

Hinsdale South High School Cheerleading Tryouts 2023-2024

Tuesday, June 20th	4:30-6:30PM: FieldHouse Court #4
Wednesday, June 21st	4:30-6:30PM: FieldHouse Court #4 (possible 1 st cuts) <i>-Running Tumbling Scores & Stunt Scores</i>
Thursday, June 22nd	4:30-8:00PM: FieldHouse Court #4 *WEAR BLACK SHIRT & BLACK SHORTS* <i>Females wear a bow</i> <i>-Placement or Cut Day-</i>

What to wear: Athletic apparel (no midriff, you will be sent home if you show up in just a sports bra), no jewelry, hair all up, and athletic shoes. **On June 22nd, all athletes must wear a plain black t-shirt or tank, black shorts, and hair all up with a bow (female).** Bring a water bottle on all days of tryouts.

How tryouts will work: Athletes will be scored on all aspects of cheerleading. Coaches will also **take into consideration work ethic, attitude, grades, and behavior reports**. Clinic on the 20th will walk all athletes through what they can expect for tryouts. Cheerleaders will learn the tryout cheers, jumps, motions, etc. on Tuesday, June 20th. Possible first cuts will take place on the 21st at the end of the tryout day (posted via cheerleading website & instagram) depending on the number of athletes at the tryout after they are scored on running tumbling and stunting. On June 22nd, athletes will try out in groups of 3 or 4, scored by a panel of **outside judges** on jumps, motions, voice, & standing tumbling. June 22nd could potentially go after 8:00 pm depending on the flow of tryouts.

Results: At the completion of tryouts judges and coaches will calculate results and will let each athlete know on placement or cut through the Hinsdale South High School Cheerleading Website. **Positions can be changed at any time due to skill, injury, or lack of following expectations.** There are no set requirements per team. Please refer to our communication expectations if a follow up conversation is needed.

What we are looking for: skill, work ethic, and positive attitude (“WE” not “ME” mentality).

When checking in for the first day of tryouts, all of the following must be completed in order:

- Current Athletic Physical (if not turned in prior to Athletic Office)
- Online Information Form (Google Form) - can be found on HSHS Cheerleading Website

- Academic Standing Form (Gold Sheet in Packet, white if you print at home! (Comp. Season))
- Signed Expectations: Attached

Stunting Rubric

*Must tryout as a **base, backspot, or flyer**. You cannot tryout as a *front spot*. However, a front spot can be used to assist the stunt but won't be scored until in a above listed position.*

Skill	Point Value
Elite entry to advanced body position with full down	20-19
Release entry to advanced body position with full down	18-17
Release entry with full down	16-15
Elite entry - no full down	14-13
Release entry - no full down	12-11
Lib or any 1 legged skill	10-9
Extension	8-7
Half	6-5

Point value is based on execution. A full down from rubric range where full down is not specified will max out the score.

(ex: half full down will receive a 6, a half straight cradle or bump down receives a 5)

Elite Entries

- ½ switch up
- Full up
- 1 & ¼ Full Up
- 1 & ½ Full Up
- Double Up
- Low To High (Advanced Body Position To Advanced Body Position- ex: stretch to stretch)
- High To High Full Around- Two Feet

Release Entries (Non Elite)

- Switch up
- ¼ switch
- Low to high
- Ball up

Advanced Body Positions

- Heel Stretch
- Bow
- Scorpion
- Needle
- Scale
- Arabesque (must be above hip)

What We Are Looking For

Mental and Physical Toughness

Flyers: Flexibility, Technique Execution, Ability to adjust when unstable (weight transfer, hips, core).

Bases & Back Spots: Technique/Form, Strength, Ability to Adjust under Flyer, Form when catching flyer.

Tumbling Rubric

Must execute the skill completely to get full point value (height, form, landing).

Point value will drop based on execution.

(ex: standing tuck; stick and stand landing = 16, standing tuck with a step forward after landing = 15)

If you do not land your tumbling (to knee, hands, bottom) you will be asked to throw your next pass that can be executed for point value.

STANDING TUMBLING

SKILL	POINT VALUE
Full	20-19
Multiple Jumps to Tuck	18-17
Tuck	16-15
BHS(S) to Layout or Full	14-13
BHS(S) to Tuck	12-11
Jump(s) to BHS	10-9
Multiple BHS	8-7
BHS	6-5

RUNNING TUMBLING

Elite Pass= 2 no handed skills in one continuous pass

SKILL	POINT VALUE
Elite Pass with Full Ex: RO-BHS-Whip-BHS-BHS-Full	20-19
Elite Pass with Layout	18-17
Full or Elite Pass with Tucks	16-15
Layout	14-13
Tuck	12-11
Multiple BHS	10-9
BHS	8-7
Round Off	6-5

What We Are Looking For
Mental and Physical Toughness
Technique, Speed, Form
Hinsdale South High School
Cheerleading Program Expectations

Conduct

- To achieve maximum success as a team, each individual must show consistent work ethic and be willing to work toward the success of the team.
- **Disrespect of any kind towards other teammates and coaches will not be tolerated. Disrespect to any member of the cheerleading staff, team, official, building staff, opposing schools athletes, or opposing schools staff, can result in dismissal from the program at the discretion of the cheerleading staff and HSHS administration.**
- Maintain good moral behavior and show cordial courtesy at all times, social media included.
- Be respectful to visiting athletes, coaches, students, officials and staff.
- Obscene language or gestures will not be tolerated and public display of affection in uniform will not be allowed at cheerleading events.
- HSHS cheerleaders must display proper conduct before, during, and after all events.
- Positive attitude and give 110% always.

Academic Responsibilities

- **Classes and grades are THE priority.**
- Students must be passing at least 5 classes, if not they are considered **ineligible**.
- Students are allowed to participate in practice but not allowed to participate in games or competitions when ineligible.
- If meeting with a teacher, you must make all attempts to meet with the teacher before school, during open periods, or after school on non-practice days.

Attendance

- Must be in attendance for at least half of the school day to participate in any cheerleading events on that day.
- All practices, games, competitions, fundraisers, community events, and clinics are **mandatory**. This includes all holiday breaks/non-school days where the above is assigned.
- **Vacations are only counted as an excused absence during the summer when given prior notice.**
- All absences must be communicated to the coach at least 24 hours before the absence.
- Please schedule doctor/other appointments around scheduled cheerleading times.
- Excessive absences or sitting out for any reason can result in becoming an alternate or removal from the program.

- Schedules will be given out ASAP. However athletes need to be flexible due to the addition or cancellation of practices due to facilities, games, weather, competitions and assemblies.
- If practice is changed or canceled, individual commitments (work, tutoring, family obligations) will be excused when communicated to the coach prior to the new scheduled time.

Excused Absences

- Death in the family or illness.
- Must contact the coach when athlete is ill- PRIOR TO THE SCHEDULED PRACTICE/GAME TIME.
- DOCTOR'S NOTES MUST ALWAYS BE PROVIDED: Saying what the athlete can and cannot do with time period of restrictions.
- **An absence for any reason during the week of a competition may result in an alternate being put in at coaches' discretion.**
- Any recurring absence may result in an alternate being put in, or athlete being removed from team at coaches' discretion.

Unexcused Absences

- Work, family reunion, weddings, birthdays, vacations, clubs, etc.
- If any absence is not communicated to the coach PRIOR TO PRACTICE/GAME/COMP., it is unexcused.
- Cheerleaders are allowed 3 unexcused absences, 4th resulting in removal from the program.

Practices

- Mats must be rolled, properly dressed (practice outfit, shoes on, hair up, jewelry off) and ready at the scheduled start time.
- Cheerleaders are expected to wear pre-planned practice clothes when the school year begins.
- **NO PHONES at practice.**

Games

- Hair= high ponytail all up.
- Stay focused on game, no talking, moving, or goofing around with teammates when on the sidelines
- During ½ time, must be back with 2 minutes left on the clock
- Away games- varsity will wear a set outfit (t-shirt, warmup, etc) JV will come in uniform
- Away games- each team will sit together and watch each other's game- you will not roam freely
- When going to the bathroom, concession, etc. always travel in pairs
- Never change in a public area- in bathroom stall or locker room only

- If staying for a varsity home game, JV cheerleaders must change out of uniform.

Competitions

- It is up to the coaches' discretion on which athletes will compete at each competition and how many athletes will compete on the floor.
- Alternates can be changed at any time due to the best interest of the competitive team.

****If riding home with a parent from a cheerleading event where a bus is provided, the athlete must fill out and sign the HSHS bus release form 24 hrs prior to the day they are leaving with a parent. We are not allowed to do all season bus forms.***

Health/Appearance

- Cheerleading is a very demanding sport in which you must replenish your body with the food it needs.
- Uniforms must be kept neat and clean. The cheerleader must replace lost or ruined portions of the uniform.
- **Hair will always be ALL UP. It is illegal to stunt and tumble with hair touching shoulders.**
- No outrageous hair color- ex: green, blue, purple, bright red, etc.
- None of the following for games, practices, and competitions:
Jewelry, glitter, nail polish, nails past fingertips, gum, and all other IHSA mandated rules

Communication

- Please check email frequently and HEJA APP, email will be the most consistent form of communication.
- 24 hour rule- parents/guardians should not approach or contact a coach before, during, or after a practice, game, or competition with a concern. **You must allow 24 hours to pass before contacting.**
- If an athlete or parent has a concern to discuss with the coach, please do so in the following order:
 - Athlete should discuss the concern with the coach after practice or game.
 - If the athlete or parent is not satisfied with the outcome, we will then schedule a meeting for the athlete, coach, and parent. Athletic Director or Assistant Athletic Director will be present if available.
 - If the athlete or parent is not satisfied again, we will schedule a meeting with the athlete, parent, coach, and athletic director.

Please visit our website below for all information throughout the season!

Website	https://www.hinsdalesouthathletics.org/cheerleading.html
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**If you have any questions contact Head Coach:
Nicholle Fourkas Katsigiannis: Nfourkas@hinsdale86.org**



Being a cheerleader at Hinsdale South High School is a large commitment. We hold our athletes accountable in and out of the building. If you do not uphold yourself to the expectations of a Hinsdale South High School Cheerleader it can result in immediate dismissal of the program based on coaches and administrators discretion.

BY SIGNING BELOW IT SHOWS THAT YOU UNDERSTAND AND WILL ABIDE BY WHAT IS EXPECTED OF A HINSDALE SOUTH HIGH SCHOOL CHEERLEADER AND PARENT/GUARDIAN

CHEERLEADER NAME: _____

CHEERLEADER SIGNATURE: _____

DATE: _____

PARENT NAME: _____

PARENT/GUARDIAN SIGNATURE: _____

DATE: _____

Comp. Season - Academic Standing Form

Name: _____

Grade: _____

Athletes must stay academically eligible throughout the season in order to participate. Please have your teachers provide your current grade, teacher signature, and recommendation for the HSHS cheerleading program.

ATTENTION TEACHERS:

Grades, work ethic, attitude, behavior, and respect are very important when picking teams!

Please email me with any comment or concern you might have!!!!!!

Ashley Yurchak- Ayurchak@hinsdale86.org

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