



Varsity Cheerleading

Our Lady of Good Counsel
High School

Coach Claire Zagami

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When are Cheer Tryouts?

- Three Days in the Kane Center! Check the website for exact dates!
- Candidates will learn all material they will be judged on. **All days are mandatory.**
- The final evaluation begins at 5:30 on the last clinic day. This where outside judges (All-star coaches, High School Coaches, Recreation Coaches, Former/current professional cheerleaders) will score the tryout. Candidates may leave when their tryout is complete.

What do the clinic days look like?

- All tryout candidates must bring their **completed participant release form** in order to participate. Candidates will sign in with their name, grade, and be assigned a tryout number.
- Candidates will learn motions, jumps, a 4-8 eight count dance to music, a cheer with a toe touch jump, and a sideline chant. Conditioning and stunting may also be included. No tumbling will be taught or spotted, however the mats will be available for tumblers to practice and show their skills.
- Clinic days are “practice days” however you are evaluated informally on these days as well. Things such as attitude, effort, seriousness, poise, how quickly you learn the material, interaction with coaches and participants, performance presence, voice, respect, and so on.

What does the Evaluation Day look like?

- Candidates will tryout in groups of 3.
- These are closed tryouts; meaning only the judges, graduating senior cheer captain, and coach will be present during the actual judging.
- Tumblers will have time to warm up on the mats and gym floor.
- Candidates must be ready when they are called in for their turn for tryouts. If you miss your slot, you missed your slot. You will not tryout at the end.
- All judges use the same scoresheet to judge each individual on jumps, cheer, dance, chant, overall (appearance, energy, confidence) and running or standing tumbling.
- All material will be performed when prompted by the coach.

How will you find out if you make the Varsity Cheerleading Squad?

- At the conclusion of tryouts, all judges' scores will be averaged to get the candidate's final score and portions of the scoresheet will be analyzed.
- By the weekend, all candidates will receive an email with the numbers of the candidates who made the team. Your names will not be posted.
- On evaluation day, candidates will fill out a short stunting form where they write the email address/addresses that they want the list sent to.

Please remember that Varsity Cheerleading is a TWO SEASON sport (Fall and Winter)

What are my responsibilities as a GC Varsity Cheerleader?

- Mandatory Parent/Cheerleader meeting in **June** to discuss the calendar and payments for clothes, events, etc. and cheerleaders and their parents will sign a Cheer Constitution
- Stay “current” with cheerleading over the summer. There are many clinics and classes available locally.
- Mandatory Cheer Camp at an All-Stars Gym typically the second week of August. Please email for exact dates. Camp is **MANDATORY**.

What are my responsibilities as a GC Varsity Cheerleader?

- Mandatory Fall Sports practices begin on August 15!
- From August 15 to the first day of school we will have practice **every weekday**
- After school starts, the practice schedule will be:
 - Tuesday, Wednesday, Thursday 4:15-6:15
 - Game on Friday night or Saturday afternoon *(whichever day there is not a game we will have practice)*

What are my responsibilities as a GC Varsity Cheerleader?

- Weight Training once per week instructed by Strength and Conditioning Coach- Day TBD
- Perform at Fall Sports Pep Rally for Homecoming and prepare gifts and posters for all football players
- Fundraising and/or volunteer events (ex. Walk off Parkinson's at Nationals Park September)
- Team dinners held in GC dining hall before every home football game
- Seniors “walk” during last home game for Senior Night

What are my responsibilities as a GC Varsity Cheerleader?

- Attend 1-2 Varsity Basketball games (boys or girls) per week
- Weight Training once per week instructed by a Strength and Conditioning Coach
- Volunteer/fundraising event(s)
- Seniors “walk” during last home game on Senior Night (optional)
- Competition(s) (ex. Independent Schools of Maryland Cheerleading Competition)
- End of Fall and Winter Season Cheerleading Banquet (April)

Questions?

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