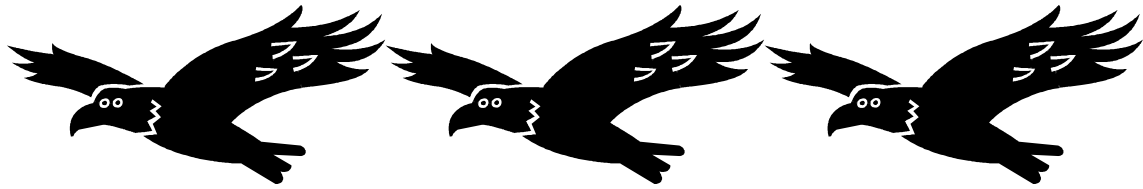


# 2008 - 2009 River Hill High School Cheerleading Tryouts

Requirements  
and  
Other Essential Information



Calling ALL "HAWK" Fans!

**May 6, 2008**

**Dear Cheerleading Candidates & Parents/Guardians,**

Thank you for your interest in trying out for the 2008 River Hill High School Fall Cheerleading squad. We appreciate your enthusiasm and interest in our program. Now that we are officially recognized as a sport, cheerleading has become a two season sport. Another tryout will take place in November for the winter season. Cheerleaders will promote spirit at all of the Fall and winter sporting events. In addition to supporting our fellow athletic teams, we will continue to promote school spirit within the community by participating in county and local/state cheerleading competitions.

You must meet certain qualifications in order to tryout for cheerleading. All incoming 9<sup>th</sup> graders are eligible for the fall season. All 10<sup>th</sup>, 11<sup>th</sup>, and 12<sup>th</sup> graders must have at least a 2.0 GPA for the 4<sup>th</sup> Marking Period with no E's. To be eligible to participate in a Fall sport, prospective candidates must turn in to the main office NO LATER than Monday, August 4<sup>th</sup> the following information: ATHLETIC PARTICIPATION FORM (yellow), PHYSICAL EXAMINATION FORM (pink), a copy of your BIRTH CERTIFICATE, a copy of your FINAL REPORT CARD, and a RESIDENCY VERIFICATION (ex. utility bill).

This can be a truly rewarding experience, but it also requires a tremendous time commitment. A squad member must be willing to practice on his/her own time to perfect skills. Additionally, a squad member must be able to work well with others; as cheerleading is a team sport! Please be aware of this as you prepare to take on the challenges and responsibilities of becoming a member of the River Hill High School Cheerleading squad.

Please read the following packet carefully and return all other necessary forms to Coach Kerri Finkelston by the first day of tryouts - August 16<sup>th</sup>.

Thank you and good luck!

Sincerely,

Mrs. Kerri Finkelston, Head Coach (443)812-6646

Mrs. Michelle Dean, Assistant Coach (240)388-0695

## Table of Contents

- \* **Fall Tryout Information/Procedures**
- \* **Jump Descriptions**
- \* **Basic Cheer Motion Information**
- \* **Individual Chant/Group Cheer for Tryouts**
- \* **Available Summer Programs**
- \* **NCA Summer Camp Information**
- \* **2008 July/August Calendar**
- \* **Physical Examination Information**
- \* **Tryout Forms Checklist**
- \* **Tryout Interview Questions (Must Submit - 08/16)**
- \* **Athlete Application Form (Must Submit - 08/16)**



# River Hill High School Fall Cheerleading Tryouts

## Mandatory Informational Meeting

When: \*Tuesday, May 6<sup>th</sup>  
6:00 - 8:00 pm

Where: River Hill High School  
Cafeteria

## Tryout Mandatory Clinics

When: \*Saturday, August 16<sup>th</sup>  
9:00 am - 12:00 pm  
(12:00 - 1:00 pm Lunch break)  
1:00 pm - 4:00 pm

\*Monday, August 18<sup>th</sup>

\*Friday, August 22<sup>nd</sup>  
1:00 - 6:00 pm

Where: River Hill High School  
Cafeteria

## Tryouts

When: \*Saturday, August 23<sup>rd</sup>  
  
Varsity Tryouts  
8:30 am Registration  
9:00 - 11:00 am Tryouts

Junior Varsity Tryouts  
11:30 am Registration  
12:00 - 2:00 pm Tryouts

Where: River Hill High School  
Cafeteria

## Tryout Procedures

All prospective candidates must turn in the following items by Monday, August 4<sup>th</sup>:

- The Howard County Public School System Athletic Participation Form
- A copy of a utility bill
- A copy of your Birth Certificate
- A Physical Examination form dated after April 1<sup>st</sup>, 2008
- A copy of your final 2007 - 2008 Report Card

The tryout process will consist of: (Attendance is MANDATORY!)

- A series of clinics (three days), at which skills/routines will be taught
- A single tryout day

Appropriate attire should be worn to clinics each day:

- Shorts or spandex/bikers (NO DENIM)
- Tee shirt
- Socks and athletic shoes
- Hair pulled back from face
- No jewelry (If you have a new piercing, you will not be allowed to keep a ring in it!)
- No gum
- No colored nail polish (clear and/or a French manicure is acceptable)

Appropriate attire for tryouts:

- Shorts or spandex/bikers (NO DENIM)
- White tee shirt (tucked in) with your tryout number on the front and back
- White socks and athletic shoes
- Hair pulled back from face
- No jewelry
- No gum
- No colored nail polish (clear and/or a French manicure is acceptable)
- Tasteful makeup

An impartial and experienced panel of judges may or may not be used to select the teams. The final squad selection will be determined by the coaches. The River Hill Cheer coaches will use a daily tryout score sheet as a guide and personal observations throughout the clinics. You may set up a time with the coaches before or after the clinics to review your individual evaluation sheets. If you would like a copy of the daily tryout score sheet, it is requested that you make an appointment with the coaches AFTER Monday, September 1<sup>st</sup>.

# River Hill High School Cheerleading Tryouts

## Judge's Score Sheet - Explanation of Criteria

The below criteria will be used to evaluate you during the clinics and during tryouts. Become familiar with them. As you practice, you may want to have someone, a parent/guardian perhaps, evaluate you as the judges would in each of the six categories. Your evaluation actually starts the very first day - ATTITUDE, appearance, form, timeliness, following instructions, etc. Candidates will lose points for being late, disrespectful and/or not following instructions given!

### Appearance

- Confident and enthusiastic
- Neatly dressed; good posture; hair away from face; no jewelry/gum/colored nail polish

### Knowledge

- Confidently exhibits cheers/chants/jumps/motions/dance
- Knows the sequence and precision of movements
- Does not look around to others for help
- Few mistakes; recovers quickly without drawing attention

### Jumps

- Knows four required jumps (Toe Touch, Herkie, Side Hurdler, Front Hurdler)
- Good height, straight back, exact position of legs
- Smooth prep, execution, and landing

### Chant/Cheer

- Sharp, precise movements
- Loud, audible voice projection
- Synchronized with other members
- Energetic and full of enthusiasm
- Correct arms, length hand position
- Has correct rhythm and timing

### Dance Routine

- Synchronized with other members
- Energetic and full of enthusiasm
- Has correct rhythm and timing
- Knows the sequence and precision of movements
- Does not look around to others for help
- Few mistakes; recovers quickly without drawing attention

### Gymnastics

- Cartwheel/Round off
- Back handspring
- Round off/Back handspring

# Tryout Judging Sheet

**Gymnastic Skills** **10** \_\_\_\_\_

- Cartwheel/Round off
- Back handspring
- Round off/Back handspring

**Jumps** **10** \_\_\_\_\_

- Knows four required jumps (Toe Touch, Herkie, Side Hurdler, Front Hurdler)
- Good height, straight back, exact position of legs
- Smooth prep, execution, and landing

**Individual Chant** **15** \_\_\_\_\_

- Sharp, precise movements
- Loud, audible voice projection
- Synchronized with other members
- Energetic and full of enthusiasm
- Correct arms, length hand position
- Has correct rhythm and timing

**Group Cheer** **10** \_\_\_\_\_

- Sharp, precise movements
- Loud, audible voice projection
- Synchronized with other members
- Energetic and full of enthusiasm
- Correct arms, length hand position
- Has correct rhythm and timing
- Does not look around to others for help
- Few mistakes; recovers quickly without drawing attention

**Group Dance** **15** \_\_\_\_\_

- Synchronized with other members
- Energetic and full of enthusiasm
- Has correct rhythm and timing
- Knows the sequence and precision of movements
- Does not look around to others for help
- Few mistakes; recovers quickly without drawing attention

**Overall Appearance** **10** \_\_\_\_\_

- Confident and enthusiastic
- Neatly dressed; good posture; hair away from face; no jewelry/gum/colored nail polish
- Confidently exhibits cheers/chants/jumps/motions/dance
- Knows the sequence and precision of movements
- Does not look around to others for help
- Few mistakes; recovers quickly without drawing attention

**Judge's Total** **70** \_\_\_\_\_

## Jumps Required

- Toe Touch
  - Both legs remain straight with knees facing up
  - Sit into the jump while keeping chest and head up
  - Reach for the arch of the foot, rather than the toes
  - Keep back straight
- Herkie
  - One leg bends while the other remains straight
  - The bent knee faces down while the straight leg knee faces upward
- Side Hurdler
  - One leg bends while the other remains straight (similar to herkie)
  - Bent knee faces crowd while the straight leg is in a "chorus line" kick
  - Sit in hurdler position in the air
- Front Hurdler
  - Turn at an angle
  - One leg is straight while the other is bent
  - Bent knee faces down while straight leg comes up to chest directly in front of the body
  - Land with feet together at the same time

Toe Touch

Herkie

Side Hurdler

Front Hurdler

## Basic Cheer Motions

### **\*Beginning Stance**

(feet together, hands down by the side in blades)

### **\*Cheer Stance**

(Feet more than shoulder width apart, hands down by the side in blades)

### **\*Clasp**

(Hands clasped, under the chin, elbows in)

### **\*Clap**

(Hands in blades, under the chin, elbows in)

### **\*High V**

(Arms extended up forming a "V")

### **\*Low V**

(Arms extended down forming a "V")

### **\*Touchdown**

(Arms extended straight and parallel to each other)

### **\*Low Touchdown**

(Arms extended straight down and parallel to each other)

### **\*Bow and Arrow**

(One arm extended to side with other arm bent at elbow in a half "T" motion)

### **\*Overhead Clasp**

(Arms are straight, above the head in a clasp and slightly in front of the face)

### **\*Tabletop**

(Arms bent at elbow, fists in front of shoulders)

### **\*Box Motion**

(Both arms up in a 90 degree angle, elbows at shoulder height)

### **\*Muscle Man**

(Both arms up at a 90 degree angle from a "T" motion)

### **\*Punch**

(One arm extended straight up, one arm on hip)

### **\*L Motion**

(Left/right arm extended to the side with right/left arm extended in a punch motion)

### **\*Diagonal**

(Left/right arm extended in a high "V" and the right/left arm extended in a low "V")

**\*T Motion**

(Both arms extended straight out to the side and parallel to the ground)

**\*Half T**

(Both arms parallel to the ground and bent at the elbows, fists into shoulders)

**\*Side Lunge**

(Lead leg bent with the knee over the ankle, back leg straight, feet perpendicular to each other)

**\*Front Lunge**

(Lead leg bent with the knee over the ankle, back leg straight, feet perpendicular to each other)

**Individual Chant**

River Hill Hawks yell GO three times  
Go - Go - Go  
River Hill Hawks yell FIGHT three times  
FIGHT - FIGHT - FIGHT  
River Hill Hawks yell WIN three times  
WIN - WIN - WIN  
Put it all together yell GO-FIGHT-WIN  
Come on - GO - FIGHT - WIN

**Group Cheer**

Yes, we're back  
The best team by far  
RHHS  
You know who we are

Our talent and spirit  
Will blow you away  
Defending champs  
XX and here to stay

C'mon crowd  
Let's hear it, that's right  
Yell let's go Hawks  
Blue, gold and white

Let's go Hawks  
Blue, gold and white  
Let's go Hawks  
Blue, gold and white

First place this year  
Expect nothing less  
River Hill Hawks  
Better than the rest

Blue, gold and white  
The colors you should fear  
Aiming for that title  
Cause this is our year!

## Available Summer Programs

**ALL POTENTIAL CHEERLEADERS ARE ENCOURAGED TO ENROLL IN ONE OR MORE OF THE FOLLOWING PROGRAMS!**

Without participation in some kind of a summer program, it is unlikely a cheer candidate will develop the needed skills to be chosen as a member of the Varsity squad. However, participation in summer cheer programs DOES NOT guarantee the candidate will be selected to the River Hill High School Cheerleading program.

These programs are listed in order of priority - Most beneficial to least beneficial.

**I. Strength and Conditioning Sessions**

**Where:** River Hill High School Track  
10:00 am - 12:00 pm

**When:** Tuesday's and Thursday's

All prospective candidates are to attend strength and conditioning sessions. A certified coach and the senior candidates will be in charge of these conditioning sessions (see the August calendar for more information).

**II. NCA Summer Camp at River Hill High School**

**When:** Tuesday, August 19<sup>th</sup>  
Wednesday, August 20<sup>th</sup>  
Thursday, August 21<sup>st</sup>  
  
8:00 am 12:00 pm  
(12:00 - 1:00 pm \* Lunch Break)  
1:00 pm - 4:00 pm

**Where:** River Hill High School  
Main Gym/Cafeteria

All prospective candidates should highly consider attending this private camp. Participants will learn how to improve individual cheerleading skills; along with team building activities, including safe stunting techniques (see attachment for more information).

**\*Registration forms/payment due no later than July 7<sup>th</sup>**

### **III. Gymnastics Information**

Summer gymnastic classes at any gymnastic gym that teaches cheer gymnastics is highly recommended. Gymnastic skills are a very valuable asset to have when trying out for any high school cheerleading squad. Varsity candidates - It is highly recommended to have a standing back handspring unspotted.

#### **Suggested Gym Locations -**

Pomeroy Gymnastics/Jeff Pomeroy  
(410)489 - 5705

Cheer Academy/Gymnastics Elite/Maryland Rockets  
(410)590-3547

Columbia Gymnastics  
(410)964-2053

Emilia's Acrobatics  
(410)381-7565

Gymnastics Plus, Inc.  
(410)381-0766

Top Flight Gymnastics  
(410)992-1600

Fairland Sports and Aquatics Complex  
(301)953-0030



## NCA Summer Camp Information

NCA will be hosting a private camp for all prospective Fall 2008 River Hill Cheerleading candidates. This camp is a continuation of the tryout clinics. JV and Varsity placements will follow the final tryout day, Saturday, August 23<sup>rd</sup>.

100% participation is expected!

**WHY camp ?** The best way to start a season! It's the first step to becoming a team, and the key to having a safe and successful year.

To Develop Skill Safety! Camp will help our team create a safe foundation to build upon throughout the year. As a team, you'll go through the proper progression of skills together, laying the groundwork for a safe season.

For Team Building! Camp is the ideal setting for athletes to bond together as a team and set common goals and purpose. This focused time is critical to creating the unity required to transform a group of individuals into a strong team.

To Create Confidence! Camp will help give our team the opportunity to succeed in the very beginning of the season. From learning a new cheer or dance routine to performing in front of their peers.

Here are some of the highlights:

Stunt Class - This class is a team favorite! Learn the latest stunts in cheerleading. NCA Staff will help your team stunt their hearts out - safely! We use S.P.O.T. (safety in Spotting/ Progression/ Organization/ Technique) to ensure great stunts; followed by a Safety Awareness Test.

Pyramid Class - This class will teach transitional pyramids at the skill level of the teams. Prospective candidates will learn exciting new ways to move creatively in and out of pyramids!

Basket Builders - Everyone loves basket tosses! This class places the emphasis on safety while learning those crowd-pleasing tosses!

Spirit and Specialty Dances - This class will teach crowd appealing spirit dances. These dances are designed for time-outs and half-time shows.

Chant and Cheer Class - This class teaches incredible cheers and chants to help the team effectively work the crowd!

BleacherMania - This famous class is fun for everyone - featuring drum beats and full band arrangements that get the crowd to stand up and shout! We will learn fun choreography that is great for sideline or pep rally.

**\*Registration forms/payment due no later than July 7<sup>th</sup>**

## RHHS Cheerleading July/August 08' Calendar

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>JULY 7</b> NCA Private RHHS Camp Registration form and Payment Due!	<b>8</b> S/C Session (Track) 10:00 am - 12:00 pm	<b>9</b>	<b>10</b> S/C Session (Track) 10:00 am - 12:00 pm	<b>11</b>	<b>12</b>
<b>14</b>	<b>15</b> S/C Session (Track) 10:00 am - 12:00 pm	<b>16</b>	<b>17</b> S/C Session (Track) 10:00 am - 12:00 pm	<b>18</b>	<b>19</b>
<b>21</b>	<b>22</b> S/C Session (Track) 10:00 am - 12:00 pm	<b>23</b>	<b>24</b> S/C Session (Track) 10:00 am - 12:00 pm	<b>25</b>	<b>26</b>
<b>28</b>	<b>29</b> S/C Session (Track) 10:00 am - 12:00 pm	<b>30</b>	<b>31</b> S/C Session (Track) 10:00 am - 12:00 pm	<b>AUGUST 1</b>	<b>2</b>
<b>4</b> <u>RHHS CHEER CAMP</u> *Tryout Forms DUE!	<b>5</b> <u>RHHS CHEER CAMP</u>	<b>6</b> <u>RHHS CHEER CAMP</u>	<b>7</b> <u>RHHS CHEER CAMP</u>	<b>8</b> <u>RHHS CHEER CAMP</u>	<b>9</b>
<b>11</b>	<b>12</b> S/C Session (Track) 10:00 am - 12:00 pm	<b>13</b>	<b>14</b> S/C Session (Track) 10:00 am - 12:00 pm	<b>15</b>	<b>16</b> <u>TRYOUT CLINIC</u> 9:00 AM - 4:00 PM
<b>18</b> <u>TRYOUT CLINIC</u> 1:00 - 6:00 PM	<b>19</b> <u>NCA SUMMER CAMP</u> 8:00 am - 4:00 pm	<b>20</b> <u>NCA SUMMER CAMP</u> 8:00 am - 4:00 pm	<b>21</b> <u>NCA SUMMER CAMP</u> 8:00 am - 4:00 pm	<b>22</b> <u>TRYOUT CLINIC</u> 1:00 - 6:00 PM	<b>23</b> <u>TRYOUTS</u> VARSITY 8:30 AM JV 11:30 AM

## Physical Examinations

All cheerleaders must have a physical examination each year dated after April 1<sup>st</sup> in order to cheer during the 08' - 09' school year. Make sure the attached physical examination form is completed. No other physical examination form will be accepted!

Kernan Medical Center offers complete physicals for the high schools in the Baltimore-Washington area for \$30.00. Below you will find information about different locations in the area. They are very thorough. You must make an appointment. No walk-in's are accepted. Orthopedic doctors performing part of the examination. We highly recommend you use Kernan's Services.

Kernan Physical Building  
3104 Lord Baltimore Drive  
Suite 100  
Woodlawn, MD.  
(410)298-0990

Kernan @ Central Maryland Rehab  
6300 Woodside Court (off Stevens Forest by the Exxon)  
Columbia, MD.  
(410)298-0990



## **River Hill Hawk Cheerleading Tryout Interview Questions**

1. Name two ways to get students interested in attending sports events.
2. What is a cheerleaders role at a football game?
3. What would you do if a member of your cheerleading squad had a very bad attitude problem?
4. What three characteristics do you feel are most important for cheerleaders to possess?
5. Why are you trying out for cheerleading?
6. How can cheerleaders best represent their school and student body?
7. Why should a cheerleader be responsible for maintaining good grades?

What characteristics should a team captain have?

8. How can you get teachers and administrators involved with school spirit?

# River Hill High School Cheerleading 2008 - 2009

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Grade (at the start of the school year): 9 10 11 12

---

Please answer:

Why do you want to be a RHHS Cheerleader?

Have you ever cheered before? List experiences:

What are your strengths?

What are your weaknesses?

What can you contribute to this program?

# Tryout Forms

## Checklist

**(Signed and Submitted by Monday, August 4<sup>th</sup>)**

- \_\_\_\_\_ Physical Examination Form (pink)
  - \_\_\_\_\_ Parental Permission/Insurance Form (yellow)
  - \_\_\_\_\_ A copy - Current Utility Bill (Residency Verification)
  - \_\_\_\_\_ A copy - Birth Certificate
  - \_\_\_\_\_ A copy - Final 2007 - 2008 Report Card
- 

**(Signed and Submitted by Saturday, August 16<sup>th</sup>)**

- \_\_\_\_\_ Tryout Interview Questions
- \_\_\_\_\_ Athlete Application Form

