

Double Churches Middle School Cheerleading

VIRTUAL TRY-OUT VIDEO SUBMISSION

**2020-2021 Football and Basketball Season**

**TRYOUT INFORMATION**

* Cheerleading try-outs will begin with an interest meeting on Monday, Sept. 14th from 5:00 – 6:00 PM. Students who are in school may report to the gym when released. Virtual students may begin arriving at 4:30 to participate in a screening prior to the start of the meeting. Any student who is interested in trying out MUST attend and may bring a parent. Students will need to make sure they have turned in their **physical form, proof of insurance, concussion form, and cardiac arrest form by Thursday, September 17th prior to submission.** (Drop off in the front office).
* Students trying out will need to wear gym shorts, t-shirt, tennis shoes, hair up, and no jewelry for the video submission.
* At the clinic on Monday, students will be given the plan for the remainder of the week and the expectations of a DCMS cheerleader.
* Students will practice on their own Monday, September 14th – Thursday, September 17th.
* Students will submit their video tryout submission by **4:00 on Thursday, September 17th.** (See below for more information).
* The official tryout will be conducted through video submission. You will submit your tryout video through flipgrid.com
* Your submission must not exceed 5 minutes in length and must include the following:

o A brief introduction of yourself (First and last name, grade level, personality traits, & any additional information the judges may need to know)

o Tryout Dance found here<https://www.youtube.com/watch?v=dPrlsNQzpQQ&list=PL3aTl8mZsiCTXzUXE2UVcHdeLwNXy75MA&index=6>

<https://www.youtube.com/watch?v=eQRsb6yUUR8&list=PL3aTl8mZsiCTXzUXE2UVcHdeLwNXy75MA&index=7>

o Cheer found here – (Change Tigers to Wildcats, Change Blue and Gold to Green and Black)

<https://www.youtube.com/watch?v=5KoozqqBTgg&list=PL3aTl8mZsiCTXzUXE2UVcHdeLwNXy75MA&index=3>

<https://www.youtube.com/watch?v=ORWU1ey_yDQ&list=PL3aTl8mZsiCTXzUXE2UVcHdeLwNXy75MA&index=4>

o Chant found here (Change bears to cats)

<https://www.youtube.com/watch?v=REW08gy_WxY&list=PL3aTl8mZsiCTXzUXE2UVcHdeLwNXy75MA&index=1>

o Toe touch found here:

<https://www.youtube.com/watch?v=jDlF26-Uu2I>

o Optional tumbling demonstration

* Once your video has been submitted through flipgrid, **your parent must e-mail us** confirming permission and your eligibility. Include in your email the cheerleader’s name, grade level, and parent phone number.
* hamilton.eretha.k@muscogee.k12.ga.us Coach Hamilton
* adkins.giannina.m@muscogee.k12.ga.us Coach Adkins
* If you make the team, cheerleaders provide their own game day apparel, etc. The cost will be $100+/-. All cheerleaders need to be prepared to pay this cost **out of their own pocket.** (Payment plans can be worked out).

Tryout Video Submissions are due no later than **Thursday, September 17, 2020 by 4:00pm**.

6th Graders Submit Video to this link: <https://flipgrid.com/wildcatcheer6>

7th Graders Submit Video to this link: <https://flipgrid.com/wildcatcheer7>

8th Graders Submit Video to this link https://flipgrid.com/wildcatcheer8

**TRYOUT CHECKLIST:**

* Turn in all forms before video submission. to the front office by Thursday, September 17th. Forms found under the Athletics tab on the school website.
* Attend mandatory after school cheer clinic in the gym on Monday, September 14th – 5:00 – 6:00
* View and learn tryout dance, cheer, chant, and toe touch.
* Create 5 minutes (max) video introducing yourself then demonstrate fight song, cheer, toe touch, and include optional tumbling
* Submit video through Flipgrid
* Have a parent email both coaches providing permission & contact information

-Coach Hamilton and Coach Adkins

**2020 Cheerleading decision letters will be emailed to parents Friday evening, September 18th.**