



All information and links can be found on our website on the pre tryout page. It is at the discretion of the coaching staff to make changes.

How to get ready for tryouts:

- **Tryout application:** Available **March 1st- March 23rd**
- **New to UA:** complete the **RankOne paperwork.**
 - Instructions will be emailed to you in your welcome email upon acceptance.
 - Andrea Santos is responsible for RankOne clearance, and all questions need to be directed to her. RankOne paperwork must be completed and cleared by Ms. Santos prior to the first day of clinic.
ASantos@ursulinedallas.org
 - RankOne deadline: **March 26th**
 - Technical/login issues: email ANester@ursulinedallas.org
- **Current UA students:** Complete your RankOne paperwork by **March 23rd**
- **Jesuit UIL paperwork:** Turn in Jesuit front Desk in a manilla envelope with your daughter's name on it and ATTN: Cheer
 - Physical, Medical History, Cardiac Arrest, Rules/Acknowledgement
 - Freshman/transfers: must include your proof of enrollment receipt with Jesuit paperwork. Once you pay the deposit to UA, print a copy of your receipt.
 - Returners: **March 23rd**
 - New/transfer: **March 26th**

Deadlines: Punctuality of paperwork is included in the tryout clinic week scores.

- Tryout Application deadline for everyone: **March 23rd**
www.rangerscheerleading.com
- Current UA Students: All paperwork must be submitted by **March 23rd**
- Freshman/Transfer student deadlines
 - Tryout application: **March 23rd**
 - RankOne deadline: **March 26th** – in your UA welcome email
 - Jesuit UIL forms deadline: **March 26th**
 - https://jesuitrangers.org/sports/2014/12/17/GEN_1217141226.aspx
 - Proof of commitment- include with UIL forms

Jesuit Cheer Calendar: Please visit our website for the full calendar

Summer absences allotted 1

Seasonal absences allotted: 5

- Try Out clinic: April 6-8th 4:30-6:30pm
 - Times may vary for each squad and will be emailed out
- Tryouts: April 9th 5-8pm and potentially April 10th 9-11am
- See calendar for practice, camp, and seasonal events



Tryouts:

Please visit our website for the full breakdown of the scoresheet. All skills must be performed on a deadmat and without spotting assistance. It is at the discretion of the coaching staff to make changes.

Clinic week scores: 60 points total

- Participation, punctuality, demeanor/attitude: 25 points
- Stunting: 20 points
 - Highest skill for JV: Extension cradle
 - Highest skill for V: Arabesque Cradle
- 3-3-3 chant: 15 points

Tryout scores: 90 points - Scored by Judges

- Tumbling: 20 points (10 for standing and 10 for running)
- Spiriting: 5 points
- Jumps: 15 points
- Cheer: 20 points
- Dance: 20 points
- Showmanship and overall impression: 10 points

Attire:

Clinic week:

- No oversized shirts, strappy tanks, or shorts with buttons. Candidates trying out for the position of flyer MUST WEAR BRIEFS under their shorts. Other candidates must wear briefs if the shorts do not have a lining.
- Hair must be pulled back in a high, clean ponytail.
- No jewelry or excessive make-up will be allowed; a “fun” bow is encouraged.

Tryouts:

- Navy or dark colored shorts
- Plains white t-shirt. No strappy tank or crop tops
- White no show socks
- Cheer/tennis shoes
- Bow – optional

Contact information:

RankOne Clearance: Andrea Santos ASantos@ursulinedallas.org

RankOne login/issues: Amber Nester ANester@ursulinedallas.org

Head Coach: Laura Gambrel – Lgambrel@jesuitcp.org

You'll hear from me when: you submit your application, turn in Jesuit UIL forms and proof of commitment, and when you are RankOne cleared.

Recommended skills classes: Rogue Athletics 4505 McEwen Rd. 214-635-4772



COVID protocols:

- Athletes must self-monitoring for Covid symptoms. For the safety of the coaching staff and other athletes, we highly recommend that no travel takes place 1 week prior to the tryout clinic
- Athletes will be screened each day with questionnaire and temperate checks
- Athletes are required to wear a mask for the entirety of the clinic.
- Social distancing
- Exposure: If an athlete is exposed prior to or during the tryout clinic that results in a quarantine, proper notification and documentation must be provided to the coaching staff and accommodations will be made.
- Positive case: If an athlete tests positive prior to or during the tryout clinic that results in a quarantine, proper notification and documentation must be provided to the coaching staff and accommodations will be made.
- As you prepare for tryouts, we highly recommend filming all skills on a deadmat.
- Judges will only score skills performed on a deadmat or grass. No exceptions.