

2020  
2021



INFORMATIONAL PACKET



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# TRYOUTS

## SPRING

Due to COVID-19, this year's Spring Tryouts have been cancelled.

## FALL

*Open to all students*

**AUGUST 17 | 3:00-5:00PM**

**AUGUST 18 | 3:00-5:00PM**

**AUGUST 19 | 3:00-5:00PM**

**AUGUST 20 | 3:00-5:00PM**

**AUGUST 21 | 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
- 12+ members

## 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
- 12+ members

## SILVER

### Freshmen Squad

- Cheers at JV & Freshmen football games (1 a week)
- Cheers at various Freshman basketball games (1-2 a week)
- Competes in the Traditional Cheer division
- 8+ members



## BLACK GAME DAY

### Selected from Black Squad ONLY

- Competes in the AIA Game Day division
- Competes in the UCA Game Day division
- 12+ members
- All members of Black Squad might not be selected

## WHITE GAME DAY

### Selected from Maroon & Silver Squads

- Competes in the USA Game Day divisions
- 16+ members
- All members of Maroon & Silver Squad might not be selected

- 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 TBD - not currently relevant due to COVID-19.



# MANDATORY DATES

*Due to COVID-19, all of these dates are prior to tryouts and therefore we cannot make them mandatory. However, with normal circumstances, all these dates would be absolutely mandatory for those that tried out at our Spring Tryouts.*

## PRE-SEASON

Due to COVID-19, we are unable to have our scheduled Pre-Season practices. We are therefore holding our Pre-Season virtually, **starting April 1**. Current 8th-11th grade students interested in trying out should join our Virtual Pre-Season BAND group (for students only). Please email us at [hamiltoncheerleadingprogram@gmail.com](mailto:hamiltoncheerleadingprogram@gmail.com) if you would like to join this group.

## SUMMER

Practices will be held in the South Gym at Hamilton High School from 9:00AM-11:00AM.

June | 9, 10, 11, 16, 17, 18, 23, 24, 25

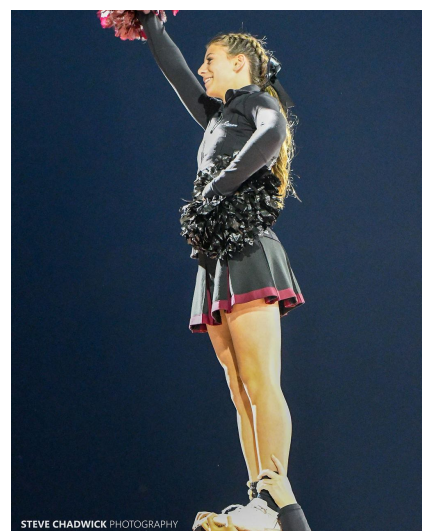
## HAMILTON CHEERLEADING CAMP

Optional camp open to any Hamilton student. Visit our website to register.

August | 2, 3, 4

The following expectations were standard prior to COVID-19.

- 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.



STEVE CHADWICK PHOTOGRAPHY



# SEASON



## WEEKLY PRACTICES

- Monday Practice | 6:00AM
- Monday Tumbling at Dauntless | 6:30PM or 7:30PM
- Tuesday Practice | 6:00AM
- Wednesday Tumbling at Hamilton | 7:25AM
- Friday Practice | 6:00AM
- Various Saturday's - Black ONLY

## FINAL TEAM EVALUATIONS

*Not relevant due to COVID-19.*

- Dates | TBD

## CHOREOGRAPHY DATES

- Black | August 22-23
- Maroon | August 29
- Silver | September 12
- Black Game Day | September 12
- White Game Day | September 12

## FALL BREAK DATES

*Mandatory for all members of all teams.*

- V!ROC Skills Camp | October 9-10

• 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 list of items/events you will pay for up front your first season with the program vs. your returning seasons. **This list does not include the \$75.00/month for tumbling instruction (August-May) or Nationals.**

## FIRST SEASON

\$1,672.00

2 Bows  
Spandex  
Game Day Shoes  
Poms  
Backpack & Embroidery  
5 Practice Shorts  
5 Practice Shirts  
Game Day Uniform  
Competition Shoes  
Competition Uniform  
Warm Up Leggings  
October Pink Bow  
October Pink Poms  
October Pink Tank  
Event V-Neck  
Event Long Sleeve  
Homecoming Tank  
Warm Up Jacket

## RETURNING SEASONS

\$667.00

2 Bows  
Game Day Shoes  
Poms  
5 Practice Shirts  
October Pink Tank  
Event V-Neck  
Event Long Sleeve  
Homecoming Tank

*Items that are damaged or lost will need to be replaced.*

- 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.
- ***Dates will likely change due to COVID-19.***

## REGULAR SEASON COMPETITIONS

	BLACK	BLACK GD	MAROON	SILVER	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 19	×	✓	×	×	×
<del>UCA Cactus Cup - JAN 9</del>	<del>✓</del>	<del>✓</del>	<del>✓</del>	<del>✓</del>	<del>×</del>
USA Arizona Open - JAN 23	×	✓	✓	✓	✓
AIA State - JAN 23	✓	×	×	×	×
Annual Showcase - JAN 30	✓	✓	✓	✓	✓

### BLACK, BLACK GAME DAY NATIONALS

#### UCA National High School Cheerleading Championship

February 3-8, 2021  
Orlando, Florida

### MAROON, SILVER, WHITE GAME DAY NATIONALS

#### USA Spirit Nationals

February 18-22  
Anaheim, California





# DEADLINES

## SPRING TRYOUTS

*Due to COVID-19, all students will tryout in the Fall.*

## FALL TRYOUTS

- Applications Open | July 24
- Applications Due | August 13
- Register My Athlete | August 17
- Tryout Paperwork | August 17



## TRYOUT PAPERWORK

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

## REGISTER MY ATHLETE

You must be cleared on Register My Athlete, which includes a physical from your physician.

# PREFERRED 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.*

## 2020-2021 SEASON

### BLACK SQUAD

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

### MAROON SQUAD

- Standing back handspring
- Round off back handspring

### SILVER SQUAD

- No tumbling required

## 2021-2022 SEASON

### BLACK SQUAD

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

### MAROON SQUAD

- Standing double back handspring
- Round off double back handspring

### SILVER SQUAD

- No tumbling required

## 2022-2023 SEASON

### BLACK SQUAD

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

### MAROON SQUAD

- Standing double back handspring
- Round off double back handspring

### SILVER SQUAD

- No tumbling required

## 2023-2024 SEASON

### BLACK SQUAD

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

### MAROON SQUAD

- Standing double back handspring
- Round off double back handspring

### SILVER SQUAD

- No tumbling required



# 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

