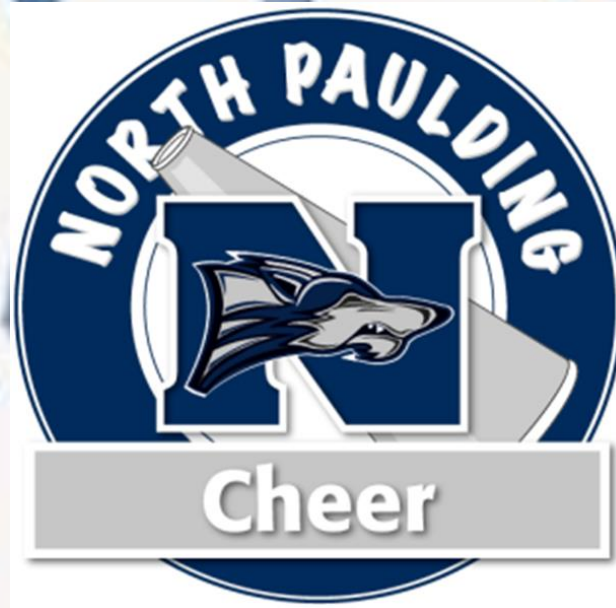


North Paulding
Cheerleading Tryouts
2024-2025



COACHING STAFF:

- Hannah Blue- Interim Head Coach/Program Director
- Jennifer Anavitarte JV Coach and Varsity Basketball
Paige Colon
 - Community Coach-Varsity Competition

Cheerleading Tryouts 2024-2025

- Tryouts will be- April 8th – 12th from 4:00-6:30
- Monday- Tumble tryouts
- Tuesday-Finish tumble tryouts and start stunting tryouts
- Wednesday- Stunt Tryouts
- Thursday- Finish stunt tryouts-
- Friday- Formal tryout with cheers, dance, jumps, spirit.. Ect.
- Formal tryout day is on April 12th. More Details will be given the week of tryouts. The candidates need to leave the building as soon as they finished their group tryout for the day.

Cheerleading Tryouts 2024-2025

- Tryouts are closed to the public only candidates, judges, and coaches may enter the building for tryouts.
- Each athlete will only be allowed to cheer for one season if selected. You can not make football AND basketball sidelines.
- If you are waiting for your child to complete their tryout, you must park your car after they move to the gym and wait for them to come to you.
- Please make sure to follow our guidelines so that the process will run smoothly for everyone.
- Results will be posted by March 24th by 6 P.M. on our website, <https://www.nphswolfpackcheer.com/>
- Please allow two weeks to ask questions about tryout results. I will not respond to these until after spring break at the earliest. If there is a question related to results, the athlete must email me first. We will only discuss their tryout and the things that they can improve on for the next year. We will not discuss other athletes and their scores. All scores are final.

Requirements to tryout

- Please take note that all items must be signed and returned no later than March 20th by 4:00pm in order to be eligible to tryout. All items are located on the North Paulding Cheerleading website.
- Listed below are the requirements needed to tryout:
- * Physical- you must have a current physical to be able to attend pre tryout conditioning or tryout. (uploaded to rank one)- upcoming freshman will email theirs for now
- * 4 teacher recommendation forms sent to 4 teachers- Coach A can not be used as a recommendation. You may ask a teacher from fall or spring semesters to complete these for you.
- Google Doc Filled out

Squad Choices

- Varsity Football/Competition- 9th - 12th grade- Freshmen will not be allowed to make football sidelines without making varsity competition.
- Varsity Basketball-9th- 12th grade only
- JV Football/Competition- 9th- 11th grades only
- You can try out for both sideline teams
- Please note that you may tryout for a competition team only, but you may not tryout for sidelines only. Not everyone will make both teams.

"What Will I Be Judged On At Tryouts?"

- Cheers and/or chants
- Dance
- Jumps- Single toe touch, and a sequence of three jumps connected- toe touch, Pike, and front hurdler
- Tumbling This is no time to try a skill for the first time - NO SPOTTING for tumbling- you will be required to complete each tumbling skill twice with consistence.
- Stunting will be assessed on your highest stunting skill that you can execute safely. This is not a time to try a new skill
- For all fall squads, you will be judged on your cheer, chant, dance, jumps, motions vocal tone and volume, stunting ability, tumbling and spirit..
- ATTITUDE during tryout week will also be evaluated. Show your North Paulding Excellence by helping others, cleaning the gym, taking pride in the school, and showing good sportsmanship.

"What Will I Be Judged On At Tryouts?"

- For competition you will be judged on all skills during the tryout, and decisions will be based upon what is needed and best for each team. We will need a minimum of 4 flyers, 4 backspots, and 8 bases for both competition teams. The goal is to have one complete stunt group in addition to this to be fill ins for alternates.
- If you are trying out as a flyer, you must be able to pull 3 body positions on the gym floor. You will not receive a score for this, but it is required and you will be assessed in more detail when we start stunting during the week. It is a good idea to start forming stunt groups before the week of tryouts. This does not mean that is the only stunt group that you will work with for the week.
- IF YOU ARE CHOSEN TO BE ON A SIDELINES TEAM AND YOU WERE NOT PLACED ON A COMPETITION TEAM, PLEASE NOTE THAT YOU COULD BE ASKED TO PARTICIPATE ON A COMPETITION TEAM IF YOU ARE NEEDED.

"What Will I Be Judged On At Tryouts?"

- If you are placed on a competition team, these placements are not permanent until the week before choreography. We will only be placing the top 16 girls on the competition teams at that time based upon skill and position needed to make a complete squad.
- Sideline teams will not be assessed on tumbling. Jumps will be a part of the assessment.

Eligibility:

- You must be academically eligible.
- a. First-year students (entering ninth grade) are academically eligible for the first semester. Second semester first-year students must have earned 2.5 units the previous semester in order to participate.
- b. Second-year students must have accumulated five (5) total Carnegie units in the first year AND passed courses carrying at least 2.5 Carnegie units in the previous semester.

Eligibility:

- c. Third-year students must have accumulated eleven (11) Carnegie units in the first and second years AND passed courses carrying at least 2.5 Carnegie units in the previous semester.
- d. Fourth year students must have accumulated seventeen (17) Carnegie units in the first three years AND passed courses carrying at least 2.5 Carnegie units in the previous semester.
- e. Students may accumulate the required Carnegie units for participation during the school year and eligibility will be reinstated at the beginning of the next semester.

Additional information

Assignment to ISS (10 point deduction per day on tryout scoresheet)

Expulsion-(10 days or more) will be an automatic 100 point deduction from your total tryout score.

Teacher recommendations

4 teacher recommendation forms sent to 4 teachers- Coach A can not be used as a recommendation. You may ask a teacher from fall or spring semesters during the 2023-2024 school year to complete these for you. They are due by March 20th at 4:00 PM. If you do not get these turned in, they will result in a zero for that spot. Each recommendation will be averaged together to get the final score for that portion of your tryout score.

current physical

All physicals must be current or you will not be eligible to tryout.

The physical that is needed for this is located on the website. YOU HAVE TO USE THIS FORM ONLY. You must then upload your physical to rank one (this is new this year).

You can check rank one for your current physical date

Upcoming Freshman will email their physicals

Tryout Attire

During the clinic you may wear any shirt and shorts of your choice. However, it can not have any words that represent North Cheerleading or an all-star gym on it. DO NOT WEAR A MIDRIFF shirt to the clinic. You will be asked to leave if you are not in compliance.

During the formal tryout day you will need to wear a black or navy shirt that is tucked into the shorts of your choice.

Athletic shoes (both cheer or tennis shoes are required) for the entire tryout

GHSA rules that cannot be violated at any time.

No jewelry of any kind!!!

Hair must be worn off the shoulders in a neat high or low pony.

No long fingernails (they may not extend past your fingertips!)

Required Items to purchase if you make a team

Item	Approximate Cost
Warmups NEW this year	\$230
Bow-new	\$ 15 per team
Poms- new navy and white	\$48.00
Sideline Cheerleading Shoes	\$52- basketball requirement
Back Pack-	\$ 112
Camp wear/practice wear	\$220
Theme Bows	\$ 10 Basketball \$ 30 Football
Sleeves	\$26.00-\$89.00
Bloomers- NEW	\$ 17
Rain Jacket	\$23
Varsity comp Bra	* Still working on

Other fees per team All fees are approximate- Final fees will be given at the first parent meeting of the season

FEEs	VARSITY COMP	JV COMP
CHOREO/MUSIC	\$250	\$250
Stingray- facility	\$700	\$ 595
COMPETITION FEE	\$70	\$50
STATE SWEATSHIRT	\$25	\$0
RUMBLE AT THE DEN SHIRT per shirt	\$30 covers both cheerleader and one parent	\$30 covers both cheerleader and one parent

Other fees per team

All fees are approximate- Final fees will be given at the first parent meeting of the season

FEEs	VARSITY COMP	JV COMP	VARSITY SL	JV SL	VARSTIY BB
BOOSTER FEE only one per year	\$50	\$50	\$50	\$50	\$50
CAMP/ game day	0	0	\$20	\$20	\$20
UNIFORM FEE per team- rental fee is non-refundable	\$ 100 <small>* if comp only \$ 150</small>	\$ 100 <small>* if comp only \$ 150</small>	\$ 150	\$ 150	\$ 150
Rumble Fee	0	0	\$ 15	\$ 15	\$ 15

payments

If your athlete makes a team, there will be a mandatory uniform fitting to pass out uniforms and pay the first set of dues. This will be on APRIL 9th. Come prepared to order mandatory items.

Varsity Sidelines, JV sidelines and Varsity Basketball fees will be split into 2 payments

Varsity and JV Comp will be split into 4 payments

If you are on more than one team you will pay the two payment amounts combined.

All apparel will be ordered on the day of the fitting. These items will need to be paid in full before we distribute them over the summer. **DO NOT ORDER THINGS** that you do not need.

What happens if I make a team?

We will have a parent/ booster on May 1st at 6:30

There will be a mandatory Apparel Fitting on April 9th in room Coach A's classroom. This is not optional and will be the only time to get your uniform and get fitted for items needed for the year- PARENTS are not allowed in the classroom during the fitting- this will be strictly enforced.

DATES TO REMEMBER:

- April 25th Uniform fittings
- May 1st Mandatory Parent/ Athlete Meeting 6:30
- April 15- 19 Middle school tryout week- varsity sideline Rising juniors and seniors work this
- May 17th- Spring Game for Varsity only

May 26th- May 31st & July 1st -6th are the two GHSA dead week- no practice for any sport.

July 10th and 11th JV and Varsity Competition Choreography at Stingray Allstars

* competition practices will start on June 3rd you will have several days off in the summer and during Both GHSA dead weeks. Please plan on attending all practices

These will be on the following days for JV and varsity- but subject to change

June 3,4,5 2:00-4:00

June 12 13, 14, 15 9:00-11:00

June 17,18,19 9:00-11:00

July 9 2:00-4:00

July 15,16,17 9:00-11:00

July 22,23 9:00-12:00

July 29,31 4:30-6:30

* Varsity and JV Sidelines camp TBD

* Kiddie Camp is tentatively scheduled for the week of June 3-5 and middle school camp 8th and 9th. All sideline cheerleaders are required to work this event.

Tentative practice schedule for fall cheerleading. Basketball cheerleading will start mid- September

Varsity competition Monday, Tuesday and Thursday

JV Competition Monday and Tuesday

JV and Varsity Sidelines Wednesdays

Varsity Basketball will start mid September or early October.

- Videos will be Posted By March 14th. Please review the material prior to coming to the Tryout Week.
- The videos will be posted on the North Paulding Cheerleading Website under TRYOUT videos
- DO NOT WAIT UNTIL MONDAY TO LOOK AT THEM. OTHER CANDIDATES WILL BE AT AN ADVANTAGE THE WEEK OF TRYOUTS IF YOU DO NOT PREPARE.
- If you are trying out for basketball cheer, you will have different cheers to learn but the dance will be the same.

- COME IN ENERGETIC AND LET'S SEE SOME GREAT SKILL, SPIRIT, AND EXCITEMENT.
- PAY CLOSE ATTENTION TO THE CHEERLEADER MOTIONS AND SHARPNESS IN THE VIDEO. Remember if you are looking at the cheerleader and they are facing you, then it is a mirror image and you will do the opposite motions from them.
- Bring your best attitude and determination.
- WE CAN 'T WAIT TO WATCH YOU PERFORM!!!!
- GO PACK!

GOOD LUCK!

If you have questions please email Coach Hannah Blue

hblue@paulding.k12.ga.us

First Parent meeting will be on May 1st at 6:30