

Try-Out Requirements for VCS Cheerleading- All Levels

Modified Level:

| Jumps (5 pts) | Tumbling (8 pts) | Band Chant (25 pts) | Sideline Cheer (25 pts) |
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| Requirements: <ul style="list-style-type: none"> • Toe Touch - Pike Form/Technique: <ul style="list-style-type: none"> • Strong/Correct Approach. Correct Landing. • Height & Flexibility • Arm Placement • Pointed Toes • Timing | Skills: <ul style="list-style-type: none"> • T-Jump to BHS (attempt) • Cart wheel • Round-off Rebound • Back handspring with spot(s) • Attempted Front Walkover • Back Walkover | Form/Technique: <ul style="list-style-type: none"> • Sharp & Accurate Motions • Knowledge of Material • Confidence • Facials & Crowd Appeal • Overall Execution | Form/Technique: <ul style="list-style-type: none"> • Sharp & Accurate Motions • Knowledge of Material • Confidence • Voice • Overall Execution |

Junior Varsity Level:

| Jumps (5 pts) | Tumbling (8 pts) | Band Chant (25 pts) | Sideline Cheer (25 pts) |
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| Requirements: <ul style="list-style-type: none"> • Toe Touch - Pike Form/Technique: <ul style="list-style-type: none"> • Strong/Correct Approach. Correct Landing. • Height & Flexibility • Arm Placement • Pointed Toes • Timing | Skills: <ul style="list-style-type: none"> • Toe Touch to BHS (attempt a Tuck) • Front WalkOver (must attempt) • A Standing BHS • A Round Off BHS <p><i>*Improvement from previous season</i></p> | Form/Technique: <ul style="list-style-type: none"> • Sharp & Accurate Motions • Knowledge of Material • Confidence • Facials & Crowd Appeal • Overall Execution | Form/Technique: <ul style="list-style-type: none"> • Sharp & Accurate Motions • Knowledge of Material • Confidence • Voice • Overall Execution |

Varsity Level:

| Jumps (5 pts) | Tumbling (8 pts) | Band Chant (25 pts) | Sideline Cheer (25 pts) |
|---|--|---|--|
| Requirements: <ul style="list-style-type: none"> • Toe Touch - Pike Form/Technique: <ul style="list-style-type: none"> • Strong/Correct Approach. Correct Landing. • Height & Flexibility • Arm Placement • Pointed Toes • Timing | Skills: <ul style="list-style-type: none"> • Toe Touch to Tuck • A standing skill (minimum BHS) • A running tumbling pass (minimum ROBHS) • Standing Tuck • Running Pass ending with a Layout/Full <p><i>*Improvement from previous season</i></p> | Form/Technique: <ul style="list-style-type: none"> • Sharp & Accurate Motions • Knowledge of Material • Confidence • Facials & Crowd Appeal • Overall Execution | Form/Technique: <ul style="list-style-type: none"> • Sharp & Accurate Motions • Knowledge of Material • Confidence • Voice • Overall Execution |
| Impression (1 point each): Stamina- Energy - Memorability - Performs Under Pressure- Overall Execution. | | | |
| Coachability (1 point each): Cohesive Leader- takes Direction- Positive- Commitment- School Factors. | | | |

Stunt Expectations:

Modified (30 pts):

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| <u>Difficulty</u> (<i>demonstrate at least 3</i>) <ul style="list-style-type: none">• Prep with Cradle• Prep with Twist down• Extension Bump Down• Extension with Twist Down (attempt)• Extended Lib with bump down• Full up to prep• Rewind Dismount• Switch up prep to lib• Lib to Lib (prep level)• Shoulder Invert to Prep• Hand to Hand (attempt) | <u>Form/Technique</u> Flier: <ul style="list-style-type: none">• <i>Body Control in all stunts</i>• <i>Flexibility in body positions</i>• <i>Correct placement of arms/legs in transitional stunts</i>• <i>Demonstrates Confidence</i> Bases: <ul style="list-style-type: none">• <i>Legs shoulder width apart, back straight, arms don't drop below waist and lock out at the top.</i>• <i>Pop through legs and shoulders, not elbows.</i>• <i>High catch and freeze in the cradle.</i> Backspot: <ul style="list-style-type: none">• <i>Back straight, push seat to top, squeeze and <u>lift</u> at the ankle.</i>• <i>Pop through legs and shoulders, not elbows.</i>• <i>Good high pop for a cradle and freeze in the cradle.</i> |
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Junior Varsity (30 pts):

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| <u>Difficulty</u> (<i>demonstrate at least 3</i>) <ul style="list-style-type: none">• Lib bump down• Heel Stretch bump down• Full up to Prep• Full up to Extended (attempt)• Switch up to Lib• Switch up to Body Position (attempt)• Single Based Stunts• Shoulder Invert to Prep• Shoulder Invert to Extended• Hand to Hand (Attempt)• BHS up to Prep• BHS up to Extended (attempt) | <u>Form/Technique</u> Flier: <ul style="list-style-type: none">• <i>Correct placement of Body Positions</i>• <i>Flexibility</i>• <i>Body Control in all stunts</i>• <i>Demonstrates Confidence</i> Bases: <ul style="list-style-type: none">• <i>Arms don't drop below waist and <u>lock out</u> at the top.</i>• <i>Pop through legs and shoulders.</i>• <i>High catch and freeze in the cradle.</i>• <i>Correct grips for transitional stunts</i> Backspot: <ul style="list-style-type: none">• <i>Back straight, push seat to top, squeeze and <u>lift</u> at the ankle.</i>• <i>Pop through legs and shoulders, not elbows.</i>• <i>High catch and freeze in the cradle.</i> |
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Varsity (30 pts):

| <u>Entry Level Stunts:</u> | <u>Elite Level Stunts (Mastered by tryouts)</u> | <u>Super Elite Level Stunts (attempted/working towards)</u> |
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| <p><u>Release:</u></p> <ul style="list-style-type: none"> • Switch up to Lib • High to High (lib to lib) <p><u>Spinning:</u></p> <ul style="list-style-type: none"> • Full up to 2-feet • Hands full around to prep (prep to prep) • Rewind from Extended <p><u>Inversions:</u></p> <ul style="list-style-type: none"> • Should invert to Extended (2 feet) • Should invert to Stretch • “Rock” to 2 feet • Round off invert to Extended (2 feet) <p><u>Other:</u></p> <ul style="list-style-type: none"> • Single base-switch up to lib | <p><u>Release:</u></p> <ul style="list-style-type: none"> • Switch up to Body position • Low to High Tic • High to High (Lib to body) • Full up Switch up to Lib <p><u>Spinning:</u></p> <ul style="list-style-type: none"> • Full up to Lib • Hands full around to extended (prep to extension) <p><u>Inversions:</u></p> <ul style="list-style-type: none"> • Round off invert to 1 leg • BHS up to 2 feet • Hand to Hand (set) <p><u>Other:</u></p> <ul style="list-style-type: none"> • Single base-switch up to body • Full down-twisting cradle from 1 leg | <p><u>Release:</u></p> <ul style="list-style-type: none"> • High to High (body to body) • Full up Switch up to body • Low to High Full Around <p><u>Spinning:</u></p> <ul style="list-style-type: none"> • Hands full around- 1 leg (prep to ext. lib) <p><u>Inversions:</u></p> <ul style="list-style-type: none"> • BHS up to lib • BHS up to body • Hand to Hand- Extended 2 feet <p><u>Other:</u></p> <ul style="list-style-type: none"> • Single base- Full up to Lib <p style="text-align: center;"><i>*Attempt connecting Elite/Super Elite Skills</i></p> |