Leg Skills – 1-10 pts.

Two leg skills of your choice – **1-10 pts.**

Leaps – 1-10 pts.

The combination will be shown at the clinic and includes a grand jetè, a center leap, and a tilt leap. Switch variations can be added for difficulty. - **1-10 pts.**

Acrobatic Skills – 1-10 pts.

Cartwheel – **1 pt.**

Headspring – **2-3 pts.**

Front/Back Walkover/Handspring - **4-5 pts.**

Side Aerial- **6-8 pts.**

Front Aerial/Back Layout – **9-10 pts.**

****Points may be deducted for mistakes/falls outside of the point range for the attempted skill.**

HIGH SCHOOL POM REQUIREMENTS

Required Dance Routine – Total of 50 points

Technique – 1-10 pts.

Performance – 1-10 pts.

Execution – 1-10 pts.

Strength/Control - 1-10 pts.

Creativity/Style - 1-10 pts.

At the tryout clinic, dancers will be taught a routine. At the end of the routine, there will be a 4 8-count music section where dancers can show their style and creativity. The required dance routine will be performed individually in front of the judging panel on tryout day.

Required Technical Skills – Total of 50 points

Pirouettes – 1-10 pts.

Double Pirouette – **1-4 pts.**

Triple Pirouette – **5-7 pts.**

Quadruple Pirouette – **8-10 pts.**

Turn combination – 1-10 pts.

Three á la seconde turns and a double pirouette - **1-3 pts.**

Three á la seconde turns and a double pirouette, followed by three á la seconde turns and a double pirouette - **4-6 pts.**

Three á la seconde turns into a double á la seconde turn, followed by three á la seconde turns and a double pirouette, followed by four reverse switching spot á la seconde turns, followed by two á la seconde turns and a triple pirouette - **8-10 pts.**

Leg Skills – 1-10 pts.

Two leg skills of your choice – **1-10 pts.**

Leaps – 1-10 pts.

The combination will be shown at the clinic and includes a grand jeté, a center leap, and a tilt leap. Switch variations can be added for difficulty. - **1-10 pts.**

Acrobatic Skills – 1-10 pts.

Cartwheel – **1 pt.**

Headspring – **2-3 pts.**

Front/Back Walkover/Handspring - **4-5 pts.**

Side Aerial- **6-8 pts.**

Front Aerial/Back Layout – **9-10 pts.**

****Points may be deducted for mistakes/falls outside of the point range for the attempted skill.**