

**WELCOME
TO**

*Payne
Cheer*



PAYNE JR HIGH

TRYOUT

INFORMATION


PACKET



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GO PANTHERS!

480-224-2400 

www.cusd80.com/pjhs 

MEET YOUR COACH

MIKALA FOUTZ

Coach Foutz is excited to be at Payne Jr High for her first year of coaching junior high cheerleading! She has a long history with cheer; she started competitive cheerleading at 3 years old, 8th grade - 12th grade of high school school cheer, and finished off her journey with 1 year of cheering for Tarleton State University. She has coached competitive cheer, pee-wee cheer, and offered private lessons for students trying out for their schools.

Aside from cheer, Coach Mikala loves to spend family time with her 2 year old son, step-daughter and a wonderful husband . She is so excited to work with each athlete and parent to have the most fun and successful year!

paynecheerleading@gmail.com

PAYNE PANTHER CHEERLEADING EXPECTATIONS

The purpose of Payne Cheerleading Is to promote school enthusiasm, support other sports teams, and overall represent a well-rounded athlete others can look up to. Being a Payne Cheerleader is a privilege, and will be treated as such!

OVERALL REQUIREMENTS & EXPECTATIONS

- Must remain eligible for participation in the Payne Cheerleading program by maintaining a minimum of a D in all courses throughout the entire academic year.
- Follow all the Payne Junior High School and Chandler Unified School District rules and regulations set forth In the student handbook.
- Abide by all guidelines set forth by the Payne Panther Cheerleading staff.
- Possess a strong dedication to the Payne Cheerleading program, have a positive attitude and will be willing to learn, accept instruction/constructive criticism from coaches

OVERALL REQUIREMENTS & EXPECTATIONS

- Grow with the program as a team player, respect all decisions, of coaches, and respect the integrity of the mission of the program
- Be willing and able to commit to the entire season - no quitting mid-season. *Quitting mid-season may result in not being able to try out for the following season*
- Act maturely and understand athletes will be treated like young adults. Athletes must possess excellent time management, communication, and prioritizing skills
- Athletes must show an understanding of responsibility and commitments regarding maintaining health and wellness, nutrition, safety, and injury preventions.

TRYOUT INFORMATION

BEFORE TRYOUTS:

- Submit online tryout application
- Complete athletic clearance packet online through Aktivate which includes a sports physical dated after March 1st. You must be cleared by July 25th.

BRING ON THE FIRST DAY:

Lots of water and a Positive Attitude!

TRYOUT ATTIRE:

- Cheer/Athletic shoes
- White crew socks
- Fitted all black clothing - no symbols or affiliations
- NO spaghetti straps, spandex, low cut tops, Payne cheerleading clothing, jewelry, piercings or acrylic nails
- Nails must be clipped short and unable to be seen over fingertips
- Final day evaluation - slicked back hair, light make up

THINGS TO KNOW:

- Tryouts are CLOSED to all observers including parents
- Videos are not permitted at any tryout day
- We will have Alternates and they are just as much a part of the team. Finances are not reduced for alternates as we must still pay fees for all program participants.

TRYOUT INFORMATION

TRYOUT SCHEDULE:

- July 28th - August 1st from 4:10pm - 5:45pm
- The week prior to tryouts, a link will be sent out containing the tryout material. All material should be learned prior to day 1 of tryouts

Results will be posted on Instagram/Website within 5 hours of tryouts ending (or by 11:00pm on the 1st)

Each day of tryouts, check in will be at 4:10pm in the Cafe, please come ready to go!

PAYNE CHEER REQUIREMENTS

All athletes trying out for Payne Cheer will be evaluated in the following areas; motion technique, dance, cheer, jump flexibility & technique, tumbling, and stunting. Strength, stamina, and general fitness will be assessed through a fitness test.

If you are new to the sport and have never stunted or tumbled, we encourage you to come on out anyway, you have the whole week to learn!

STUNT RECOMMENDATIONS

Clean prep, extension, and lib + dismounts (cradle + pop off)

TUMBLING RECOMMENDATIONS

Tumbling skills are **NOT** required but is preferred

Roundoff handspring multiples
Cartwheel handspring
Roundoff handspring tuck
Roundoff handspring
Standing back handspring

PAYNE CHEERLEADING INVESTMENT

BREAKDOWN

Cheer Gear

\$200 - \$500

practice wear (2 sets)

shoes

bows

warm ups

backpacks

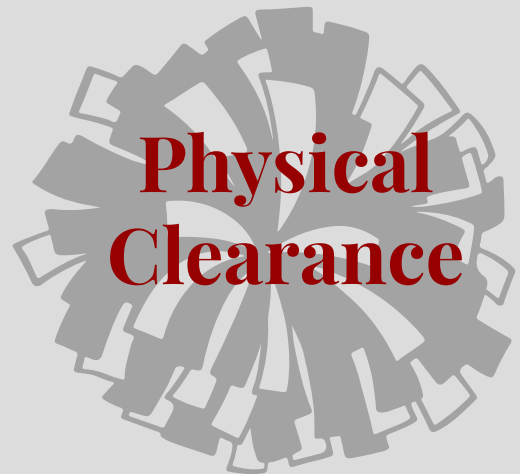
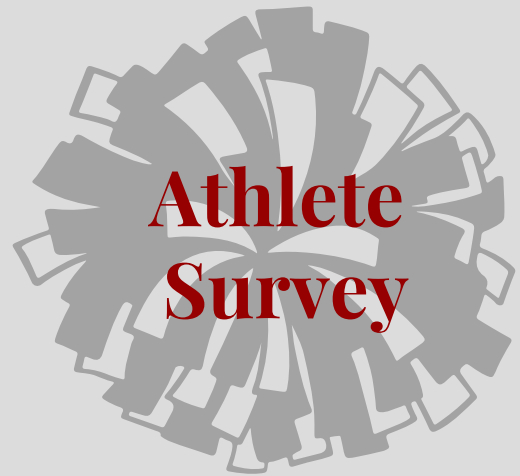
Choreography - \$200

TSC Camp - \$185

We recognize cheer is expensive and we offer a payment plan of the total divided up over the season, if needed. Fundraising opportunities will be available.

Some costs are subject to change - as competition schedules come out. As of now, Payne Junior High Admin covers all competition fees.

TRYOUT CHECKLIST



Please have all of these steps completed by July 26th