

Please **DO NOT** check anything on this page, check boxes are for coaches ONLY. Please fill out the name and grade.



CANYON DEL ORO SPIRITLINE
STUNT & CHEER

ATHLETE: _____

GRADE FOR 22'-23': _____

Try Out Packet Checklist:

- Stunt & Cheer Application**
- Last Semester Grades**
- Photo (5x7)**
- Essay**
- Commitment & Acknowledgment Form**



22'-23' STUNT & CHEER TRYOUT APPLICATION

Student Name: _____

Home Address: _____

City: _____ **State:** _____ **Zip:** _____

Student Cell Phone: _____ **Parent Cell Phone:** _____

Email Address: _____

Student ID: _____

Grade Level: ____ **Freshman (9) Sophomore (10) Junior (11) Senior (10)**

Date Of Birth: _____

Parent or Legal Guardian Name: _____

Cell #: _____ **Work:** _____

Email Address: _____

Athlete Sizes:

T-shirt: _____ **Tank:** _____ **Shorts:** _____ **Jacket:** _____ **Shoe:** _____

ELIGIBILITY REQUIREMENTS:

- 2.0 GPA
- CURRENT PHYSICAL
- COMPLETE TRYOUT PACKET

HISTORICAL GRADES:

Make a copy to turn in with your packet. Points will be awarded as follow

- A/20 points
- B/15 points
- C/10 points
- D/5 points
- F/0 points

LIST OF ITEMS TO BE TURNED IN BEFORE TRYOUTS:

- Physical and Concussion Test turned into ELSA at the ADMINISTRATION OFFICE, no later than JUNE.
- **CURRENT PHYSICAL (No later than Friday April 29th.)**

Following items must be brought with you on the first day of tryouts. (05/03/22)

In the following order:

1. 5x7 Headshot Photo (Do Not Staple, use paper clip)
2. Stund and Cheer Application
3. Copy of Last Semester Grades
4. Acknowledge, Acceptance and Commitment Form
5. Cheer Essay

CHEER ESSAY: Your essay should have a minimum of three paragraphs; double space, typed and use size font 12 that is legible. Please include a cover page with your name. This will be worth 100 points and will be added to your tryout score.

ESSAY TOPIC: What does COMMITMENT mean to you? What are the things you can do to honor/keep your commitments?

TRY OUT INFORMATION:

Wednesday April 27th @ 5:30PM (Parent & Athlete Meeting)

Tuesday May 3rd from 4:30PM-6:30PM (Learn all material & assign tryout group)

Wednesday May 4th from 2:30PM-4:30PM (Material Overview and Mock Tryouts)

Saturday May 7th from 8:00AM-12:00PM (Final Tryout)

Saturday May 7th Between 1pm-2pm: Phone Calls of Team Placement and Instagram Post

Tryout packet is due in full the first day of tryouts. No Exceptions.

WHAT TO WEAR FOR TRYOUTS: Appearance is very important! You can only make ONE first impression!

1. Black tank or T- Shirt (No Spaghetti straps and no oversized t shirts)
2. Black Shorts or Spandex (Cheer briefs or spandex under shorts)
3. Cheer or Athletic Shoes (No converse, vans and ensure shoes are CLEAN)
4. Bow or Ribbon of your Choice (10pts.)
5. Hair COMPLETELY out of the face
6. No Jewelry
7. Cell Phones off or on Silent INSIDE YOUR GYM BAG. Bring water.

TRYOUT SKILL REQUIREMENTS:

- Kicks (L/R)
- Toe Touch
- Pike Jump
- Optional Sequence Jumps (Minimum 2 jumps connected)
- Any tumbling Skills (Round Off, Front/Back walkover, backhand- spring, standing tuck, running tumbling.)
- Three Sideline Chants

- Senior Cheer
- Dance
- CDO Fight Song

WHAT HAPPENS AFTER YOU MAKE THE TEAM: Please note practice days and times are subject to change according to football, basketball and competition season and first hour.

Summer Practice Schedule: Beginning Monday May 30th

Monday 10:30-11:30am : Strength & Conditioning

Tuesday: 6:30am-8:00am

Friday: 8:30am-10:30am

School Year Practice Schedule:

Tuesday: 6:30am-8:30am

Wednesday: 2:30pm-4:30pm

Friday: 6:30am-8:30am

Saturday: 8:00am-10:30am (When competition season begins)

Coaches have the right to make necessary changes and additions to the team rules and practices as needed throughout the year, Any changes will be discussed with the Athletic Director.

CDO Spiritline is looking for the OVERALL good cheerleader in many different categories. You are being selected to be sideline cheerleaders that support the athletic teams from CDO High School FIRST. Competition is secondary. The judges will be qualified to select the team according to skill levels.

GOOD LUCK! LOOKING FORWARD TO AN AMAZING SEASON WITH CDO STUNT & CHEER!

ACKNOWLEDGEMENT, ACCEPTANCE & COMMITMENT FORM

I have carefully read through the CDO Stunt & Cheer Tryout information and understand the content for the 2022-2023 season.

I understand and accept that the judges' decisions for the 22-23 Varsity Stunt & Cheer team are final. I understand in no way have I been promised placement on the CDO Varsity Stunt and Cheer team and that my time trying out is voluntary.

I also understand that if I am chosen to represent CDO SPIRITLINE I will fully commit myself 100% to my team, my coaches and my academics. I will commit to this team's policies and procedures for the duration of the entire season. I will not accept a spot on the team if I do not intend to be a part of this team for the entire school year.

I am committed to be at all school related functions, games, practices and competitions.

I, _____, agree to the conditions stated above.

Printed Name of Applicant

Applicant Signature

Printed Name of Parent

Parent Signature