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**LEGACY JR. HIGH CHEERLEADING**

**INFORMATION MEETING**

**Cheer Eligibility:** To tryout, candidates must have the following:

1. A minimum 3.0 cumulative GPA for 3rd term; No F’s or off-tracks
2. No U’s in citizenship.
3. Complete Tryout Registration on Aktivate. <https://www.registermyathlete.com/login/>
   * Create an account
   * Upload your report card
   * [Attach a UHSSA health clearance](https://www.uhsaa.org/forms/forma.pdf)
   * Sign all documents

\*Note: After being selected to the squad, cheerleaders are expected to maintain a 3.0 GPA, with no Fs; I’s, or Off-tracks. If these grades are received, the grade must be remediated within five days of the grade posting; no N’s or U’s, or the student risks probation and/or dismissal from the squad.

**Tryout Information:**

1. **Clinics:** Clinics will be held for candidates to learn the tryout material. Clinic attendance is MANDATORY. All clinics and tryouts are CLOSED to spectators. Clinics and tryouts will be held on the following days:
   1. Mandatory Clinic: Tuesday, March 21 4:00-5:00 pm
   2. Mandatory Clinic: Wednesday, March 22 4:00-6:00 pm
   3. Mandatory Clinic: Thursday, March 23 4:00-5:00 pm
   4. Tryouts: Friday, March 24 4:00-8:00 pm
2. **Day of Tryouts:**
   1. After 3:45 pm, parents will be asked to leave the building. Please do not bring extravagant treats or presents for your student. We recommend that each student is left with a water bottle and a few snacks. From 3:30-4:00 pm all cheerleader candidates will have access to the gym to warm up. Promptly at 4:00 pm the candidates will receive instructions from advisors and the clinics will begin.
   2. If you make the cheer squad, a mandatory parent meeting and uniform fitting will be held at the school.

**Out of Pocket Cost:**

1. The total cost for cheerleading is $875. This can be paid in its entirety or split into three separate payments.
   * 1. This fee will pay for competitions, camp, uniform, shoes, pom poms.
     2. If you make the team, the first payment of $300 is due May 5th to the LJH Main office.

**Requirements of a Legacy Jr. High Cheerleader:**

* **Remainder of School Year:**
  + Safety Clinic- Date TBA (After May 12th)
* **Summer Schedule:** 
  + Tuesday, Wednesday, & Thursday practices 7-9 am
  + Time off: May 28- June 10; July 10- July 31
  + Cheer Camp- July 6-9 all day in Provo
  + Choreography training – Aug. 14-16
  + Parades- Layton or Clearfield 4th of July Parade
* **School Year Practice Schedule:** 
  + Three mornings a week beginning at 6:30 am
  + There will be a cheer class first period.
* **Cheering Events**
  + Cheerleaders must attend the following school athletic events:
    - Home and away girls volleyball, boys basketball, girls basketball, and boys wrestling.
    - These events are held after school, generally twice a week from 3-5:30.
    - Travel to away games will be on the school bus, alongside LJH athletic teams.
* **Competitions** 
  + Cheerleaders will compete in four Saturday competitions between December and the end of February.
  + Competition season is from December to the end of February.

**Legacy Jr. High Cheer**

**Tryout Score Sheet Breakdown**

**Tryout # Judge #**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Skill** | **Evaluations** | **Possible Points** | **Score** | **Comments**  **(Not required)** |
| **Teacher**  **Evaluations** | 20= All Excellent/Always  15= 90% Excellent/Always  10= 75 % Excellent/Always  5= 50% Excellent/ Always  0= Less than 50% Excellent/Always | 20 |  |  |
| **Running Tumbling** | Difficulty:  0= none  1= round off back handspring  3= round off handspring series (3 or more)  5= round off back handspring tuck  7= round off handspring series tuck  8= round off back handspring layout/whip series tuck  10= Round off back handspring full | 10 |  |  |
| **Standing Tumbling** | Difficulty:  0= none  2= handspring on mat or wood  4= back handspring tuck on mat  6= back handspring tuck on wood  8= Standing Tuck on mat  10= Standing Full | 10 |  |  |
| **Jumps series** | Height | 5 |  |  |
| Straight legs/pointed toes | 5 |  |
| Technique & Sharpness | 5 |  |
| **Cheer** | Voice Projection | 5 |  |  |
| Enthusiasm & Confidence | 5 |  |
| Technique & Sharpness | 5 |  |
| **Dance** | Timing/Rhythm | 5 |  |  |
| Execution: Technique and Sharpness | 10 |  |
| Memorization | 5 |  |
| **Showmanship** | Spirit/Enthusiasm/Crowd appeal | 5 |  |  |
| Facials/Eye Contact | 5 |  |

**Overall Decision Yes Maybe No**

**Total Score \_\_\_\_\_\_\_\_/100**