

# LNC Cheerleading Try-outs

2020-2021

## Try-out Format:

Due to extenuating circumstances, this year we will be hosting VIRTUAL Cheer Try-outs. All interested candidates will be required to submit necessary forms electronically, along with submitting a video as outlined below.

## Forms Required:

-Cheerleader Information Google form

<https://drive.google.com/open?id=1Pu97aUqd-T0sROSCQjzEo6IMFTlh49YWzmscbltgviU>

-Parent Acknowledgement Google Form

[https://drive.google.com/open?id=1\\_32YrHRsz\\_8l33oXs0YL\\_TJdqPVFvFgpSoOomJZ3jOs](https://drive.google.com/open?id=1_32YrHRsz_8l33oXs0YL_TJdqPVFvFgpSoOomJZ3jOs)

-Register for LNC Family ID

<https://www.lncharter.org/domain/118>

LNC Eligibility Acknowledgement

Concussion Form Acknowledgement

Copy of most recent physical

\*Due to Covid-19, if you had one dated after April 2019, you are valid for fall sports try-outs, however you still need to fill out and turn in the FRONT page of the physical.

## Video Requirements:

Your video must include all of the material below, in the order specified for judging. All material will be posted 2 weeks prior to the video submission deadline to allow adequate time to learn, since it is not done in person for immediate feedback and support. We are utilizing Varsity Spirit material, and using Varsity Spirit judges for consistency. The try-out material and the judges are being used nationwide. All judges are qualified and personally familiar with the material being judged.

## Order of Video:

1. Chant
2. Cheer
3. Jumps
  - a. Toe touch
  - b. Combination jump of choice
4. Highest scoring tumbling skill (this might be standing or running)
5. Any bonus tumbling skills \*\*Please make sure you are on an approved surface/grass\*\*
  - a. i.e. toe touch back handspring or toe touch tuck
6. Dance
7. Stunting \*\*See below for additional stunting information\*\*

Stunting: This is a very important part of try-outs and we are hoping to get the BEST information that we can for this portion of the try-out. IF you have video of you stunting in the past, please load your highest-level stunt that you can perform CONSISTENTLY. Please note that whatever you load, you will be expected to be able to do regularly when physical practices resume. Do NOT choose a stunt that you only hit a few times, perfection over progression here.

If you DO NOT have a video, please add in a section of you telling the judges what position you regularly are, and what skills you are able to perform CONSISTENTLY.

We do understand that some of these videos will be with people that are not going to be a part of the team, but it will help give us some much-needed information.

### **Video Presentation Requirements**

- Must introduce yourself including your name and what grade level you are going to be in for the 2020-2021 season, and an explanation of WHY you want to be a part of Charter Cheer next year.
- Must be wearing dark shorts and a white top without writing on it (turn one inside out if you have to).
- Hair needs to be pulled back in a ponytail with a bow.
- E-mail to LNCSCHEER@GMAIL.COM

### **Links to Try-out Material**

Cheer:

Front View: <https://youtu.be/5KoozqqBTgg>

Back View: <https://youtu.be/qNpOEvnWHxs>

Teach: [https://youtu.be/ORWU1ey\\_yDQ](https://youtu.be/ORWU1ey_yDQ)

Chant: [https://youtu.be/REW08gy\\_WxY](https://youtu.be/REW08gy_WxY)

Dance:

Front View: <https://youtu.be/mc1oAPwxjYc>

Back View: <https://youtu.be/s9gM88nBLvA>

Teach: [https://youtu.be/l1DxZfMg\\_RQ](https://youtu.be/l1DxZfMg_RQ)

Music: <https://www.dropbox.com/s/chy19codgwzc50/Shakerz-%20Level%202.mp3?dl=0>

### **Try-out Tips:**

- Be LOUD
- Have confidence
- Make sure all skills and material are shown with SHARP and TIGHT motions that are in the correct place. Watch the videos closely; the way it is demonstrated is the way that we want to see it.
- Smile throughout
- If you have any questions, please reach out to the coaches at [lncscheer@gmail.com](mailto:lncscheer@gmail.com) ahead of time.

### **Submission Dates/Important Information:**

**-All submissions need to be in no later than May 21. If you submit after that, you will NOT be considered for a team, this is a HARD DEADLINE. Teams will be announced by May 24.**

**-Due to the nature of these try-outs and not being able to be seen in person and stunting with potential team members, making the Varsity team DOES NOT guarantee that you will be on the mat competing. This will be depending on being able to perform the skills that you state with consistency and with current members of the team. All members making a team WILL be a part of ALL school related events.**