



Jesuit Cheer Virtual Tryouts:

We are very excited about our new virtual tryout process. Please know that all changes made to the score sheet were for the athletes' safety. Please review ALL of the information below and email Coach Gambrel with any questions Lgambrel@jesuitcp.org

April 28th: Release Material. Videos of the material the athletes are expected to learn and perform will be posted on our website www.rangerscheerleading.com. We will also be sending an email including the material as well.

- All incoming freshman and transfer students need to complete the google form on the cheer website to provide the coaches with the correct email for each athlete in order to Microsoft teams. Current UA students, your Ursuline email will be used and you DO NOT need to fill out the form.
<https://forms.gle/MDfVEygAgB9gcUM1A>

April 29th: Optional virtual JV applicant clinic through Microsoft teams. All JV applicants will be sent an invite to attend the virtual clinic but are not required to attend.

Sophomore applicants: 4:30-5pm

Freshman applicants: 5-5:30pm

April 30th: Optional virtual Varsity clinic through Microsoft team. All Varsity applicants will be sent an invite to attend the virtual clinic but are not required to attend.

Juniors 4:30-5pm

Seniors: 5-5:30pm

May 1st: All video submissions will be loaded to the google form by midnight. Late submissions will not be accepted.

There is a link on our website for JV videos and another for Varsity video submissions.

Student safety:

- Before practicing or recording any of your tryout materials, make sure you are in safe space that is conducive to performing tryout material.
- *DISCLAIMER: Choosing to perform any tryout material, including tumbling, is at the discretion of the candidate and his/her parent(s)/guardian(s). Proper safety precautions should be taken before performing, including but not limited to: a flat, dry, level surface; proper attire; a clear, undisturbed space, etc.*

Video policies: Tryout submission video and live tryout

- Make sure you are in a quiet space
- Make sure your background is school appropriate
- Make sure your attire is school appropriate



- Make sure no one else is in your video
- The Microsoft Teams meeting will be recorded for school records
- If you do not adhere to the Jesuit and Ursuline handbook and policies listed, you will be removed from the Microsoft Teams meeting.

Location recommendations:

- All elements of the video tryout process are intended for applicants to perform in a yard, park, or even inside their house. We are adhering to shelter in place and safety is our top priority.

Attire: For the tryout video submission and live tryout

- Plain white shirt or appropriate tank top (no strappy tank tops) and dark bottoms with cheer/tennis shoes. A bow is optional, but highly encouraged.

Hair and Make up: Should be natural!

- High pony tail and natural make up
- In accordance with the Jesuit/Ursuline/Jesuit Cheer handbooks, applicant's hair needs to be a natural color.

Video requirements: Applicants will submit 1 video with all components performed within that one video from start to finish to be scored. **The video must be continuous, and all skills performed from start to finish; any videos that have been edited, cropped and or pieced together will not be accepted.** The video cannot exceed 4 minutes and must include the following skills in the order listed below. Sample videos will be available on the cheer website www.rangerscheerleading.com.

- a. **No** assistive equipment is allowed (ex. Air track, spring floor, trampoline, tumble track etc.).
- b. All portions of the tryout must be completed on the ground/floor/tumbling mat (panel mat or dead mat)
- c. Any candidate who utilizes assistive equipment will be disqualified from the tryout process.
- d. If the coaches and judges are unable to see or verify the ground in which the skill is performed, it will not be scored
- e. An extra opportunity to submit a corrected video will not be offered.

The video must include:

1. Introduce yourself with your tryout number only.
2. Standing tumbling only- please see score sheet for breakdown of points
3. Jumps – applicants must perform a pike, front hurdler and toe touch. The jumps can be whipped or have a clap approach in between. We will provide sample videos of the different approaches. Please see score sheet for breakdown of execution points. Athletes will receive higher execution points for whipped jumps. The order for the jumps can be pike, front hurdler, toe touch or toe touch, front hurdler, pike



- a. Elements a-e above also apply to jumps- no assistive equipment
4. Cheer- applicants will perform the tryout cheer with toe touch
5. Dance- applicants will perform the tryout dance with music
6. Spiriting- sprinting should be natural and before and after skills are performed.

Video submission:

- Athletes will complete the google form provided on our cheer website and upload a picture of themselves and their video. If you have any technical problems, please email Coach Gambrel immediately Lgambrel@jesuitcp.org. Emails after 9pm will be responded to the following day.
- Each applicant will be allotted 1 submission
- **Once the google form is submitted, you will receive a confirmation email that will include your scheduled live tryout Microsoft teams time.**

Live tryout: See the score sheet for the break down of skills and points

- Assigned live tryout times will be between 5-8pm
- Athletes will be assigned a day and time to Microsoft teams with the coaching staff

May 4th: Varsity applicants

May 5th: JV applicants

- If you are unable to meet with us at your assigned time, 48 hour notice must be given
- Attire: white shirt, dark bottoms, and cheer/tennis shoes. A bow is optional, but highly encouraged.
- Hair: High pony tail and natural colored hair
- Make-up: not required, but we encourage natural make up
- During the live tryout Athletes will perform the following:
 1. Introduce themselves with their tryout number, rising grade level and stunting position. Ex. Hi! I am JV-01, I am a rising freshman and my stunting position is flyer. If you have more than 1 position that you are able to do, please tell us.
 2. Athletes will call the tryout cheer
 3. Athletes will play the dance music from another device and perform the dance
 4. Spiriting is encouraged after the cheer and dance
 5. The coaching staff will then end the Microsoft team meeting.

Results: Will be posted on the cheer website and by applicant tryout number. On May 6th.

Other opportunities: We want each applicant to find their home! Though we have limited spots on our team there are many other opportunities to cheer and dance. We highly encourage applicants to try out for the Jesuit Rangerettes dance team and or the Cistercian Cheer team if they do not make our team. Both are excellent programs!