

2023-2024 TRYOUT PACKET

MEETINGS/ CLINICS/ AUDITIONS

MANDATORY PRE-SEASON MEETING

May 11th, 2023, Tuesday: 7 PM – In Person or Virtual Meeting via WebEx

TRYOUT CLINICS (CLINICS INSTRUCTED BY WHS COACHES/ SENIORS)

Dates: Tuesday, May 9th, 5-7PM, Westmont Cafeteria
Thursday, May 11th, 5-7PM, Westmont Cafeteria
(Followed by PJ Party 7-8PM in Cafeteria)

Monday, May 15th, 4:45-5:45PM, Loopkicks Tricking
Tuesday, May 16th, 5-7PM, Westmont Cafeteria

TRYOUT AUDITIONS

Date: Thursday, May 18th, 2023
Auditions: 5 – 6 PM (*Candidates to leave once they Audition*)
Location: Westmont High School's Cafeteria
Donation: \$5 for Judges, and practice bows

RESULTS

The JV and Varsity 2023-2024 Cheer Teams will be listed in the following areas, on **Friday, May 19th, 8AM:**

- www.westmontcheer.com, under “Teams” and “Results” page
- Instagram: Follow westmontcheerleading

If you have any questions regarding the upcoming 2023-2024 Cheer Tryouts, please contact Coach Kelly Sutton.

Coach Kelly Sutton
Head Coach
408-858-6778
kellymorganSutton@gmail.com

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GENERAL INFORMATION AND RULES

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1. Clinics will begin at their starting time **promptly**. Attendance and tardies will be taken and may affect your placement on team.
2. Each candidate will perform the following:
 - a. Tumbling (Standing and Running element)
 - b. Jumps: Optional jump, Toe Touch, Double Toe Touch
 - c. ~~Tryout Cheer (available 4/13)~~
 - d. Tryout Dance (available 4/14) - Level 1: Fresh/Soph, Level 2: Junior/Senior
 - e. Fight Song (available 4/12)
3. Candidates will be judged individually in groups of 3 – 5, with similar classmen. A number identifies each candidate.
4. Candidates are evaluated in the following categories
Clinics- attendance, tardies, work ethic, attitude
Audition- Ability & energy, impression, knowledge, execution of routines/ skills
5. Dress should be comfortable and appropriate during tryouts. No cheer uniforms or clothing identifying returning members are allowed. You must wear athletic shoes.
 - a. FINAL Tryout Day (May 19th): Black bottoms, black shirt/tank top.
6. Any candidate demonstrating behavior unbecoming of a Westmont representative (i.e. acting inappropriately, disrespecting or embarrassing another candidate or Coaching Staff, refusing to participate in activities, etc.) during the clinics and/or audition will be given a Written Warning. If a second Warning is given, candidate will be excused from the clinic/audition and will not be eligible to tryout for the team.
7. The panel of judges will consist of the WHS Cheer Coaches
8. Video cameras are not allowed.

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TRYOUT RUBRIC- JUDGES SCORECARD

Tumbling Score	Standing Tumbling	Running Tumbling	Tumbling Impression						Subtotal
Max Points	7	8	5						20
Jump/Flex Score	Toe Touch	Optional Jump	Double Toe Touch	Flexibility (H/S)					Subtotal
Max Points	3	3	4	5					15
Cheer/Dance Score	Cheer Props/ Knowledge	Cheer Impression	Dance Knowledge	Dance Impression	Fight Song Execution	Ability & Energy	Motion Placement/ Sharpness	Overall Impression	Subtotal
Max Points	0	0	5	5	5	15	10	10	50
								TOTAL	90

Tumbling	Standing Tumbling		Running Tumbling
Tumbling Impression (5pt)	Handstand	Bridge + 2 leg jump	PH RO
1 pt		Back Bend Kick Over	FWO CW
2 pts		Back-walkover	
3 pts			RO BHS
4 pts		Back Handspring (BHS)	
5 pts			RO BHS BT or RO BT
6 pts		Back Tuck (BT)	
7 pts		BHS BT	RO BHS LO, RO LO
8 pts			RO BHS Full
Max Total Points	5 pts		5 pts

Jump Points	Jump
0-3 pts	Herquie (Optional Choose 1)
0-3 pts	Pike (Optional Choose 1)
0-3 pts	Front Hurdler (Optional Choose 1)
0-3 pts	Toe Touch - Required
0-4 pts	Double Toe Touch - Required

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TRYOUT CHECKLIST

All forms are available on www.westmontcheer.com

No need to turn in any physical paperwork

- ☐ Copy of Current Progress Report (Grades)
For 8th graders only (or non-Westmont athletes) – email to:
kellymorgansutton@gmail.com
Ath. Director will pull grades for current Westmont Students
- ☐ Contact Form
- ☐ Handbook Contract
- ☐ Self Assessment
- ☐ Physical Ability Form (completed by parent or physician)
- ☐ Teacher Evaluations (averaged by # of classes)
- ☐ \$5 Tryout Donation (Cash or Check made to: “Westmont HS”,
Memo Cheer)