

UGHS Tryouts Guidelines

Description	Required	Recommended	Bonus
Jumps	Perfect toe touch with solid, straight leg landing-toes pointed Pike/double nine/Front hurdler Power jump series (Triple jump sequence with three different advanced jumps)	Hyper extended toe touch (toes pointed) Toe touch back tuck	Double or triple jump series to back tuck
Dance/Cheer	Sharp, tight motions Perfectly placed basic positions (hi v, low v, t, etc.) Quick Learner Rhythm (yes, everyone)	It is recommended that you not have to read this column because you can check off the first one!	See column to left
Attitude/Integrity Spirit and Showmanship	Solid Team Player Must have determination, skill and desire to be perfect. No athlete will be permitted to be on the team without full efforts 100% of the time. You have to be able to show that you love what you are doing!	Superstar qualities, exemplary cheerleader skills, ability to lead and follow as appropriate. Patience, love of what you are doing and unbelievable energy. The performance ability that makes others want to get up and join you.	Eat, breath and cheer in your sleep with a huge smile at all times! *\o/*Go Grove! /\

Please follow the above guidelines in preparing for the 2015 season. The Basketball cheerleading program at UGHS has a rich tradition of excellence and we intend to preserve that excellence with strict guidelines and high expectations. Each Varsity Basketball Cheerleader will earn a letterman award and will be eligible for consideration of other top awards as part of the UGHS Athletic Program. Athletes will be placed on the team according to their abilities to meet the required skills and according to the positions needed. All cheer candidates are expected to be dedicated to the goals of the program which are to promote school spirit, represent UGHS with integrity and class and to perform routines at games, while working to enhance the overall fan experience at each home and away game. If you have any questions about these guidelines or would like to meet with the coaches to discuss your future and possibilities as a UGHS cheerleader, please notify Coach Smith and a meeting will be set up. Thank you for your dedication to making our program first class.

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Candidate Name: _____

Twitter handle _____ Instagram Name _____

Facebook Account? _____ Shoe Size _____ Jacket Size _____

Please list your past experience as a cheerleader.

Have you served in ISS this year? _____ If yes, please explain:

Did you miss any practices or games last year? _____ If yes, please explain the reason for your absence

I have read the guidelines for tryouts, reviewed the scoring rubric and understand the demands placed on a basketball cheerleader at UGHS. I agree to all terms of tryouts and those requirements of a cheerleader, should I be selected for the program. I will be subject to the regulations of the Henry County Board of Education, the GHSA, Union Grove High School and the cheerleading program. I also understand the financial obligations I will be making and the need to participate in fundraising provided to meet those obligations.

Athlete Signature

Date

Parent Signature

Date

This form, along with the following documents must be turned in to Coach Kelli Smith at UGHS no later than May 29th. To be eligible to tryout your packet should include:

- ✓ Tryout application, completed and signed
- ✓ A current physical form (available for download from the UGHS athletic page of the school website)
- ✓ A current parental consent form (also available for download from the UGHS athletic page)
- ✓ Heat Policy, Concussion and NCAA forms signed.

You will not be allowed to participate without all the documents listed above.

UGHS Tryouts Guidelines

Thank you for your interest in the Union Grove High School Basketball Cheerleading Program. Each cheerleader will need to be prepared to dedicate a great deal of their time to practices, games, and school/community service. They must be prepared to work extremely hard to achieve personal and team goals. This packet contains information about the cheerleading program in general. In the 15-16 School Year, the UGHS Basketball Cheer Program will only field a varsity team.

The Varsity squad may be comprised of 9th-12th grade members and will be placed according to skill and positional needs, character, classroom performance and overall evaluation of a student athlete's ability to serve as a productive member of a team. The Basketball Cheerleading program falls under the guidelines of the Georgia High School Association Athletic Rules and Regulations, as well as the UGHS Athletic Code of Conduct and the Henry County Athletic Code of Conduct. Members of the team will be expected to earn a varsity letter by meeting all designated practice, game and school/community obligations. Failure to meet the guidelines will result in forfeiture of a varsity letter and possibly dismissal from the team.

The tryouts process will be held June 4th from 10 am-noon and June 5th from 9 am-11 am with final evaluations beginning at 11 am in the UGHS gym. Results will be posted by 6 pm on the UGHS Basketball Cheerleading website. Please arrive for tryouts each day at least 15 minutes early. Arrive wearing running shoes, shorts, t-shirts and hair pulled up/away from face. You may not wear any jewelry at any time during the tryouts. You will tryout within your assigned group and will perform the following together: cheer, chant and dance (3 eight counts). Individually each candidate will perform jumps and demonstrate any tumbling she might have. Each candidate will be expected to be in good physical condition. The tryouts will begin with a mile run and athletes are expected to make or break a 10 minute mile. Throughout the tryouts process candidates will be observed for their ability to work within a group, leadership abilities, determination and overall attitude.

Please refer to the proposed summer/fall timeline to help you plan your summer and fall should you make the team. All activities are considered mandatory in order to earn your position on the team. There will also be required fundraisers in which each athlete will be expected to participate. An athlete will not be guaranteed team placement just because she makes the squad at tryouts. Continued productive participation is required. Trying out and/or previous team placement does not guarantee an athlete a spot on the team. At the conclusion of the tryouts period, athletes will be informed of their placement into the UGHS Basketball Cheer program, but will be expected to continue to work out and show progress in the summer. We are very excited about the coming season and look forward to beginning the tryouts process with each of you.

Summer/Fall proposed dates:

May 20th Tryouts meeting at 6:30 pm in Media Center (UGHS)

June 4th and 5th Tryouts 10 am-noon on the 4th and 9 am-11 am on the 5th with final evaluations starting at 11 am.

June 10th Parent meeting at 6:30 pm in the UGHS Media Center

June 13th Car Wash at Carver Tire

Beginning July 6th Conditioning on Tuesday and Wednesday (times TBA)

July 14-16 Cheer Camp at UGHS 9 am-4 pm

July 18th-Henry County Special Needs Pageant Community Service

July 21st-23rd Practice (times TBA)

July 28th-30th Cheerful Helping Hands-Helping Teachers in Classrooms-School Service

Off Season conditioning will take place after school starts. Exact dates TBA. Conditioning will be 2 times per week until regular practice begins after Fall Break

October-February Games and Practices: Practices will be 3:45-6 pm. Games are generally on Tuesdays, Fridays and Saturdays in the evenings.