Woodward Academy 2019-2020 Cheerleading Tryout Information

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>March 18-21</td>
<td>MS &amp; US Tryout Clinic (4:00-6:00 MS &amp; US Teams – Dobbs Gym)</td>
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<tr>
<td>March 22</td>
<td>MS &amp; US Tryouts (3:45-?? - Dobbs Gym)</td>
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<tr>
<td>March 22- LATE</td>
<td>Tryout Results Emailed to Woodward Student Email</td>
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</table>
Clinic Rules:
1. Be ON TIME each day.
2. Wear soffe or running shorts (NO NIKE PROs), a WHITE or BLACK t-shirt/tank, and cheer/tennis shoes. (**The girls will need to wear a white t-shirt/tank top with black shorts on tryout day**).
3. Wear hair in a ponytail with a red, black, or white bow EVERY DAY.
   - Know the look of the squad you are trying out for:
     - **If trying out for Varsity Competition**: Hair should be in a low, neat ponytail, bow facing the back, smoky eye makeup, red lipstick
     - **If trying out for JV or MS Competition**: Hair should be in a high, tight ponytail, bow facing the front, natural makeup
4. NO jewelry.
5. You MUST wear your tryout number for the duration of tryout clinics and during your tryout.
6. Attendance is mandatory all 4 days. Let a coach know prior to tryouts if there is a conflict with an outside sport/activity. There will be a conflict with spring sports. Please let us know your intent to try out and we will work around this with the spring sport coaches. Do NOT skip spring sport practice; you have already made a commitment to that team.
7. Tryouts are **closed** to non-participants. This includes parents/siblings and friends.

The Woodward Competition tryout process will consist of:
- A three-day clinic to learn tryout material: a cheer, chant and dance
- A Fitness Test
- 2 Academic Teacher, 1 Coach (if applicable), OR another Teacher Recommendations
- A Triple Combo Jump Sequence
- Tumbling Skills

Tryouts Checklist
- Must have a current physical on file in order to participate in tryouts
- Must turn in a completed tryout application **by March 18** and 3 teacher recommendations **by March 20**
- Must attach a small “headshot”-type picture to tryout packet (school picture preferred)
- Must discuss any tryout conflicts with a coach in advance
- Must wear proper attire on tryout days
- Must secure a ride home from tryouts all days. – if found hanging out in the lounge “after-hours”, you could face consequences.

The coaches will not know how many girls they will take for their teams until tryout scores have been submitted.
Football Cheerleading and Competitive Teams

- **Football games:**
  - Varsity - Friday nights from August - November. Playoffs could extend into December.
    - Varsity will have a **MANDATORY** football game the Friday after Thanksgiving. Please plan accordingly!
  - JV – Thursday nights from September - October. Playoffs could extend into November.
  - MS – Saturday mornings from August - October.

- **Competitions:**
  - Competitions are on Saturdays from September - November (MS and JV will end in October)
    - Varsity - will attend 5-6
    - JV - will attend 3-4
    - MS - will attend 3-4

- **Practices:**
  - Varsity - Monday – Thursday; AM practices will be required once comp season begins
  - JV - Monday – Thursday; some Fridays once games begin
  - MS - Monday – Thursday; some Fridays once games begin

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**Contact Information**

**Varsity Football and Competition**
Malia Raley- Varsity Head Coach and WA Cheer Program Director
malia.raley@woodward.edu
404-765-1529 (classroom)
Corey Eskew- Varsity Competition Assistant Coach

**JV Football and Competition**
Elece Turnipseed
elece.turnipseed@gmail.com

**MS Football and Competition**
Chelsea Hagan
tawilliams2013@gmail.com
Taylor Williams

**Varsity Basketball**
Linsey Troutman
linsey.troutman@woodward.edu
Hailey Little
hailey.little@woodward.edu
### Woodward Academy Cheerleading Score Sheet

**Name:** ____________________________  
**Stunt Position:** ___________________

<table>
<thead>
<tr>
<th>Categories</th>
<th>Possible Score</th>
<th>Score</th>
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<tbody>
<tr>
<td>Jumps</td>
<td></td>
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<tr>
<td><strong>Degree of Difficulty</strong></td>
<td>5</td>
<td></td>
</tr>
<tr>
<td><strong>Execution</strong></td>
<td>10</td>
<td></td>
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<tr>
<td><strong>Total</strong></td>
<td>15</td>
<td></td>
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<tr>
<td>Standing Tumbling</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Degree of Difficulty</strong></td>
<td>5</td>
<td></td>
</tr>
<tr>
<td><strong>Execution</strong></td>
<td>10</td>
<td></td>
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<tr>
<td><strong>Total</strong></td>
<td>30</td>
<td></td>
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<tr>
<td>Running Tumbling</td>
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<td><strong>Degree of Difficulty</strong></td>
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<td></td>
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<td><strong>Execution</strong></td>
<td>10</td>
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<tr>
<td><strong>Total</strong></td>
<td>30</td>
<td></td>
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<tr>
<td>Dance</td>
<td>10</td>
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<tr>
<td>Cheer</td>
<td>15</td>
<td>X</td>
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<tr>
<td><strong>Voice Clarity</strong></td>
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<td></td>
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<tr>
<td><strong>Execution of Motions</strong></td>
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<td></td>
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<tr>
<td>Crowd Cheer</td>
<td>10</td>
<td></td>
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<tr>
<td>Fitness Test Score</td>
<td>5</td>
<td></td>
</tr>
<tr>
<td>Recommendation/Sportsmanship/Attitude shown during tryout week</td>
<td>10</td>
<td></td>
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<tr>
<td>Presentation/Overall Poise</td>
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<td></td>
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<tr>
<td><strong>Total</strong></td>
<td>20</td>
<td></td>
</tr>
<tr>
<td><strong>Out of a possible 100 points:</strong></td>
<td><strong>Total Score</strong></td>
<td></td>
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</tbody>
</table>

**Comments:** ____________________________________________________________________  
________________________________________________________________________________  
________________________________________________________________________________

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**Woodward Academy Cheerleading Score Sheet**

**Name:** ____________________________  
**Stunt Position:** ___________________
**WAC Scoring Instructions and Difficulty Scales**

### Jumps

- Must include a triple combo: left hurdler, right hurdler, and toe touch
- Jumps must be connected to tumbling if trying out for a competitive team (For example: triple combo + back tuck)
- Jump sequences must have NO pauses between jumps and tumbling skills
- **Varsity competition must throw at least a 3-point skill!**

<table>
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<th>Difficulty Scale</th>
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<td>1</td>
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<tr>
<td>2</td>
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<td>3</td>
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<tr>
<td>4</td>
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<td>5</td>
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</tbody>
</table>

**Execution**

To receive maximum points, the athletes must have: excellent technique, no missed jumps, solid landings with no steps or busts

### Standing Tumbling

- Includes standing back handsprings, standing tucks, back handspring + back tuck, and two to layout or full
- Varies depending on the team
- **Varsity competition must throw at least a 3-point skill and show both components!**

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<td>4</td>
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<tr>
<td>5</td>
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</tbody>
</table>

**Execution**

To receive maximum points, the athlete must have: excellent technique and solid landings with no steps or busts
Running Tumbling

- Includes round off + hand spring, round off + hand spring + tuck, round off + hand spring + layout/full
- Varies depending on the team
- **Varsity competition must throw at least a 3-point skill!**

**Difficulty Scale**

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<table>
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<th></th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>Round off + Hand spring</td>
</tr>
<tr>
<td>2</td>
<td>Round off + Multiple BHS</td>
</tr>
<tr>
<td>3</td>
<td>Round off + Hand spring + Tuck/RO Tuck</td>
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<tr>
<td>4</td>
<td>Round off + Hand spring + Layout/Specialty Combo Pass</td>
</tr>
<tr>
<td>5</td>
<td>Round off + Hand spring + Full/ Combo pass, ending with a full</td>
</tr>
</tbody>
</table>

**Execution Scale**
To receive maximum points, the athlete must have: excellent technique and solid landings with no steps or busts

Dance

- To receive maximum points, the athlete must have: excellent technique, rhythm, perfect timing, clean transitions, and excellent facials and energy

Cheer

- To receive maximum points, the athlete must have: excellent technique, rhythm, perfect timing, tight motions, clean transitions, excellent volume, and excellent facials, energy, and spirit

Crowd Cheer

- To receive maximum points, the athlete must have: excellent technique, rhythm, perfect timing, tight motions, clean transitions, excellent volume, excellent crowd leading skills, and excellent facials, energy, and spirit

**Fitness Test**

- Consists of a timed one-mile run and two minutes max on two exercises: push-ups and squats
- Athletes must pass the fitness test to receive the points

<table>
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<th>Exercise</th>
<th>Minimum</th>
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<tbody>
<tr>
<td>Run</td>
<td>9:00</td>
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<tr>
<td>Plank</td>
<td>2 min max (points awarded)</td>
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<tr>
<td>Burpees</td>
<td>25</td>
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</tbody>
</table>

**Recommendation/Sportsmanship/Attitude**

- Each athlete must have three teacher recommendations: 2 academic teachers and 1 specialty/elective teacher.
- There must be 3 total recommendations that must be turned in by **March 20**
- Athletes are responsible for following up with teachers to make sure it is completed. Athletes are responsible for giving the teacher adequate time to complete the forms and return it.

**Presentation/Overall Poise**

- Judges will look at the following areas: neatness, poise, hair in a tight pony tail with a bow, a white t-shirt, black shorts, and is performance ready.
Woodward Academy Cheerleading Tryout Application

Name: ____________________________________________

First    Middle    Last

Home Address: ______________________________________

Street, PO Box, Route, Etc.

City    State    Zip Code

Parent’s Names: ____________________________________

________________________________________________

Home Phone Number: _______________________________

Parent Cell Phone Number: __________________________

Parent Email: _____________________________________

Student Email: ____________________________________

Date of last physical: __________________

Grade (next year): ______________

Please indicate your top squad preference. If you are interested in JV and Varsity, please indicate squad preference with a number order (1 being top choice).

Rising Grades 9-12
Varsity Football/Competition     ____
JV Football/Competition          ____

Rising Grades 7-8
MS Football/Competition          ____
Describe your cheerleading experience:

____________________________________________________________________________________________

____________________________________________________________________________________________

____________________________________________________________________________________________

____________________________________________________________________________________________

Primary Stunting Position (flyer, base, back spot): ______________________________________________

Flyers Only- Describe your highest level of flying skills:

____________________________________________________________________________________________

____________________________________________________________________________________________

____________________________________________________________________________________________

____________________________________________________________________________________________

Tumbling Experience—Put an “x” next to all that apply. Please only mark the skills that can be performed currently without a spot and that you plan of using in tryouts and for the rest of the season!

Standing back handspring ________
Round-off back handspring ________
Standing back tuck ________
Round-off handspring tuck ________

Advanced tumbling pass (please indicate below)

____________________________________________________________________________________________

I have read the ENTIRE Woodward Academy Cheerleading Handbook and understand the rules, regulations, financial obligations, and commitment required. My child has permission to tryout for cheerleading for the 2019-2020 school year. I understand that if my child makes the squad, she is responsible to attend all games, events, and practices (even when scheduled during breaks and holiday seasons). I also understand that my child can only make the squads specified above.

Parent Signature ________________________________

Student Signature ________________________________

You MUST have a new/current physical on file with the trainer to attend the clinic and tryout. This is YOUR responsibility. If you DO NOT have a current physical you CANNOT participate.

If you have any questions, please call the athletic office (404)765-4050 or the training room (404)765-4062.
Woodward Academy Cheerleading
Teacher Recommendation Form

CONFIDENTIAL TEACHER EVALUATION FORM

______________________________ is an applicant to the Cheerleading Program.

Student Section:

This is a TEST to see if you are RESPONSIBLE and can FOLLOW DIRECTIONS. YOU (the student) must be the person to give this to two current or former teachers. The teacher will return it to me.

Student’s Name: __________________________________________________________

Teacher: _____________________  Subject: ______________________

************************************************************************

Teacher Section:

This information is confidential and will only be used in the selection of candidates. Please do not make this completed form available to candidates, parents, or anyone else outside of the Cheerleading Committee.

1) What kinds of grades does this student make in your class? (ball park average)

   A+  A   A-  B+  B  B-  C+  C  C-  under C-

2) Could you spend time outside of school with this person?   YES   NO

3) We are looking for well-behaved and RESPONSIBLE young ladies. We need those who will attend meetings, keep commitments, and work hard. Does this student turn things in on the date due? Is this student RELIABLE and PUNCTUAL?

4) Would this young lady complete a given job if you were NOT around?   YES   NO
5) Please check the appropriate boxes below to give me a good picture of the student.

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6) Has the applicant had any disciplinary problems in the past year? Yes _______ No _________

If yes, please explain.

7) Please make general comments on the academic and personal qualities of the applicant that could help us in our decision.

RECOMMENDATION

☐ HIGHLY RECOMMENDED

☐ RECOMMENDED

☐ RECOMMENDED WITH RESERVATIONS BECAUSE

☐ NOT RECOMMENDED BECAUSE

How long have you known applicant? ___________________________ Date __________

Form completed by ___________________________ Title ___________________

Please return to Coach Raley in the Upper School by March 20, 2019
Thanks for all your help with this!
Woodward Academy Cheerleading
Teacher Recommendation Form

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   A+   A   A-   B+   B   B-   C+   C   C-   under C-

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**RECOMMENDATION**

- HIGHLY RECOMMENDED
- RECOMMENDED
- RECOMMENDED WITH RESERVATIONS BECAUSE
- NOT RECOMMENDED BECAUSE

How long have you known applicant? ________________________ Date _____________
Form completed by ________________________________ Title ________________

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**RECOMMENDATION**

- [ ] HIGHLY RECOMMENDED
- [ ] RECOMMENDED
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- [ ] NOT RECOMMENDED BECAUSE

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Form completed by __________________________ Title _____________

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