

# McLean Tryout Material

## Hints:

-Start by watching the videos a few times each. \*click on the blue words to open the hyperlink

-Next, write down the words and practice them.

**Change all colors/school names to McLean's: Red and White, MMS, and Cardinals.**

-After you have the words memorized, start learning each motions. Most motions should correspond to a word in the chant/cheer.

-Learn the chant/cheer in chunks. Once you have one part memorized, start on the next!

-Practice, practice, practice! Learning the tryout material may be overwhelming at first, but just keep practicing!

## Chant:

[-Front View](#)

[-Back View](#)

## Cheer:

[-Front View](#)

[-Back View](#)

[-"Teach" View](#)

\*\*For the section that is divided into three parts, follow the first girl\*\*

## Spiriting Tips:

[-Spiriting Example](#)

[-Spiriting Example 2](#) \*\*Remember that you may not jump or tumble during Spiriting!

-McLean Words = Red, White, Cardinals, Cards, MMS.

-Ex: 'Go Big Red!' 'We're Number One!' 'Let's Go Cards!' "Let's Win MMS!"

## Extra tips:

[What Are Basic Cheerleading Motions?](#)

[Basics of Cheerleading Jumps](#)

[How to Do a Toe Touch](#)

[How to Do a Herkie](#)