

# SAMO PEP SQUAD TRY OUTS 2019-2020

## **Communication:**

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Advisor, Ms. Boyd -bryn.samocheer@gmail.com

## **The Pep Squad Teams:**

- Game Day Team (non-competitive)
- JV and Varsity Song (non-competitive)
- JV and Varsity Cheer teams (competitive)

All teams may be composed of students in grades 9-12

Skill level and team needs, not grade level, will dictate team placement

**Open Gyms:** May 7<sup>th</sup> & 9<sup>th</sup> from 4-6. A fee of \$20 includes both days

**Mandatory Tryout Clinics:** May 13<sup>th</sup> & 14<sup>th</sup>. Arrive at 3:30pm to ensure you are checked in before clinic begins. You must have a physical with you to turn in in order to participate

**Official Judged Tryouts:** May 15th at Samohi in the Cheer Room from 4-6pm.

Team placements will be emailed that following evening

## **What you need to turn in before tryouts:**

**The following can be found online at [www.samohi.smmusd.org](http://www.samohi.smmusd.org) under athletics**

- Physical Examination Form
- Cheer Application Form *can be found on the Samohi website under athletics/pep squad/ in the athletics office/ from Ms. Boyd in H216*
- Grade checks *(have advisor print off their last quarter grades)*

## **What to expect at tryouts:**

*Varsity requirements:*

- Single based, extended basing/flying w/ heel stretch for flyers (tic-up highly encouraged)
- Jumps
- Tryout Dance
- Tryout Cheer
- Flyers - must show body positions

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## What to expect at tryouts:

### *Song:*

- Show across-the-floor to show dance technique
- Learn and perform a hip-hop combo
- Tryout Cheer

## Practices

### *Summer Practice:*

- June & July Tue & Thurs 2-5pm
- Summer Vacation break after camp in August

### *School Year (tentative):*

- Monday 2:21-5:00pm
- Tuesday practice break
- Wednesday Fletcher Fitness Workout 1:46-3:16
- Thursday practice 2:21-5:00pm JV Games
- Friday Study Hall Varsity Games 7pm

## Camps

- NCA Speed Camp July 28<sup>th</sup> -30<sup>th</sup> **or** Aug 4<sup>th</sup> -7<sup>th</sup> @ JW MARRITOT DESERT SPRINGS

## Competition

- November 2019 Jams coaster classic Six Flags & Marina HS showcase
- December 2019 USA Regionals
- January 2020 UCA west coast championship
- February 2020 Jamz state (champs win rings)
- USA Nationals 2/14/2020-2/15/2020 Anaheim, CA
- JAMZ 2/21/2020-2/22/2020 New Orleans Hotel Las Vegas NV (Varsity Only)

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**Samohi Pep Squad Application:**

Athlete's Name: \_\_\_\_\_

Current Grade: (Circle One)      **8<sup>th</sup>**    **9<sup>th</sup>**    **10<sup>th</sup>**    **11<sup>th</sup>**

Contact Phone (Student): \_\_\_\_\_

Email Address (Student): \_\_\_\_\_

**Parent/Guardian Name(s)**

Contact Number: \_\_\_\_\_

Email address: \_\_\_\_\_

Have you ever been a member of a school or independent cheer squad? Yes or No

If Yes, where and when:

\_\_\_\_\_

Circle position for stunting:      **Base**      **Flyer**      **Back spot**

Please provide a check by skills you can safely execute

Tumbling Skills:

1. Cartwheel
2. Forward Roll
3. Backward Roll
4. Back Walkover
5. Front Walkover
6. Round Off
7. Standing Back Handspring