

2026/2027 VHS Cheer Tryouts

Level: F / JV / V #

CHEER - 30 points							
Knowledge of Cheer Motions	1 Unable to complete the cheer or missed 50%+ of the moves	5 Knew and Hit 50%+ moves. May have been off count. Had bent arms or wrists	10 Knew and Hit most moves and was on count. Had bent arms or wrists.	15 Knew and Hit all moves and on count. Good form - no bent wrists or arms	20 Knew and Hit all moves perfectly and on time. No bent wrists or arms. Spirited.	TOTAL:	
Knowledge of Cheer Words	1 Knew very few words	3 Knew most of the words	5 Knew <u>ALL</u> the words	Comments:		TOTAL:	
Cheer Vocals	1 Soft or unclear	3 Clear and average	5 Loud and Clear			TOTAL:	
DANCE - 20 points							
Knowledge of Dance Motions	1 Unable to complete the dance or missed 50%+ of the moves and/or was off count	5 Knew and Hit 50%+ moves. May have been off count. Had bent arms or wrists	10 Knew and Hit most moves and was on count. Had bent arms or wrists.	15 Knew and Hit all moves and on count. Good form - no bent wrists or arms	20 Knew and Hit all moves perfectly and on count. No bent wrists or arms. Spirited.	TOTAL:	
JUMPS - 10 points							
1st Jump:	Type of jump:						
Jump (Toes)	0 Did not point toes	1 Pointed toes		Comments:		TOTAL:	
Jump (Height/Form)	1 Poor form	3 Average Form	4 Perfect Form				
Double Jumps	Type of connected jumps:						
Jump (Toes)	0 Did not point toes	1 Pointed toes		Comments:		TOTAL:	
Jump (Height/Form)	1 Poor form	2 Average Form	4 Perfect Form				
TUMBLING - 20 points							
Standing Tumbling	2 Back Walkover	4 Back Handspring	6 Back Handspring Series	8 Back Tuck	10 Full	TOTAL:	
Running Tumbling	4 RBH single	5 RBH Series	6 RBH Tuck	7 RBH Layout		TOTAL:	
	8 RBH whip through to tuck/layout	9 Front tuck through to pass	10 RBH to a Full				
SHOWMANSHIP - 10 points							
Rally	1 Only rallied in	3 Rallied In and Out	5 Rallied in, out, and after cheer and dance	Comments:		TOTAL:	
Crowd leading	1 Little/No crowd leading	3 Some crowd leading	5 Spirited crowd leading			TOTAL:	
Coachability/Attendance - 10 points		This score is based on coach's recommendation, prior season performance, and attendance				TOTAL:	
TOTAL		Total Score out of 100					