



# SGS

## Cheer Tryout 2023-2024

### Important Tryout Dates:

#### On receipt of information:

Please have YOUR CHILD join “St. George Catholic School Cheer Tryout” Google Classroom with appropriate code given.

**Wednesday & Thursday**  
**March 29-30, 2023** Pre-tryout days located in SGS Gym.

**Friday, March 31<sup>st</sup>, 2023** St. George, tryouts in SGS Gym.

#### Tryout times:

**5<sup>th</sup> grade:** 4:15

**6<sup>th</sup> grade** 2:45

**7<sup>th</sup> grade,** 3:30

**Saturday, April 1st, 2023**

Notification of squads via **Reweb Email** will be sent out to all who tryout by St. George Athletic Director, Ashley Bourgeois, after 4PM.

### Sign Up for Tryouts

Directions are included on how to sign up for tryouts through google classroom. To be eligible to tryout out for the 2023-2024 cheer season, you must sign up by Friday, **March 17<sup>th</sup>**.

### Pre-Tryout Days

**Pre-Tryout Clinic: All participants will be identified throughout the try-out process by a randomly assigned**

**number.** During the Cheer Clinic prior to tryouts, the girls will learn a cheer, chant, and a short dance that they will perform for tryouts. Clinic and tryouts are completely CLOSED to parents and spectators. There will be no videotaping allowed on campus. The current 8<sup>th</sup> grade cheerleaders under the direction of the coaches will help teach the cheer and dance routine to the girls. Qualified judges will be present on both days to evaluate the girls. They will assess with no actual contact. Pre-eval scores will be added to their try-out score sheets and totaled. The pre-assessment sheet is included in this packet.

**Attire for cheer Pre-tryout clinic:** All girls may wear any appropriate t-shirts and shorts. Please note that if you are jumping or tumbling, please wear boy shorts/ tights under your shorts.

They will learn:

- Spirit Cheer Out • Cheer • Chant • Tryout dance • Toe Touch

### Tumbling (not required)

Tumbling must be a **running** tumbling pass that can be performed on the gym floor • Make sure your child is proficient in and comfortable performing the skills on their own. No spotting will be allowed. Again, tumbling is not required. • **No standing** tumbling, front walkovers, cart wheels, or fulls are allowed for tryouts.

## Dress Code for Tryout Day

Each girl will be required to wear a **fitted/semi-fitted t-shirt of any color with solid-colored black shorts**, socks, and tennis shoes. Shirts should be tucked in if not fitted. We must be able to see your shorts. If you do not own cheerleading shoes, any tennis shoes are fine. Please dress appropriately (no bare midriffs, baggy shirts, short shorts etc.). Be presentable with neatly brushed hair, ponytail, and a smile! You may not wear any item of clothing that indicates prior membership on a cheerleading squad (except shoes). For example, shirts that say "St. Agnes Cheerleader" or anything with a competitive logo.

## Tryout Information

Tryouts will consist of:

- Athletes are required to perform a toe touch, chant, cheer, and dance.
- Candidates are judged individually by Qualified Independent Judges, same manner as yearly tryouts.
- Not everyone who tries out will be chosen. Those on past squads are not slated to make the squad again this year
- Tryouts will be closed to anyone other than the judges. ♣ Please note:
- It is encouraged YOU not share your personal practice videos. You are NOT allowed to SHARE THEM ON SOCIAL MEDIA before or after tryouts.
- Teams will be chosen based on a natural break of scores.
- After tryouts are completed and scores are generated, three teams will be chosen. This consists of a 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> grade squad for the 2023-2024 school year.

## Notification of WHEN and HOW you will be notified if you have made the squad

Email Notification:

- All candidates signed up for tryouts will be sent a list of those chosen for the St. George Cheer Squads for the 2023-2024 school year.
- The St. George Athletic Director, Ashley Bourgeois, will be sending the results on Saturday, April 1<sup>st</sup>, after 4PM. PLEASE do not email asking if it has been sent unless you have not received it by 9:00 PM that night. Check all aspects of your email prior to emailing Mrs. Bourgeois. She will be using the Email Addresses used in **Renweb**. If you need to update an email, please contact [ashley.bourgeois@sgschoolbr.org](mailto:ashley.bourgeois@sgschoolbr.org) immediately to make this change.
- Following, those who made the squad will be contacted via Email by their Coaches/Mrs. Tucker-Day in a timely manner, providing important information

Good luck to everyone!!!!

Cheerfully Yours,

Mrs. Lori Tucker-Day

4<sup>th</sup> Math, Science, Social Studies  
Cheer Coach/Moderator 6<sup>th</sup>-8<sup>th</sup>  
St. George Catholic School

[lori.tucker-day@sgschoolbr.org](mailto:lori.tucker-day@sgschoolbr.org)

\*\*If your child can not tumble or jump because of injury, an email explanation must be sent to [lori.tucker-day@sgschoolbr.org](mailto:lori.tucker-day@sgschoolbr.org) prior to trying out.

## Directions on how to **Sign up for tryouts** on Google Classroom

### Join a class with a class code

1. Sign in with your **Google** Account. Go to **classroom** in your **google account**
2. Make sure to sign in **with the correct account associated with St. George School.**
3. Once in Classroom go the top right, **click Add** then **join**.
4. Click the link then enter **class code** provided:

**Current 5<sup>th</sup> Grade:** <https://classroom.google.com/c/NTQxOTgzMDYxNzU4?cjc=eyvcoyz>

Class code

eyvcoyz

**St. George Catholic School Cheer Tryout**

**Current 6<sup>th</sup> Grade:** <https://classroom.google.com/c/NTQxOTgzMDc5NjUw?cjc=ubg7ntc>

Class code

ubg7ntc

**St. George Catholic School Cheer Tryout**

**Current 7<sup>th</sup> Grade:** <https://classroom.google.com/c/NTQxOTgyODAyNDg3?cjc=ij4yj2i>

Class code

ij4yj2i

**St. George Catholic School Cheer Tryout**

**\*\* There will be an assignment posted in classroom after pre-tryouts: These are the **Tryout Material Videos for your child to practice with.****

If interested in Private Coaching please contact Mrs. Tucker-Day at [lori.tucker-day@sgschoolbr.org](mailto:lori.tucker-day@sgschoolbr.org)

for a list of those providing this service.

**Tryout Ballot:**

# St. George Tryout Ballot 2023-2024

## Cheer

Motion Sharpness

\*  
1 2 3 4 5  
Select one

## Cheer

Voice Projection and Inflection

\*  
1 2 3 4 5  
Select one

## Cheer

Knowledge of Material

\*  
1 2 3 4 5  
Select one

## Chant

Motion Sharpness

\*  
1 2 3 4 5  
Select one

## Chant

Voice Projection and Inflection

\*  
1 2 3 4 5  
Select one

## Chant

Knowledge of Material

\*  
1 2 3 4 5  
Select one

## Dance

Motion Placement and Sharpness

\*  
1 2 3 4 5  
Select one

## Dance

Coordination/Timing with Music

\*  
1 2 3 4 5  
Select one

## Dance

Knowledge of Material

\*  
1 2 3 4 5  
Select one

## Jump #1

Toe Touch - Height

\*  
1 2 3 4 5  
Select one

## Jump #1

Toe touch - Technique/Sharpness

\*  
1 2 3 4 5  
Select one

## Tumbling

Technique/Difficulty of Skill

\*  
1 2 3 4 5  
Select one

## **St. George Pre-Tryout Ballot 2023-2024**

Ability to learn quickly 1-5 pts

Precision of moves 1-5 pts

Listens and Follows direction 1-5 pts

Positive attitude and demeanor 1-5 pts

They will receive a total out of 20 points EACH Pre-tryout DAY.  
This total score will be added to their tryout ballot on  
Wednesday.

Scores will total up to 100 points after three days.

# 2023-2024

## SGS Cheerleader

### **Pre-Tryout Clinic:**

**Wednesday and Thursday, March 29-30, 2023**, Learn: Cheer, Chant, Dance

Location: SGS Gym

Time: 2:45-4:00

(Parents please be prompt to pick up. We ask that you do not leave your car.

Your child will walk to you.)

### **Tryouts:**

**IN PERSON** Tryouts Day 3: **Friday March 31<sup>st</sup>**.

**Friday, March 31<sup>st</sup>, 2023** (6<sup>th</sup>) 2:45 (7<sup>th</sup>) 3:30  
(5<sup>th</sup>) 4:15

**Girls will NOT find out results until Saturday, April 1<sup>st</sup>**

\*Dress code for pre-tryout and tryouts included in packet\*

### **Mandatory Dates:**

**Mandatory Camp Fitting ONLINE:** **April, 17<sup>th</sup>** virtual online fitting for all camp gear  
with Varsity Sports (email to follow)

**Mandatory Practice date prior to camp:** Sunday, **June 11**, 9am-4pm

SGS Gym

**Mandatory UCA OPEN Cheer Camp:** **Monday, June 12-Wednesday, June 14**

location SGS, Gym

Any questions emailed to:

Lori.tucker-day@sgschoolbr.org

## **Requirements:**

**Grades:** **To be eligible to try out, Girls must have an overall 2.5 GPA.** Cheerleaders must maintain that **2.5 GPA** throughout the cheer season. The girls cheer for football games and girls' basketball games during the months of September through November and they also cheer for boys' basketball games during the months of January through March. Please know that this is a full year commitment.

**Cheer Practices:** Tentatively every Wednesday from 3:00-4:15 in the SGS gym though March.

## **Costs:**

Girls who make the squad will be asked to **purchase** the following cheerleading supplies for the year:

- Cheer Gear- Uniform, shoes, bag, poms, and turtleneck.
- Camp wear items– Basic Black shorts and ribbons.
- UCA Private camp in SGS gym– approximately \$140 per cheerleader
- The athletic association will be purchasing t-shirts for all the girls to wear at camp! Total is around \$275 plus camp for a cheerleader with no gear.

We are extremely excited about this upcoming school year!

Sincerely,

*Mrs. Tucker-Day*

Lori Tucker-Day

[lori.tucker-day@sgschoolbr.org](mailto:lori.tucker-day@sgschoolbr.org)