

2021
2022



INFORMATIONAL PACKET



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TRYOUTS

SPRING

Open to current 9th-11th graders

APRIL 12 | 3:00-5:00PM

APRIL 13 | 3:00-5:00PM

APRIL 14 | 3:00-5:00PM

APRIL 15 | 3:00-5:00PM

APRIL 16 | 3:00-TBD

Location | Hamilton High School

Check-in begins at 2:40PM

FALL

*Open to incoming 9th graders and transfers
ONLY*

JULY 26 | 3:00-5:00PM

JULY 27 | 3:00-5:00PM

JULY 28 | 3:00-5:00PM

JULY 29 | 3:00-5:00PM

JULY 30 | 3:00-TBD

Location | Hamilton High School

Check-in begins at 2:40PM





TEAMS

BLACK

Varsity Squad

- Cheers at all Varsity football games (1 a week)
- Cheers at various Varsity basketball games (1-2 a week)
- Competes in the Traditional Cheer division
- 15 + alternates

MAROON

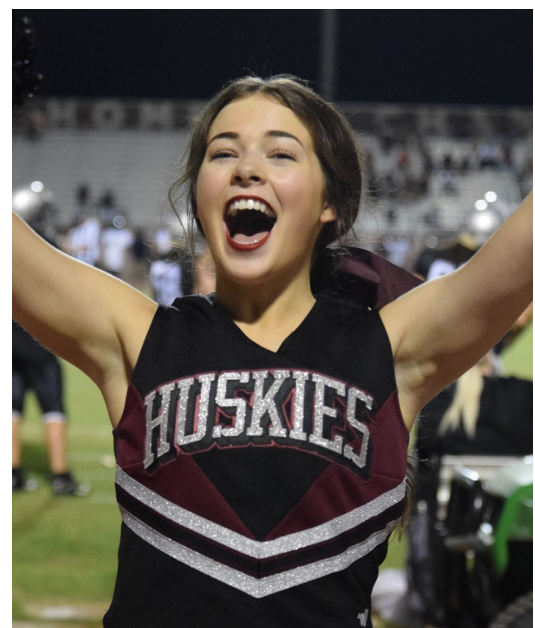
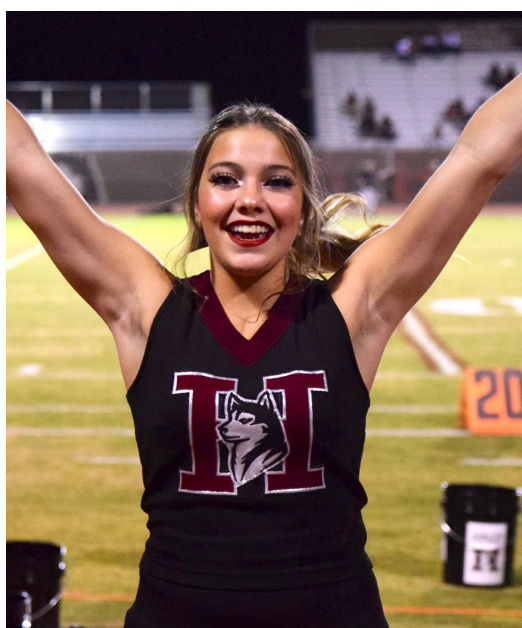
Junior Varsity Squad

- Cheers at home JV & Freshmen football games(1 a week)
- Cheers at various JV basketball game (1-2 a week)
- Competes in the Traditional Cheer division
- 15 + alternates

WHITE

Competitive Game Day

- Competes in the AIA & UCA Game Day division
- Comprised of members from both Maroon & Black but may not include all members



- All squads have combined practices with their individual coaches.
- All cheerleaders will cheer on the sidelines (after they pass their material test), however, not all cheerleaders will compete, some may be selected as alternates.
- Separate teams will not be announced until July 30.



MANDATORY DATES

All dates below are mandatory for those that tryout in the Spring. Incoming freshman and transfers interested in joining our program are also encouraged to attend all dates below, however, we cannot make it mandatory.

PRE-SEASON

Practices will be held in the South Gym at Hamilton High School from 3:00-5:00PM.

April | 20, 22, 26, 28

May | 4, 6, 10, 12, 18, 20

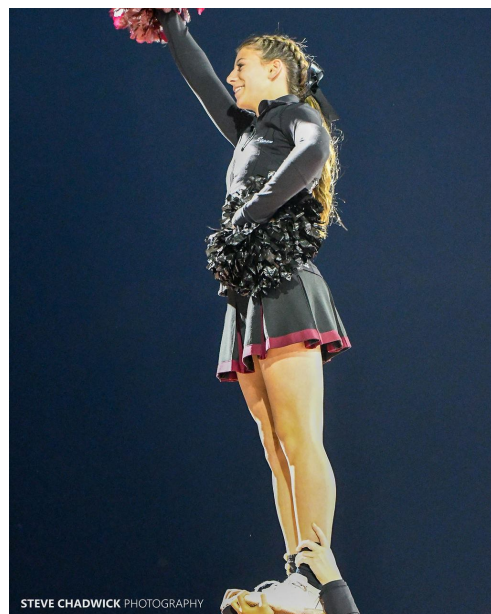
SUMMER

Practices will be held in the South Gym at Hamilton High School.

June | 8, 9, 10, 15, 16, 17, 22, 23, 24, 29, 30

July | 1, 12, 13, 14, 15, 16, 19, 20

- Athletes are expected to attend all of these dates, failure to do so may result in an athlete not competing.
- Athletes are encouraged to work on their tumbling skills at least twice a week during the summer. Tumbling growth will be taken into account when selecting teams.
- Summer vacation dates must be submitted with your application and must be approved by the Head Coach to be excused.
- Per AIA regulations, incoming freshmen are not eligible to formally tryout until school begins in the fall. All incoming freshmen, however, are invited and encouraged to join us at all of these dates in order to prepare for the season.



SEASON



WEEKLY PRACTICES

- M, T, F | 6:00-8:21AM - *athletes may not take a 0 Hour class*
- Monday Tumbling at Dauntless | 6:30PM or 7:30PM
- Wednesday Tumbling at Hamilton | 6:45-9:17AM
- Various Saturdays

FINAL TEAM EVALUATIONS

Mandatory for all those that attending Spring tryouts.

- July 30 | 3:00PM-TBD

CHOREOGRAPHY DATES

- Black | TBD
- Maroon | TBD
- White | TBD

FALL BREAK DATES

Mandatory for all members.

- V!ROC Skills Camp | October 1-2 OR 8-9 (TBD based on football schedule)

• If an athlete is not at both their team's choreography date(s) and Fall Break date(s), they will not compete.

INVESTMENT

Below is a tentative payment plan. This list does not include Nationals payments that may be incurred based on fundraising efforts. This list is subject to change at anytime.

Description	Vendor	Price	New Members	Returning Members
Face Mask	Snapmask	\$30.00	Required	Optional
2 Bows	Varsity	\$18.00	Required	Required
Poms	Varsity	\$25.00	Required	Required
Game Day Uniform	Varsity	\$190.00	Required	Not Required
August Tumbling	Dauntless	\$75.00	Required	Required
Pink Socks	Hit A Double	\$8.00	Required	Required
Game Day Shoes	Nfinity	\$70.00	Required	Required
Customized Backpack	Nfinity	\$115.00	Required	Optional
Spandex	Nfinity	\$30.00	Required	Required
4 Practice Shorts	Nfinity	\$165.00	Required	Optional
Pink Poms	Varsity	\$25.00	Required	Not Required
Pink Bow	Varsity	\$10.00	Required	Not Required
4 Practice Shirts	Bling N Ink	\$75.00	Required	Required
Competition Uniform	Varsity	\$270.00	Required	Not Required
September Tumbling	Dauntless	\$75.00	Required	Required
Choreography Fee	VIROC	\$250.00	Required	Required
Competition Shoes	Nfinity	\$125.00	Required	Required
October Tumbling	Dauntless	\$75.00	Required	Required
Skills Camp Fee	VIROC	\$225.00	Required	Required
November Tumbling	Dauntless	\$75.00	Required	Required
Student Activity Fee	Hamilton	\$300.00	Required	Required
Warm-Ups	Nfinity	\$215.00	Required	Not Required
December Tumbling	Dauntless	\$75.00	Required	Required
January Tumbling	Dauntless	\$75.00	Required	Required
February Tumbling	Dauntless	\$75.00	Required	Required
March Tumbling	Dauntless	\$75.00	Required	Required
April Tumbling	Dauntless	\$75.00	Required	Required
May Tumbling	Dauntless	\$75.00	Required	Required

- We will get new competition uniforms every FIVE years (2024).
- Buy Back/Sell Back program available for most items.





COMPETITIONS

- Making the Hamilton Cheerleading program does not guarantee you a position in a competition routine.
- You may be selected as an alternate for a squad, which means you will cheer on the sidelines during football and basketball games but might not compete.

REGULAR SEASON COMPETITIONS

	BLACK	BLACK GD	MAROON	STATE	WHITE GD
Amphi Spirit Cup - OCT 24	✓	✓	✓	✓	✓
USA Regional - NOV 21	✓	✗	✓	✓	✓
AIA State Qualifier - NOV 7	✓	✗	✓	✗	✗
USA Regional - DEC 5	✓	✓	✓	✓	✓
AIA Game Day State - DEC	✗	✓	✗	✗	✗
UCA Circuit Cup - JAN 9	✗	✓	✓	✓	✗
USA Arizona Open - JUN 23	✗	✓	✓	✓	✓
Arizona State - JUN 23	✓	✗	✗	✗	✗
Annual Showcase - JAN 30	✓	✓	✓	✓	✓

NATIONALS

UCA National High School Cheerleading Championship

February TBD, 2022
Orlando, Florida



DEADLINES

SPRING TRYOUTS

- Applications Open | March 25
- Applications Due | April 8
- Register My Athlete | April 11
- Tryout Paperwork | April 12

FALL TRYOUTS

- Applications Open | July 8
- Applications Due | July 22
- Register My Athlete | July 25
- Tryout Paperwork | July 26



TRYOUT PAPERWORK

- Acknowledgement & Agreement
- Resume
- Official Teacher's Evaluation (Spring Tryout ONLY)

REGISTER MY ATHLETE

Current 9th-11th | Played a CUSD sport 2020-2021

Must complete RMA profile without a physical by April 11

Must complete RMA profile with new physical by July 25

Current 9th-11th | Did not play a CUSD sport 2020-2021

Must complete RMA profile with a physical by April 11

Incoming 9th grader or Transfer

Must complete RMA profile with a physical by July 25

REQUIRED SKILLS

We encourage everyone who is interest in being a part of our program to attend tryouts regardless of their experience or tumbling abilities. These lists are subject to change.

BLACK SQUAD

- Standing back tuck
- Double toe touch back tuck
- Two to tuck/layout/full
- Round off back handspring layout/full

MAROON SQUAD

- Standing double back handspring
- Round off back handspring tuck
- Standing tuck highly preferred

WHITE SQUAD

- Standing back tuck





TRYOUT DETAILS

Tryout material will be sent out when applications close. Tryout material **MUST** be learned **PRIOR** to the start of tryouts.

TRYOUT APPEARANCE

- An unmarked black t-shirt (must be tucked into shorts)
- Black shorts (spandex must be worn under shorts)
- Black crew cut socks
- Cheer shoes or athletic shoes
- Hair must be pulled off face in a low level ponytail
- Fingernails must be cut short with no polish (fake nails are prohibited)
- Absolutely no jewelry of any kind

FORMAL INTERVIEW APPEARANCE

- Business casual
- NO stilettos
- NO mini skirts
- NO spaghetti straps
- NO deep necklines
- NO jeans
- NO casual attire

This is your opportunity to make a good impression.

Monday

- 2:40PM Check-in begins (please check in at South Gym)
- 3:00PM Welcome & introductions
- 3:05PM Warm-up conditioning & stretch
- 3:40PM **First Evaluation: Material Link**
- 4:10PM Stunt technique & safety seminar/split into stunt groups
- 4:20PM Beginning stunt progressions
- 4:50PM Closing remarks & roll up mats

Tuesday

- 2:40PM Check-in begins (please check in at South Gym)
- 3:00PM Welcome & introductions
- 3:05PM Warm-up conditioning & stretch
- 3:40PM **Second Evaluation: Tumbling**
- 4:10PM Beginning stunt progressions
- 4:50PM Closing remarks & roll up mats

Wednesday

- 2:40PM Interviews & open practice (please check in at South Gym)
- 4:50PM Closing remarks

Thursday

- 2:40PM Check-in begins (please check in at South Gym)
- 3:00PM Welcome & introductions
- 3:05PM Beginning stunt progressions
- 3:30PM Fitness test
- 4:30PM Mock tryouts with group
- 4:50PM Closing remarks & roll up mats

Friday

- 2:40PM Check-in begins (please check in at South Gym)
- 3:00PM Welcome & introductions
- 3:05PM Open practice
- 3:30PM **Formal Tryout**
- 8:00PM Decision emails sent out

Saturday

- 11:00AM Mandatory Parent/Athlete meeting - for those who make the program

