



WATCHUNG HILLS REGIONAL HIGH SCHOOL

2022-2023 Preseason/Tryout Information

Date	Time/Location	Attire/Notes
Interest Meeting Wednesday, May 9	2:30 PM WHRHS South Caf 7:30 PM Zoom	Parents and athletes interested in participating in the 2022-2023 season are encouraged to attend If you missed this meeting, please see the link below: https://tapestry.zoom.us/rec/share/bZ8G_7tiheIL1OzRwDFa08v4fhCdoM2t7ZGH2xQuf9D-ooXA4yMMFPd32TMGXrWS.kHBmFn5d2yAuLsJ2
Tryout 8 Count Dance Posted in GC: Monday, 5/30	At your leisure At home - on your own	Athletic attire You will need to come to the open clinic already knowing this routine - it will not be taught at the clinic
Tryout Clinic 1: Wednesday, 6/1	4:30 - 6:00 PM Gym 1/2	Athletic attire Sneakers Hair tied back, no jewelry
Tryout Clinic 2: Thursday, 6/2	4:30 - 6:00 PM Gym 1/2	Athletic attire Sneakers Hair tied back, no jewelry
Formal Tryout: Friday, 6/3	4:30 - 6:30 PM Gym 1/2	Black shorts (Nike pros or similar) White Shirt (tank or t-shirt - NO LOGOS) Sneakers Hair in parted low ponytail No jewelry
<p>The tryout results will be reviewed Friday night and will be shared after 9 PM. <i>You will see the results posted in Google Classroom - you will receive an invite to accept or decline your spot - you will have 24 hours to confirm</i></p>		
Cheerleaders Team Meeting: TBD	TBD	Cheerleaders will have an informational meeting and introduction to the season. Varsity sideline (Fall) will be fit for their new uniforms during this meeting.
MANDATORY Parent Meeting: TBD	TBD	Parents will need to attend a new season meeting to learn important information, complete some paperwork, etc. Cheerleaders do not need to attend this meeting. They will have their meeting with the coaches.

Tryout Information

What should I expect?

All athletes will be taught any material needed for the formal tryout during the first day of the tryout clinic EXCEPT for the self-taught 8 count from Google Classroom. At the clinic, you will learn sideline cheer, cheer, band dance, and any other skills you need help with. After all of the material has been learned, athletes will have the chance to work on their tumbling, jumps, stunts, or material. In addition to the formal evaluation at the end of the week, athletes will be assessed during the clinics on their work ethic, teachability, the ability to learn choreographed material, and technical skills.

How will I be scored?

Each athlete will be evaluated on their performance in the following:

- Gameday material
- Cheer – motion placement and technique, pace/timing, voice inflection, natural enthusiasm
- Dance – motion placement and technique, timing, rhythm, expression, and confidence
- Standing/Running Tumbling – execution, form, difficulty, potential
- Jump Technique – strength, flexibility, technique.
- Stunting Ability – speed/power, control, execution, technique, difficulty
- Presentation/Showmanship – natural appearance and overall energy/enthusiasm - spiriting

The formal tryout will be judged by a panel of qualified outside judges. Each cheerleader will be assigned a number to tryout. All cheerleaders will arrive before the start of the tryout to complete a group stretch and warm-up. Cheerleaders will tryout in their pre-assigned groups. As soon as all elements of the cheerleader's tryout are completed, cheerleaders may be picked up.

For those who are unable to participate in tryouts due to medical injuries (doctors note will be required) or other school related conflicts, you may submit a video of your skills to be judged by the judges. *Videos MUST be from the learned material. If injured, you should only show skills that you will be able to perform again once you are cleared.*

What happens next if I make the team?

Results will be shared via Google Classroom. All cheerleaders who earn and accept their position on the cheerleading team must attend a new team meeting on the date listed on the "tryout information" page. A parent will be asked to attend the parent meeting on the listed date on the "tryout information" page. Information for the season will be discussed. The meetings will cover the following information:

Cheerleaders Meeting	Parent Meeting
<ul style="list-style-type: none">● Overview of the Season● Rules, Regulations, and Expectations● Paperwork/Medical Release Forms● Schedules, Plans, and Goals● Coach Contact Protocol● What's New● Uniforms	<ul style="list-style-type: none">● Overview of the Season● Booster Club Overview● Fundraising● Rules, Regulations, and Expectations● Paperwork/Medical Release Forms● Payments Due



***THIS FORM MUST BE BROUGHT TO THE FIRST DAY OF TRYOUT CLINICS OR THE ATHLETE WILL NOT BE ABLE TO PARTICIPATE.
IF YOU ARE PLANNING TO ATTEND ANY POTENTIAL OPEN GYMS, THIS FORM MUST BE BROUGHT TO THE FIRST OPEN GYM OR ELSE THE ATHLETE WILL
NOT BE ABLE TO PARTICIPATE.***

Watchung Hills Regional High School Athletics Open Gym/Tryout/Pre-Season Participation Form

Name: _____

Address: _____

Grade This Coming Fall: _____ Birthday: _____ Age: _____

Cheerleader's Cell: _____

Cheerleader's Email: _____

***Please note, tryout results will be sent via email. Print legibly! If you have an WHRHS email, please use that one. If you are an incoming freshman and do not have an WHRHS email yet, please list an email you check frequently.**

Cheerleader's Typical Stunt Position: Top Main Base Secondary Base Backspot N/A

Additional Stunt Experience as a: Top Main Base Secondary Base Backspot N/A

I can consistently perform the following tumbling skills and understand that if I perform them at tryouts, they are expected of me for the remainder of the season:

_____ Standing BHS	_____ Jumps to BHS	_____ Round off BHS
_____ Standing Tuck	_____ Jumps to Tuck	_____ Round off Tuck
_____ Standing BHS Tuck	_____ Round off BHS Tuck	_____ Round off BHS Layout
_____ Standing BHS(s) Full	_____ Round off BHS Full	_____ I do not have any tumbling

Emergency Contact Name: _____

Phone Number: _____ Relationship to Athlete: _____

_____ **For Incoming Freshman:** I approve my child's participation in any open gyms he/she/they may attend, the tryout clinics, the formal tryout, as well as any open practices post tryouts for the WHRHS Cheerleading Team. I understand that the school insurance **cannot** cover my child until he/she/they are an official WHRHS student (which can only happen after graduation from 8th grade). Therefore, I understand that my insurance must be used in the event of injury during this time.

_____ **For Current WHRHS Students:** I approve my child's participation in any open gyms he/she may attend, the tryout clinics, the formal tryout, as well as any open practices post tryouts for the WHRHS Cheerleading Team.

The parent/guardian signature above confirms I have read the above form thoroughly

Date

THE TRYOUT PROCESS & TEAM DISTINCTION and PURPOSE

Please **THOROUGHLY** read the following 2 pages from the Watchung Hills Cheerleading Rules, Regulations, and Expectations. These pages explain the tryout process in detail as well as the roles of the athletes within the program. **After you have read it, please complete the sign-off sheet and return it with the participant waiver on the first day of the tryout clinics.**

THE TRYOUTS PROCESS:

A tryout will be held each spring for all rising 9th, 10th, 11th, and 12th-grade athletes. Athletes must complete the required paperwork in order to be eligible to participate. If paperwork is not turned in by the start of the first tryout clinic, athletes may not participate.

The tryout process at Watchung Hills involves a variety of evaluations from a variety of sources to guarantee a fair tryout for all athletes. Athletes will be taught material during a series of tryout clinic days that will be evaluated in a formal tryout on the final day. Athletes will also be informally evaluated during the tryout clinic to evaluate the mastery of a variety of skills. Team placement is determined by a qualified judging panel (score threshold TBD) and the coaching staff.

Team level requirements are determined by the coaching staff upon evaluation of the program skill level for **THE CURRENT YEAR**. Requirements are subject to change yearly if there is a change in skill level from year to year. For the coaching staff to decide on team size for the upcoming year, we look to find a break in the formal tryout scores to indicate a difference in athletic ability. This break helps to decide on the **Varsity ability for the given year versus the Junior Varsity ability level**. Stunting positions are also considered when looking at the break in scores.

Athletes will be placed on either the **JV TEAM** or the **VARSITY TEAM** for Fall Sideline and/or Varsity Competition and/or Winter Varsity. **Athletes will cheer for games and competitions for their respective teams. Depending on the results of the tryouts, the coaching staff may choose to create an additional team if they see fit.**

- Exceptions to the above:
 - Varsity placement is not guaranteed for returning varsity cheerleaders, those who've been on JV previously, or upcoming seniors
 - Varsity may consist of any athletes in grades 9-12
 - Athletes who only wish to cheer games and not compete may do so by trying out for the Competition team only

All athletes will be expected to tryout out for the team during the spring tryout. Exceptions to this may include the following:

- If an athlete is injured at the time of tryouts, the athlete may present the judges and coaching staff with a video of their **CURRENT** skills. The video **MUST BE FROM THE SEASON THAT JUST PASSED**. If a video is not available, the athlete may reschedule their tryout.
- Transfer students may also be allowed a separate tryout upon arrival admission to Watchung Hills. An additional tryout in the fall can be held, if felt necessary, at the coaches' discretion. The same procedure as the above will be followed - paperwork, tryout clinic, and formal tryout. The athlete's formal tryout will be videoed and sent to the same judges of the spring tryout for evaluation
- If an athlete has a conflict related to a school function that will prohibit them from trying out, a video submission will be accepted and must be received no later than the morning of tryouts

Tryout results will be sent to the ATHLETE via email and athlete tryout numbers will be posted in Google Classroom. ATHLETES may contact the Head Coach via email to discuss their scores and team placement. **Alternates may or may not be named at the time of tryouts. Either way, skill level will constantly be evaluated by the coaching staff throughout the season and changes can be made at their discretion. NO SPOT ON ANY TEAM IS PERMANENT.**

TEAM DISTINCTION and PURPOSE:

Watchung Hills cheerleading offers different levels of participation, each with separate functions, expectations, and goals.

- **JUNIOR VARSITY** cheerleaders focus on developing their skills for game and competitive areas in an effort to advance their position in the program. JV cheerleaders possess intermediate/advanced skills (relative to the skill level of the entire program that year) in either cheer/dance, stunting, or tumbling and work to improve and perfect those skills in an effort to advance their position in the program. JV cheerleaders are introduced to competitive cheerleading and the fundamentals of creating/practicing/perfecting level appropriate competition routines. They are responsible for cheering all home Football games, and participating in all fundraising opportunities. ALL FRESHMEN on JV may be responsible for cheering at the home Freshman football games in the fall depending on the need and availability.
- **VARSITY** cheerleaders possess advanced/elite cheerleading skills (relative to the skill level of the entire program that year) in both the game and competitive setting. Varsity cheerleaders work to create/practice/perfect elite game, pep rally, and competitive routines. They are *expected* to work towards advancing and perfecting their skill level to become a greater asset to their team and to sustain a position as a viable contender at a nationally competitive level, even if not competing. They are responsible for cheering all home and away football games (Fall Sideline), home Boys and Girls Basketball games (Winter Varsity), as well as competing in local, State, and/or National competitions (Varsity Competition) and participating in all fundraising opportunities.
- **ALTERNATE** cheerleaders can be defined as “a member of the team who does not meet or consistently demonstrate all of the required skills for a place on the competitive team, but has a majority of the required skills and has exhibited the potential of gaining these necessary skills”. Alternates may have the opportunity to move to a competitive position if they gain the necessary skills or in the event that someone can no longer fulfill the routine requirements for any of a variety of reasons. In the case of an injury, the alternate with the best skills and who can perform that particular spot (base, flyer, back) will be given the opportunity to fill in for practices and/or competitions. **If the injured athlete returns and can perform the skills of the routine more consistently than the alternate who replaced her, the alternate may be moved back to an alternate position.** Alternates are expected to attend ALL events, practices, and tumbling days that competitive members attend unless specified otherwise by a coach. They are responsible for knowledge of all game and competitive material and must be prepared to fill in at any moment. If an alternate is not properly prepared to step in, she may be overlooked for an alternate that is more prepared. The coaching staff will choose the alternates who will be eligible to travel to Nationals with the team and the alternate and her family will make the final decision regarding her attendance.

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WATCHUNG HILLS CHEERLEADING TRYOUTS SIGN OFF/AGREEMENT SHEET

Cheerleaders should initial the lines indicating that they understand and agree to each of these items from the rules, regulations, and expectations. Cheerleaders **AND** a parent/guardian will sign at the bottom of the paper.

_____ I understand that for game purposes JV cheerleaders can include any rising 9-11 graders and Varsity cheerleaders can include any rising 9-12 graders.

_____ I understand that for competition purposes, the Varsity team can include all rising 9-12 graders.

_____ I understand that my skills shown at the formal tryout evaluation will assist in determining the break in which game teams and competition teams are decided.

_____ I understand that having one specific skill set does not guarantee me a spot on either team. The tryout process is **NOT** strictly about tumbling or stunting. The overall package and stunting positions are considered and scored.

_____ I understand that if alternates are chosen for the competition team, they **MAY NOT** be announced at the time of the tryout results. Competition divisions may not be decided right away so the need for alternates may not be known.

_____ I understand that I will have 24 hours to accept or decline my earned position on any team and I will communicate (**NOT A PARENT**) if I have questions about my placement or score.

_____ I understand that I'm committing to participate in a **TEAM** sport and that my attendance and dedication to the **TEAM** is important. I will do my best to bring the best version of myself to every game/competition, and practice.

_____ I understand that if I miss out on camp, practices, clinics, and team activities, it affects my position on the team as well as the overall success of the team.

It is also essential we understand the interest and intent of the athlete. Given the number of athletes participating in tryouts, it is crucial that spots in the program are given to members who will remain committed to the team on which they are placed. Please initial next to each line to indicate that you understand the tryout selection process and that you agree to these terms.

Athlete's Signature - By signing, I agree to the above conditions and accept whatever my role may be as a member of the Watchung Hills Cheerleading program. Date

Parent/Guardian's Signature - By signing, I agree to the above conditions and confirm that I have reviewed them with my athlete. Date