

Dear Students and Parents,

We are excited to announce that **tryouts for the Bowling Green Junior Varsity (JV) and Varsity Cheer Teams** will be held on **Saturday, February 28th!** These teams represent our school at pep rallies, sporting events, and dance competitions—and we are looking for passionate, dedicated girls to join us next season. Below you will find skills that should be displayed during tryouts and will be used during the season.

Eligibility:

- **Junior Varsity (JV):** Open to girls in grades 7th-9th grades (6th-8th current year tryout)
- **Varsity:** Open to experienced cheerleaders in grades 10th-12th grades (9th-11th current year tryout)

JUNIOR VARSITY REQUIREMENTS

The JV tryout will focus on **developing cheerleaders** who have foundational training and are ready to grow in their performance ability and technique.

Required Skills:

1. Cheer & Chant Ability

- Strong voice projection — clear, loud, spirited, and sharp wording
- Sharp, precise motions with proper arm placement
- Ability to memorize and perform cheers and chants accurately
- Understands timing and synchronization with teammates

2. Dance Skills

- Basic to intermediate dance coordination and rhythm
- Smooth transitions between moves
- Ability to stay on beat with music and squad
- Energy and showmanship throughout routines

3. Jumps

- Knowledge of basic cheer jumps:
 - Toe Touch
 - Herkie (Heardler)
 - Double Toe Touch (optional)

- Pike (optional)
- Proper technique: pointed toes, straight legs, correct arm positions, and chest up
- Consistent height and landing control

4. Tumbling (as applicable)

- Basic tumbling preferred (not required):
 - Forward roll, back walkover, round-off
 - Standing back handspring (bonus skill)
- Must demonstrate safe form and control
- Willingness to improve tumbling strength during the season

5. Stunting Skills

- Understanding of safety protocols
- Ability to work as a base, flyer, or back spot
- Strength, balance, and trust with teammates
- Willingness to learn new stunts and techniques

6. Spirit & Sportsmanship

- Displays positive attitude and school spirit at all times
- Encourages teammates and promotes unity
- Represents the school well on and off the field/court
- Demonstrates respect toward coaches, peers, teachers, and officials

7. Commitment & Teamwork

- Attends all practices, games, and events
- Arrives on time, prepared, and ready to work
- Listens to instruction and accepts feedback
- Maintains good academic standing and behavior

8. Appearance & Presentation

- Clean, polished uniform and grooming
- Consistent facial expressions and smiles during routines
- Presents confidence and enthusiasm in all performances
- Nails must be an appropriate athletic length

VARSITY REQUIREMENTS

The Varsity tryout will focus on **developed cheerleaders** who have solid and advanced training that are ready to perfect their performance ability and technique.

Required Skills:

1. Cheer & Chant Ability

- Strong voice projection — clear, loud, spirited, and sharp wording
- Sharp, precise motions with proper arm placement
- Ability to memorize quickly and perform cheers/ chants accurately
- Understands timing and synchronization with teammates
- Ability to be flexible with new positions/ formations based on teams needs.

2. Dance Skills

- Developed dance coordination and rhythm
- Smooth transitions between moves
- Ability to stay on beat with music and squad
- Energy and showmanship throughout routines
- Ability to learn and perform choreography quickly
- Ability to be flexible with new positions/ formations based on teams needs.

3. Jumps

- Ability to perform basic cheer jumps:
 - Toe Touch: legs extended out to the sides in a straddle position with pointed toes.
 - Herkie (Heardler): one leg extended and the other bent with pointed toes
 - Double Toe Touch: performing two toe touches in quick succession with toes pointed
 - Pike: both legs shoot forward together while the torso folds toward them, arms straight out, hands in fists, and toes pointed.
- Proper technique: pointed toes, straight legs, correct arm positions, and chest up.
- Consistent height and landing control (landing with feet together, sticking landing)

4. Tumbling

- Basic tumbling:
 - Forward roll
- Strongly suggested: back walkover, round-off, standing back handspring, round off handspring sequence, back tuck
- Must demonstrate safe form and control
- Willingness to improve tumbling strength during the season

5. Stunting Skills

- Understanding of safety protocols
- Ability to work as a base, flyer, or back spot
- Strength, balance, and trust with teammates
- Willingness to learn new stunts and techniques

6. Spirit & Sportsmanship

- Displays positive attitude and school spirit at all times
- Encourages teammates and promotes unity
- Represents the school well on and off the field/court
- Demonstrates respect toward coaches, peers, teachers, and officials
- Willing to help teammates perfect choreography, skills, and/or stunts
- Participate in non-performance requirements with positive attitudes

7. Commitment & Teamwork

- Attends all practices, games, and events
- Arrives on time, prepared, and ready to work
- Listens to instruction and accepts feedback
- Maintains good academic standing and behavior
- Obeys all rules and regulations
- Help with any extra team responsibilities
 - Tattoo Duty
 - Decorating
 - Mini Camp
- Any other responsibilities that arise.

8. Appearance & Presentation

- Clean, polished uniform and grooming
- Consistent facial expressions and smiles during routines
- Presents confidence and enthusiasm in all performances

- Nails must be an appropriate athletic length

Final Notes from Sponsors:

Both teams require a strong work ethic, positive attitude, and commitment to practices, performances, and team events throughout the season. Whether you're still building your skills or are ready for a competitive challenge, there could be a place for you on our team! As we work to build a more competitive and technically advanced team, cheerleaders will be pushed to grow and excel in their individual skill sets. The skills listed for tryouts are not only required for team placement—they are essential for our success on the competition floor. We encourage all cheerleaders to begin preparing now. Many local studios offer private lessons and technique classes that can help strengthen these skills.

If you have any questions or would like to discuss options for lessons/classes please contact one of the following sponsors:

Mrs. Erica Holmes (JV Sponsor) ericaholmes@bgsbucs.org

Mrs. Abbey Fauntleroy (Varsity Sponsor) abbeyfauntleroy@bgsbucs.org

Technique Class Resource: Studio 51 [\(985\) 687-8320](tel:9856878320)

We can't wait to see you at tryouts!