



PROSPECTIVE CHEERLEADER AGREEMENT

Dear Participant,

We want to Welcome you to the Orange Middle School Cheerleading process. The enclosed forms should help to answer any questions you may have as well as deliver expectations cheerleaders are to follow and abide by. We are very excited about your interest in Cheerleading this year! It is a very fun and rewarding sport that develops not only your physical skills, but also develops you as a leader of Orange Middle School.

Cheerleaders are leaders and representatives of our school, and therefore, expected to conform to a higher standard of behaviors than others. Cheerleaders will be expected to abide by and uphold all expectations as well as the policies of our School District. Refer to the Athletic Handbook 2022-2023 for clear description of all. Cheerleading can be a time-consuming responsibility and will require much dedication and hard work. We will begin practices in late July/ early August with games following shortly behind.

If, after reading the enclosed information, you feel that you are qualified and can meet the expectations of the program, please sign and return the forms at tryouts, Monday, May 16, 2021. All tryout activities will be in the OOMS gym.

You will not be permitted to try out without this form signed and returned. There will be no verbal consents taken by telephone. **You must also have an athletic physical on file at the school prior to day one of tryouts.**

We'd like to take this opportunity to wish you good luck at tryouts!

Sincerely,

Olentangy Orange Middle School Coaching Staff

Cheerleader Printed Name

Cheerleader Signed Name

Parent/Guardian Printed Name

Parent/Guardian signed Name

****Please submit your cheerleading tryout registration online. Use this [LINK](#) or you can find the link on our website: oomscheer.weebly.com**

TRYOUT WEEK:

TRYOUT CLINIC DAY 1: Monday, May 16: 3 - 4:30PM

****During this time, the girls will learn the tryout material (cheer, chant and dance). Try out material will be posted online after our first day of clinics.*

TRYOUT CLINIC DAY 2: Tuesday, May 17: 3 - 4:30PM

****During this time, the girls will continue to learn/practice the tryout material (cheer, chant and dance).*

TUMBLING AND JUMPS TRYOUT/ OPEN GYM: Wednesday, May 18: 3 - 5:30PM

****During this time, while girls are not being judged, they will practice tryout material with their tryout partner/group.*

CHEER/CHANT/DANCE TRYOUTS: Thursday, May 19: @ 3PM

****8th graders will try out first.*

WHAT TO WEAR/BRING:

- All Paperwork
- Make sure you have a physical on file in final forms.
- Water bottle
- Wear black or blue shorts
- Plain white shirt
- Hair must be up/ pulled back
- Cheer shoes/tennis shoes should be worn.
- No jewelry

TRYOUT MATERIAL

1. Dance - Taught by former 8th grade cheerleaders
2. Chant - Taught by former 8th grade cheerleaders
3. Cheer - Taught by former 8th grade cheerleaders
4. Tumbling (while not required it will be highly encouraged)
5. Jumps (Toe-touch, left or right hurdler and pike)

Skill Category/ Level

	Level One 0-1 pts	Level Two 0-2 pts	Level Three 0-3 pts	Level Four 0-4 pts	Level Five 0-5 pts
Standing Tumbling	Cartwheel Round Off BHS w/light spot	BHS Cartwheel BHS Toe Touch BHS	Standing Tuck BHS Tuck Cartwheel Tuck Cartwheel BHS-tuck	BHS, BHS Tuck Toe Tuck Toe, BHS Tuck Pike Tuck	Triple Toe Tuck Standing Full
Running Tumbling	Round Off Round Off Toe-Touch	Round Off BHS Round Off Multiple BHS Front Walkover ROBHS	Round Off Tuck Round Off BHS Tuck Front Walkover ROBHS	Round Off Layout Round Off BHS-Layout Round Off BHS X-Out	Round Off BHS-Full Arabian

All tumbling scores will be based on the execution of the pass. If the pass is not properly executed, you will get a lower score. Make sure you only attempt a skill you know you will land and execute properly. It will only hurt you if you try something you cannot do properly. Please remember tumbling is not everything. It is important to focus on ALL aspects of your tryout.

Candidate # _____

Judge # _____

Standing Tumbling Level: _____	<input type="checkbox"/> good form <input type="checkbox"/> pointed toes <input type="checkbox"/> straight legs <input type="checkbox"/> sticks landing <input type="checkbox"/> legs together <input type="checkbox"/> pops off floor <input type="checkbox"/> other _____	<input type="checkbox"/> form needs improvement <input type="checkbox"/> toes not pointed <input type="checkbox"/> bent legs <input type="checkbox"/> wobbly landing/fall <input type="checkbox"/> legs apart <input type="checkbox"/> pops off floor <input type="checkbox"/> other _____	/5
Running Tumbling Level: _____	<input type="checkbox"/> good form <input type="checkbox"/> pointed toes <input type="checkbox"/> straight legs <input type="checkbox"/> sticks landing <input type="checkbox"/> legs together <input type="checkbox"/> pops off floor <input type="checkbox"/> other _____	<input type="checkbox"/> form needs improvement <input type="checkbox"/> toes not pointed <input type="checkbox"/> bent legs <input type="checkbox"/> wobbly landing/fall <input type="checkbox"/> legs apart <input type="checkbox"/> pops off floor <input type="checkbox"/> other _____	/5
Toe Touch	<input type="checkbox"/> pointed toes <input type="checkbox"/> straight legs <input type="checkbox"/> sticks landing <input type="checkbox"/> legs at/above horizontal <input type="checkbox"/> correct arm placement <input type="checkbox"/> strong technique	<input type="checkbox"/> Toes not pointed <input type="checkbox"/> Bent legs <input type="checkbox"/> Wobbly landing <input type="checkbox"/> Feet apart <input type="checkbox"/> Legs below horizontal <input type="checkbox"/> Arms not placed correctly <input type="checkbox"/> Weak technique	/5
Left or Right Hurdler	<input type="checkbox"/> pointed toes <input type="checkbox"/> straight legs <input type="checkbox"/> sticks landing <input type="checkbox"/> legs at/above horizontal <input type="checkbox"/> correct arm placement <input type="checkbox"/> strong technique	<input type="checkbox"/> Toes not pointed <input type="checkbox"/> Bent legs <input type="checkbox"/> Wobbly landing <input type="checkbox"/> Feet apart <input type="checkbox"/> Legs below horizontal <input type="checkbox"/> Arms not placed correctly <input type="checkbox"/> Weak technique	/5
Pike	<input type="checkbox"/> pointed toes <input type="checkbox"/> straight legs <input type="checkbox"/> sticks landing <input type="checkbox"/> legs at/above horizontal <input type="checkbox"/> correct arm placement <input type="checkbox"/> strong technique	<input type="checkbox"/> Toes not pointed <input type="checkbox"/> Bent legs <input type="checkbox"/> Wobbly landing <input type="checkbox"/> Feet apart <input type="checkbox"/> Legs below horizontal <input type="checkbox"/> Arms not placed correctly <input type="checkbox"/> Weak technique	/5
Total			/25

Dance Score Sheet

Candidate # _____ Judge # _____

Timing and Synchronization to Music	<input type="checkbox"/> In time with music <input type="checkbox"/> Other: _____	<input type="checkbox"/> Off beat <input type="checkbox"/> Other: _____	/5
Motion Technique/ Sharpness	<input type="checkbox"/> Correct placement <input type="checkbox"/> Straight Wrists <input type="checkbox"/> motions punched <input type="checkbox"/> motions stick and hold <input type="checkbox"/> Other: _____	<input type="checkbox"/> Placement needs improvement <input type="checkbox"/> Broken wrists <input type="checkbox"/> Motions placed <input type="checkbox"/> Bouncy motions <input type="checkbox"/> Other: _____	/10
Dance Technique	<input type="checkbox"/> Good Rhythm <input type="checkbox"/> Correct body posture <input type="checkbox"/> Correct body position <input type="checkbox"/> Ease of execution <input type="checkbox"/> Other: _____	<input type="checkbox"/> Uncomfortable <input type="checkbox"/> Incorrect body posture <input type="checkbox"/> Incorrect body position <input type="checkbox"/> Execution uneasy <input type="checkbox"/> Other: _____	/5
Energy/ Showmanship	<input type="checkbox"/> looks natural <input type="checkbox"/> enthusiastic <input type="checkbox"/> fun to watch <input type="checkbox"/> good eye contact <input type="checkbox"/> invites crowd to cheer <input type="checkbox"/> other: _____	<input type="checkbox"/> Overdone facials <input type="checkbox"/> Lacks enthusiasm <input type="checkbox"/> Uninterested <input type="checkbox"/> No eye contact <input type="checkbox"/> Hesitant to initiate the crowd <input type="checkbox"/> Other: _____	/10
Jumps	<input type="checkbox"/> pointed toes <input type="checkbox"/> straight legs <input type="checkbox"/> sticks landing <input type="checkbox"/> legs at/above horizontal <input type="checkbox"/> correct arm placement <input type="checkbox"/> strong technique	<input type="checkbox"/> Toes not pointed <input type="checkbox"/> Bent legs <input type="checkbox"/> Wobbly landing <input type="checkbox"/> Feet apart <input type="checkbox"/> Legs below horizontal <input type="checkbox"/> Arms not placed correctly <input type="checkbox"/> Weak technique	/5
Overall Execution/ Knowledge of Material	<input type="checkbox"/> grabs audience attention <input type="checkbox"/> knows material <input type="checkbox"/> clean and sharp <input type="checkbox"/> pleasant to watch <input type="checkbox"/> Other: _____	<input type="checkbox"/> Unenthusiastic <input type="checkbox"/> Doesn't know material <input type="checkbox"/> Lacks control and bouncy <input type="checkbox"/> Other: _____	/5
Total			/40

Cheer and Chant Score Sheet

Candidate # _____

Judge # _____

Motion Placement	<input type="checkbox"/> Correct placement <input type="checkbox"/> Straight Wrists <input type="checkbox"/> Other: _____	<input type="checkbox"/> Placement needs improvement <input type="checkbox"/> Broken wrists <input type="checkbox"/> Other: _____	/10
Motion Sharpness	<input type="checkbox"/> motions punched <input type="checkbox"/> motions stick and hold <input type="checkbox"/> other: _____	<input type="checkbox"/> Motions placed <input type="checkbox"/> Bouncy motions <input type="checkbox"/> other: _____	/10
Voice Projection/Rhythm	<input type="checkbox"/> Loud <input type="checkbox"/> Good Expression <input type="checkbox"/> Even flow of words <input type="checkbox"/> wod/tone variation <input type="checkbox"/> Voice inflection on important words	<input type="checkbox"/> Quiet/Soft voice <input type="checkbox"/> No expression <input type="checkbox"/> Too high pitched <input type="checkbox"/> Too low pitched <input type="checkbox"/> Monotone/ no excitement	/5
Energy/ Showmanship	<input type="checkbox"/> looks natural <input type="checkbox"/> enthusiastic <input type="checkbox"/> fun to watch <input type="checkbox"/> good eye contact <input type="checkbox"/> invites crowd to cheer <input type="checkbox"/> other: _____	<input type="checkbox"/> Overdone facials <input type="checkbox"/> Lacks enthusiasm <input type="checkbox"/> Uninterested <input type="checkbox"/> No eye contact <input type="checkbox"/> Hesitant to initiate the crowd <input type="checkbox"/> Other: _____	/10
Overall Execution/ Knowledge of Material	<input type="checkbox"/> grabs audience attention <input type="checkbox"/> knows material <input type="checkbox"/> clean and sharp <input type="checkbox"/> pleasant to watch <input type="checkbox"/> Other: _____	<input type="checkbox"/> Unenthusiastic <input type="checkbox"/> Doesn't know material <input type="checkbox"/> Lacks control and bouncy <input type="checkbox"/> Other: _____	/5
Total			/40

Other Important Information :

Expenses:

- Clothing: ordering information will be sent out over summer (early June). Costs will be different based on grade level and/or first time cheering.
 - 7th grade cheer or first time cheering 8th grade **estimated** cost: \$250-\$300
 - 8th grade cheer **estimated** cost: \$100-\$150 (This will increase if your athlete needs to replace gear from last year)
- Pay to play: \$80

Summer Practices:

- We will start practices at the end of July/Early August
- Practice schedule will be sent out after tryouts.
 - Expect morning practices from 8-10AM until school starts.
- Summer Cheer Camp- The week of July 25th, more details to come.

Practice and Games:

- Football Practices:
 - Mondays and Tuesdays from 3 - 5PM. (potentially reduced hours as the season goes on)
 - Wednesdays- 8th grade practices from 3-4:15.
 - Thursdays- 7th grade practices from 3-4:15
- Football Games: Wednesdays and Thursdays @ 5:00 or 5:30 (There may be exceptions)
 - Football travels to away games
- Basketball Practice: Starts end of October/ Early November
 - Pre-season practices: Monday through Thursday 3-5PM
 - In-season practices: Mondays and Wednesdays 3 - 4:30PM
- Basketball Games: Tuesday and Thursdays
 - TWO games per week. All games are mandatory.
 - 7th grade starts at approximately 5PM
 - 8th grade starts at approximately 6:15 PM
 - We do not travel to away games

Expectations:

- Expected to maintain the grades and classes based on athletic handbook rules.
- Expected to behave in and out of the classroom, to promote good sportsmanship and lead in a positive way.
- Notification of absence needs to be given to the coach prior to practice or games. This should be in written form. (Email or letter from parent/guardian)
- Unexcused absence results in suspension for the next contest. Second offense will result in suspension for the next two contests. Third offense results in suspension for the remainder of the season.