

Cheerleading at CSCA is a dynamic and high energy program. Cheerleaders are selected based on their character and skills and their willingness and ability to be ambassadors for Christ and CSCA. We are proud of this tradition and are confident you will each represent the program with the true Spirit we see in your Hearts.

Listed below are the requirements for the 2016-2017 CSCA Cheerleading Squads. Please review this complete document and work hard to master all of the skills listed below in order to be a Competitive Applicant for the 2016-2017 Spirit Squad tryouts which will be held the following dates:

UPCOMING TRYOUT DATES

Elementary Spirit Squad: September 27-29th with Season starting October 1st.

Varsity and Junior High Spirit Squad: October 4-7 with Season starting October 1st

Varsity and Junior High Competition Squads: October 4-7 with the Season beginning October 10th.

STUNT SQUAD: February 7-10, 2017

GENERAL INFORMATION

Cheerleading at CSCA is an activity that requires a lot of work and dedication. As a cheerleader you will practice/workout/tumble/cheer at least 4-5 times per week. You are expected to put the team above everything except your Spirituality and Academics. You will be a Spiritual Guide and mentor to our younger cheerleaders and an active participant in all Cheerleading Fundraising and Social events. You are expected to manage your time well so not to neglect your spiritual and academic growth as they are fundamental aspects of being a dynamic CSCA Cheerleader. ***“Leadership is based on Spiritual quality; the power to inspire, the power to inspire others to follow.”***

CHEERLEADING SPIRIT/COMPETITIVE and STUNT SQUADS:

Varsity Spirit Squad: Co-Ed (Co-Ed teams must have 1 male to every 3 females) or all girl of 12-20 participants Max (9-12th Grade)

Cheer for Football and/or Basketball and other team sports

Varsity Competition: Co-Ed or all Girl 12-16 participants. Grades 7-12

Must cheer minimum of 4 Competitions

These participants are chosen between August and October and are made up of an elite few members. The season officially begins October 10th with practices 4 days per week with performances at Pep Rally, Games, and 4 season competitions, 1 Regional Competition, 1 State Competition and 1 National competition. Cheerleaders will participate in 6-10 Competitions in the months of (late November-Mid –January 31st).

VARSAITY STUNT SQUAD: This is a new game day style program that runs similar to a basketball game where teams compete head to head in routine, stunt and jump technique. Teams compete for points during 4 periods of game play with Officials and judges. Winner is the team that scored the most points at the end of the 4 periods.

Middle School: All Girl of 12-20 participants max (6th-8th Grade). Cheer for Football & and/or basketball. Guys 8th Grade can tryout for Varsity Squads in May.

Junior High Competition: All girl of 12-20 participants Max (3rd-8th Grade)

Competition Only. Participants will be chosen in September and will practice through Basketball season. They will compete in 3-4 major competitions (December-January)

Elementary: All Girl only 12-20 members (3rd-5th grade...some exceptions for additional grades may be considered based on skill) BASKETBALL ONLY and eligible for Junior High Competition Squad.

SELECTION PROCESS

The CSCA Cheerleading tryouts are broken down by Upper and Lower school.

UPPER SCHOOL TRYOUT PROCESS: Upper School tryouts run for 4 days consisting of (3) preliminary clinics and one tryout. During the Preliminary clinics participants will jump, stunt, tumble and learn Choreography and team Cheers & Chants and the coaches will assess the abilities, leadership skills and the potential of candidates for a position on the squads. Actual attendance by candidates at the clinics is highly recommended as it is a big part of your overall score. Persons who cannot attend the sessions (and have contacted a coach in advance of the session may be excused...*detentions are not excused under any circumstances and will affect your overall standing*). During the clinics and Tryout, participants will start off in a practice-like setting and will be evaluated from the moment they arrive. This procedure allows the coaches to see how the participant performs in our natural environment. On Tryout day, candidates will tryout in groups of 3 and will showcase Choreography, Cheer, Jumps and Tumbling. Stunts will be reviewed and scored during the Practice Session. Participants cannot tryout for Front spot, you must be able to base or backspot or be willing to learn these positions.

ELEMENTARY SCHOOL SPIRIT SQUAD EVALUATIONS: The Lower School tryouts will be a two day tryout. Participants will learn a chant and a jump during the two days. This is an athletic sport so participants will be asked to run, jump, tumble, lift and hold each other during these evaluations and clinics. Cheerleaders will be evaluated and selected in a practice like setting and will not have a formal tryout. This allows coaches to see how the participant performs in our natural day to day environment and how comfortable they will be cheering in front of their peers. Cuts for the elementary squad will only be made if we exceed a manageable amount of participants (16+) per coach and will be based on the participants overall evaluation scores averaged between the two days. It is important participants come prepared and cheer ready.

MINIMUM QUALIFICATIONS FOR TRYOUTS:

Candidates wishing to tryout for a position on the CSCA Cheerleading Squads must meet the following minimum standards:

1. Be enrolled at CSCA for the current School Year
2. Have an overall GPA of 2.0 or higher
3. Must not be on disciplinary probation
4. Have sufficient physical fitness, strength, and athletic skills to perform the Cheerleading activities described below
5. Have a completed FHSAA physical and participant contest forms. These documents can be found on the FHSAA website
6. Have completed a baseline concussion test.
7. Varsity must be in 9-12 grade. Exceptions will be made **ONLY** if we do not have the number of participants with the skills required to fill a team. Middle School Cheerleaders can be moved up to Junior Varsity and/or Varsity Competition Squads based on additional skills required for competition squads (Competition Squads will not be selected until first week in October). Any Middle School candidate Coaches choose to

move to a Varsity team as alternate or other will need to cheer with the Varsity squad during selected Varsity Games.

8. Middle Spirit Squad participants must be 6-8th Grade.
9. Junior High Competition will be a combination of 3rd-7th Grade and will be based on Skills. This selection will not be made until Late August.
10. All Varsity and Middle School Cheerleaders will be required to attend Cheer Camp in the Summer. Dates are normally the July 6-9; however this is subject to change. Information will be provided once team selections have been completed.

SELECTION CRITERIA:

Varsity Skills:

TUMBLING (is recommended): Standing Back Handspring, Working on Standing Back Tuck and Round-off back handspring working on adding Back Tuck, Toe Touch Back Handspring. *Classes will be offered to work on obtaining tumbling skills and will be mandatory during the season; however, tumbling is not required to make the squad.*

STUNTS (either all girl or co-ed)

Participants must base, back or fly in the following skills: (you cannot tryout as a front spot)

1. Straight-up extension
2. Ground-up Liberty, full down
3. Heel stretch, full down
4. other one-leg stunt, full down
5. 2-position Basket Toss (ball X, Toe Arch, Kick Full, Pike Arch, Double Up)

CHEER

Participants must complete a Double jump combination during their Cheer routine. During the tryout process, participants will be evaluated on the skills listed above, their attitude and ability to take direction and critique, their ability to remember routines, and their overall presence. Interviews with all candidates will be conducted by the CSCA Cheerleading Coaches in the weeks leading up to tryouts.

FITNESS TEST:

Girls: 9 minute mile, Bench press 50% of your body weight 3 sets of 8, Lunge the length of the Basketball Court 2 times, do 50 V-Ups without stopping, Curl- 3 sets of 20- Flyers 10 lbs; bases 15 lbs, complete 35 pushups in 1 minute

Boys: 8 minute mile, Bench Press lesser of your body weight or 135 lbs 6 times, Lunge the length of the basketball court 3 times, 100 sit ups without stopping, Curl- 3 sets of 10: 30 lbs, 50 pushups in 1 minute

Middle School (JV)

TUMBLING (is recommended): Cheerleaders will be asked to attend a tumbling class of their choice one day per week to work on their skills. It is highly recommended they add one day per week on their own time as well.

STUNTS (either all girl or co-ed)

Participants must base, back or flyer in the following skills, you cannot tryout as a front spot

1. Straight-up extension

2. Cradle
3. Prep Level Liberty Cradle

CHEER

Participants must complete a Double jump combination during their routine. During the tryout process, participants will be evaluated on the skills listed above, their attitude and ability to take direction and critique, their ability to remember routines, and their overall presence. Interviews with all candidates will be conducted by the CSCA Cheerleading Coaches in the weeks leading up to tryouts.

Elementary School

FITNESS TEST:

Girls: 11 minute mile, Lunge the length of the Basketball Court 2 times, 20 pushups in 1 minute, 50 sit ups without stopping

TRYOUT SCHEDULE: “Making the Most of your Time”-Ephesians 5:16

(Upper School Varsity and Middle School and all participants interested in participating on Competition Squads)...*Please note Lower School will only do a One Day Clinic Day 1 and a Tryout the following day. A Parent meeting will be announced following the tryout.*

Day 1 Clinic

3:00-3:15 Informational Meeting and Devotion
3:15-3:30 Run (9 minute mile & Stretch)
3:30-4:00 Stunts, Jumps, tumble
4:00-4:45 Routine Work
4:45-5:00 Conditioning/Drills

Day 2 Clinic

3:00-3:15 Informational Meeting and Devotion
3:15-3:30 Run (9 minute mile & Stretch)
3:30-4:00 Stunts, Jumps, tumble
4:00-4:45 Routine Work
4:45-5:00 Conditioning/Drills

Day 3 (Evaluation of overall Practice Participation)

3:00-3:15 Informational Meeting and Devotion
3:15-3:30 Run (9 minute mile & Stretch)
3:30-4:00 Stunts, Jumps, tumble
4:00-4:45 Routine Work
4:45-5:00 Conditioning/Drills
5:00-6:00 Varsity Candidate Interviews

Day 4

3-3:30 JV Warm Up, Team Stunts, choreo, cheer
3:30-4:15 JV Tryouts
4:15-4:45 Varsity Warm-up
4:45- 5:30 Varsity Tryouts

Day 5 Team Announcements & Parent Meeting

6:00-6:30 Varsity Parent Meeting

NOTIFICATION OF SELECTION:

Each participant will be given a number at the beginning of the clinics. The numbers of the participants selected will be posted the following day after tryouts in the display case next to the girls locker room and on the bulletin board on the 2nd floor of the Upper School. Those candidates that make the squads will be asked to attend a short meeting to get sized for uniforms, shoes and practice clothes. We will work on goal sheets for the upcoming season in one on ones the week following tryouts. Cheerleaders will meet during the summer months for conditioning sessions and workouts in preparation for camp. All candidates who make the squads will be required to attend summer camp. Camp dates will be announced at the meeting. If you travel during the summer, it is your responsibility to ensure you are working to meet your goals during your travels to ensure you are prepared for Camp. Practices will be 3-4 days per week. Days may alternate and times will be based on gym availability. More information will be distributed at the meeting.

CONTACT INFORMATION:

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