



TRYOUT INFORMATION

DATE, TIMES & LOCATIONS

Open Gyms: April 23 & April 30 (Fitness Room 6:00- 7:30 PM)

Interest Meeting: May 1 (North Commons 6:00-7:00 PM)

Tryout Practices: May 7 and May 8 (Fitness Room 5:30-8:00 PM)

Official Tryout: May 11 (Gym & Fitness Room starting at 12:00 PM)

ATTENDANCE

- Attendance at all Tryout Practices and the Final Tryout is mandatory unless previously excused by a coach. In-season athletes please speak to Coach.
- Absences will only be excused for prior, unavoidable commitments and/or illness. Video tryouts will be available.

REQUIRED PAPERWORK- All paperwork must be completed and turned in on May 7th at the beginning of tryout practice # 1

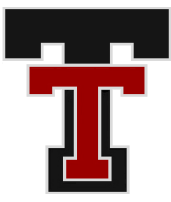
- [Tryout Form](#)
- [Rules & Policies acceptance form](#)
- Current head shot
- Current Grade Print Out

All paperwork must be completed and turned in to the ATHLETIC OFFICE on May 7th. Please do not bring these forms to tryouts with you.

- [TSD Athletic Registration](#)
- [Pre-Participation Form](#)
- [Sports Physical Form](#)

TRYOUT PRACTICE STRUCTURE

- Candidates will be taught everything you need to know in order to tryout including the following material:
 - Jumps
 - Tryout Cheer
 - Tryout Dance (Females only)
 - Stunting Basics
- Candidates will practice tumbling (this is an opportunity for candidates to work their current skills, new skills will not be taught or spotted)



TUALATIN COED CHEER

TRYOUT PACKET

OFFICIAL TRYOUT STRUCTURE

- Candidates will tryout in pairs of two for a spot on our JV or Varsity Sideline teams.
- Tryout partner and tryout time will be assigned to you.
- The following will be performed in each tryout:
 - Running Tumbling: Each candidate will perform **one** of the following options if able: Cartwheel, Round Off, Round Off Back Handspring, Round Off Multiple Back Handsprings, Round Off Back Handspring Tuck, Round Off Back Handspring Layout, or Round Off Back Handspring Full
 - Standing Tumbling: Each candidate will perform **one** of the following options if able: Forward Roll, Handstand Forward Roll, Back Walk Over, Standing Back Handspring (on Cheese Mat), Standing Back Handspring (on Cheer Mat), Standing Multiple Back Handsprings, Standing Back Handspring AND Standing Tuck, Standing Back Handspring Tuck
 - Jumps: Each candidate must perform the following jumps: Front Hurdler and a Toe Touch
 - Tryout Cheer
 - Tryout Dance (females)
 - Partner and group stunting (males)
- This is a closed tryout. Family/friends may not watch.
- The tryout order will given with estimated times at practice
- Warm-up mats will be set up in the gym. Please give yourself plenty of time to stretch and warm-up before your tryout.
- Once you have completed your tryout, you are free to go.

WHAT TO WEAR

- Candidates are to dress in athletic clothing- **black top & black bottoms** to the official tryout. This is part of your tryout score
- Females- Hair is to be tightly secured back, out of face and eyes (bangs below the eyebrows must be secured back)
- No jewelry of any kind is allowed.
- Fingernails are to be cut short and fake nails are not allowed.

SCORING

- Coaches will take the following into consideration when selecting the teams:
 - Final Tryout Scores
 - Grades
 - Stunting Potential/ Coachability



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TRYOUT PACKET

COMPETITION TEAM TRYOUTS

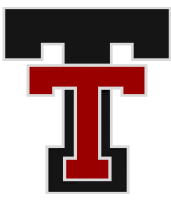
Tryouts for our competition teams will take place after camp.

- Athletes from our JV and Varsity sideline teams are eligible to try out for our competition teams.
- The Varsity Competition Team will consist of 10-16 members and 4 alternates.
- **Female Requirements:** Standing tuck and/or round off, back handspring layout/fulls are preferred, leveled jumps, advanced stunting technique including a full up to lib full down.
- **Male Requirements:** Toss hands to heel stretch, full down (unassisted) is preferred, leveled jumps, advanced group stunting technique including a full up to lib full down and basket tosses

RESULTS

- Results for our JV and Varsity sideline teams will be emailed to the email address provided on your registration form and will be posted Saturday night on our team website at

www.tualatincheerleading.com



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MARK YOUR CALENDARS**

TRYOUT PACKET

Official monthly calendars will be handed out throughout the season and can be found in our BAND. Please note these dates are subject to change.

DATE	EVENT	LOCATION	TIME
May 1	Interest Meeting	Tualatin High School	6 - 7 PM
May 7 & 8	Tryout Practices	Fitness Room/Small Gym	6 - 8 PM
May 11	Official Tryouts	Fitness Room	12 PM
May 13	Program Meeting	Tualatin High School	6 - 7 PM
May 14	Summer Practices Begin	Tualatin High School	6 - 8 PM
May 22	Uniform Fitting	Tualatin High School	4 PM
June 8	Grand Floral Parade	City of Portland	TBD
June 21 & 22	Senior Retreat (seniors only)	Seaside Beach	All Day
June 24 & 25	Proaction Camp (Invite only)	Lakeridge High School	TBD
July 9 & 10	OE Stunt Camp (varsity only)	Tualatin High School	4 - 7 PM
July 16- 19	Cheer Camp	University of Portland	All Day
July 20- Aug 4	Program Break (No events)	-----	-----
August 5 & 6	Proven Stunt Clinic (Varsity Comp Only)	Tualatin High School	TBD
August TBD	OCCA One Day Clinic	TBD	10 - 2 PM
August 15 & 16	Choreography (Varsity Comp Only)	Tualatin High School	10 - 4 PM
August 19- 31	Daily Doubles	Tualatin High School	3 - 8 PM