

Tryout Informational Packet
Dublin Scioto High School Cheerleading
2023-2024
Football · Basketball · Competition

Thank you for your interest in Dublin Scioto High School Cheerleading. Please take the time to read through the information below.

Preseason Workouts/Open Mats- If you are interested in improving your skills, consider joining us **every Wednesday** in April (**starting April 5th**) 4:00-5:30 pm in the DSHS cafeteria. This is an opportunity to get coaching and prepare for tryouts. **Athletes that are in spring sports should not miss their sports events in order to attend workouts.** You must have an **updated physical in FINAL FORMS** to attend.

Informational Meeting:

This meeting will be a pre-recorded video. This will hopefully allow spring sport athletes to watch the video and gain information on their own time. The video will be available the first week of May on our website.

This meeting will discuss:

- ★ Fees and paperwork
- ★ Tryout format
- ★ Summer workouts/lifting
- ★ Camp
- ★ Practice schedules/commitments
- ★ Tumbling options

Clinics:

Clinics will be used to teach the material. Additionally, the coaches will use clinics to make initial observations of athletes and their skills. Coaches may eliminate candidates throughout the days of clinics. Clinics will be held on **Thursday, May 18th from 4:00-5:30 pm, Friday, May 19th 4:00-5:30 pm. Athletes need to be on time, dressed, and ready at the start of each clinic.** Athletes will be responsible for learning and performing the following material on the final evaluation day:

- 2 Chants (one football and one basketball)
- Short BIG cheer with crowd leading props!
- 1 band dance (Scioto Fight Song)
- 1 (short) half-time dance
- Jumps and tumbling

FINAL Evaluation:

Evaluations will be held on **Sunday, May 21st from 1-4pm in the aux gym at Scioto.** Cheerleaders will be evaluated in different groupings in order to see their best fit in our program.

*Tryout results will be emailed by 9pm on Sunday ** Questions regarding tryout results can be emailed to ingram_courtney@dublinschools.net and will be answered starting 24hrs. after tryouts.

What to Wear: FINAL EVALUATIONS (May 21)

Black shorts and plain WHITE t-shirt or tank
Bow/Ribbon in hair
Hair OUT OF FACE-in a low, high, or half-up high style!
Cheer shoes/ Tennis Shoes
NO JEANS!

Cheerleaders should wear their hair in a secure ponytail with a bow/ribbon and should look neat and presentable. T-shirts should be tucked in. **Absolutely no jewelry of any kind is acceptable.** Nails should be at an appropriate and safe length. Cheerleaders should look "game ready".

***If you have a conflict with clinics OR tryouts, you need to contact the head coach ASAP.**

(Sample) Tryout Evaluation Rubric:

	Excellent	Very Good	Good	Weak	Poor	Did not attempt
Jumps:						
• Toe touch (5)	5	4	3	2	1	0
• Choice Jump (5)	5	4	3	2	1	0

Tumbling:						
• Standing (5)	5	4	3	2	1	0
• Running pass (5)	5	4	3	2	1	0
Chant (s):	5	4	3	2	1	0
BIG Cheer:	5	4	3	2	1	0
Dance(s):						
• Fight Song	5	4	3	2	1	0
• Comp. Dance	5	4	3	2	1	0
Showmanship & Spirit:	5	4	3	2	1	0
Crowd Leading Ability	5	4	3	2	1	0

Scoring Rubric:

5= **Excellent.** Very well executed. No flaws in technique. Shows great strength in skill and ability.

4= **Very good.** Acceptable Execution, and skill is done well. Shows strength. Could use pushing to the next level.

3= **Good.** Execution and technique need work, but has potential for growth. Skill needs improvement.

2= **Weak.** Skill is NOT executed(well)and technique is lacking. Skill needs much improvement.

1= **Poor.** Skill is attempted, but knowledge of skill is not present. Skill is not executed at all.

0= Did not attempt.

All skills performed at tryouts **will** be expected to be performed at practices and games during the season. Athletes that are not performing at or above the level they performed at tryouts, will not cheer at a game until their skills are consistent.

To ensure the safety and integrity of the athletes trying out, cheerleaders must obtain a minimum of a 40% of perfection (20/50) or higher to be eligible to make a team.

*****Please note- All tryout decisions are made by the coaching staff and all decisions are FINAL. No Exceptions!***

What are the coaches looking for?

- ☐ Athletes who live the IRISH WAY everyday
- ☐ Energy and excitement for Scioto Cheerleading
- ☐ Hard workers
- ☐ Positive attitudes
- ☐ Coachable athletes with potential
- ☐ Athletes who WANT to get better- Showing improvement and growth
- ☐ Strong jumps with proper technique
- ☐ Correct motion placement
- ☐ Clean tumbling skills

Note: The above skills and characteristics are all equally important. We are looking for well-rounded athletes that exemplify all of the above attributes.

If you make the team, there will be a MANDATORY parent and cheerleader meeting on **Tuesday, May 23rd at 6:30pm.** Families should be prepared to make booster payments (\$100/season) and athletes should be prepared to try on uniform items. Please plan accordingly. *****NEW- You must be in attendance in order to accept your spot on the team. If you have a conflict, you should contact a coach ASAP.***

Fees:

Cheerleading is a financial commitment. All student athletes are required to pay a *pay-to-play* fee (\$50) to participate in an extracurricular activity in Dublin City Schools. In addition, there are several fees designated for cheerleading. Cheerleaders will be required to pay a booster fee for **EACH SEASON (\$100)** as well as purchase additional uniform items (**roughly \$110-\$210- freshman is usually on the higher end**). **Scioto cheerleaders will also attend a summer cheer camp. Approx. pricing = \$130.00** Please be aware of these fees prior to trying out.

****Payment plans are available. Please contact boosters for information.***

Summer Practices/Events:

Cheerleaders should be aware of the summer commitments to the team and plan accordingly. We will have summer lifting twice a week on Mondays and Wednesdays. Lifting is a good way to keep your body in shape and prepare you for fall practices. Unless an athlete is out of town or training for another athletic team, they should be attending summer lifting sessions. Cheerleaders will also be required to attend and cheer in the fourth of July parade, and there will be a Mandatory practice on July 3rd to prepare. Finally, we will attend camp in the last week of July. Football cheerleaders are expected to be in attendance.

Practices/Games:

All practices and games are **mandatory** for cheerleaders. Missing practices *may* result in a cheerleader not participating in that week's game. If a cheerleader is unable to attend a practice, the coach must have a note/email prior to the absence. ***Please try to avoid scheduling appointments during practice times.*** Cheerleaders should not miss games for any reason other than illness or a family emergency circumstance. Missing a game is equivalent to 2 unexcused absences. Cheerleaders will be granted **3** unexcused absences per season. After 3, you may be dismissed from the team. ****If you are unable to commit to all practices and games throughout the season, please reconsider trying out for the team.***

****Athletes that make the team will have a MANDATORY practice week May 30th - June 2nd at Scioto. Please plan accordingly.**

Student-Athlete:

All cheerleaders are considered student-athletes. That means school comes first. Being a well-rounded athlete includes being able to balance school commitments as well as cheer commitments. According to the OHSA, **athletes must be passing 5 classes and have a G.P.A. of a 2.0 or higher.** Should you need time to get additional academic support, please let a coach know ASAP!

****NEW:** If you are interested in trying out, you will need to fill out the academic confirmation form found at the back of this packet. This form is due at the start of clinics.

Competition Cheerleading Team:

The Scioto Competition cheerleading team is reserved for JV/VARSITY cheerleaders ONLY(unless a coach invites a freshman to be a part of the team)! Practices will begin during the Fall season. JV/VARSITY cheerleaders who are NOT on basketball cheerleading but want to cheer on the competition team should contact coach Ingram about practices and competitions.

Coaches will decide what divisions our teams will compete in.

Tumble Team Requirements:	Non-Tumble Team Requirements	GameDay Team Requirements: (JV/VARSITY)
<ul style="list-style-type: none">• Strong, Clean Tumbling Skills-Including a BHS and/or a Round-off BHS or more• Well Executed Jumps• Correct Motion Placement• Excellent Work Ethic• Desire for Improvement• Flexible Schedule	<ul style="list-style-type: none">• Very Well Executed Jumps-Double Jumps included• Correct Motion Placement• Excellent Work Ethic• Desire for Improvement• Flexible Schedule	<ul style="list-style-type: none">• Unmatched Spirit and Enthusiasm• Great ability to lead a crowd• Well Executed Jumps• Correct Motion Placement• Excellent Work Ethic• Desire for Improvement• Flexible Schedule

***Cheerleaders can cross-over to multiple teams.**

Should you have any additional questions, please email:

Head coach:

Cortney Ingram at:

Ingram_cortney@dublinschools.net

Cheers!

Dublin Scioto Cheerleading Staff

Tryout registration will open on:

Wednesday, April 5th

Registration link is posted in the bio of our instagram page (@dshs_cheer), on our website, and posted around the school through a QR-code.

(TENTATIVE) Itemized Uniform and Fees

Item:	Price:	Team(s):	TIME OF PURCHASE
Warm-Weather Uniform <ul style="list-style-type: none"> • Tank • Skirt (In- stitches)	Package: usually runs \$150-\$250	Freshman JV Varsity	By June 15th
Matching Uniform Body Liner (Team Leader)	\$30.00	JV/VARSITY VENMO-Coaches Order	By first game
Briefs	Package	Freshman	By June 15th
Sports Bra	Package	ALL	By June 15th
Game Day Shoes ADIDAS TRIPLE CHEER SHOE	\$55.00-\$65.00	Freshman JV Varsity Purchase on OWN	By FIRST game
Practice Wear: <ul style="list-style-type: none"> • T-Shirt (2) • Shorts (2) 	Package	Freshman JV Varsity	By June 15th
(Rain) Warm-up Jacket/ Pant	Package	Freshman New JV	By June 15th
Team Backpack	Package	Freshman New JV	By June 15th
Game Day Nike Socks		Purchase on OWN	By FIRST game
BOW(s)		Freshman JV Varsity	BOOSTER PURCHASE
HOME Cheer Camp	\$130.00	ALL Football cheerleaders VENMO-Coaches register	May 23rd post- tryout meeting

*If you need assistance purchasing items, please contact the booster President.