Veterans Memorial Middle School Cheerleading

VIRTUAL TRY-OUT VIDEO SUBMISSION

**2020 Football and Basketball Season**

**TRYOUT INFORMATION**

* Cheer tryouts will take place Monday, September 14th – September 18th. There will be a mandatory after school cheer clinic on Monday, September 14th (4:15 – 5:45). Students will need to make sure they have turned in their physical form, proof of insurance, concussion form, and cardiac arrest form by Friday, September 11th (Drop off in the front office).
* Students trying out will need to wear gym shorts, t-shirt, tennis shoes, hair up, and no jewelry to the mandatory clinic on Monday and 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 VMMS cheerleader.
* Students will practice on their own Tuesday, September 15th – Thursday, September 17th.
* Students will submit their video tryout submission by 4:00 on Friday, September 18th (See below for more information).
* The official tryout will be conducted through video submission. You will access our Drop Box link below and upload your submission.
* Your submission must not exceed 5-6 minutes in length and must include the following:
* Brief introduction of yourself (First and last name, grade level, personality traits, & any additional information the judges may need to know)
* 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>

* Cheer found here – (Change Tigers to Rangers, Change Blue and Gold to Red and Blue, change Central to Veterans, and pick any ripple)

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

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

* Chant found here

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

* Toe touch found here:

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

* Optional tumbling demonstration
* Once your video has been submitted in our Drop Box link, **your parent must e-mail us** confirming permission and your eligibility. Include in your email the cheerleader’s name, grade level, and phone number.

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* 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 **Friday, September 18, 2020 by 4:00pm**.

6th Graders Submit Video to this link: <https://www.dropbox.com/request/8Jioc3NEAvK4WIRy4BmE>

7th Graders Submit Video to this link: <https://www.dropbox.com/request/YGZZ8P5AAdPNVd5ebLQA>

8th Graders Submit Video to this link <https://www.dropbox.com/request/mqmKSVuUJ98BpFwmAgJb>

**TRYOUT CHECKLIST:**

* Turn in all forms to the front office by Friday, September 11th. Forms found under the Athletics tab on the school website.
* Attend mandatory after school cheer clinic on Monday, September 14th – 4:15 – 5:45 (Drop off and pick up in bus loop)
* View and learn tryout dance, cheer, chant, and toe touch.
* Create 5-6 minute (max) video introducing yourself then demonstrate fight song, cheer, toe touch, and include optional tumbling
* Submit video through Dropbox link
* Have a parent email both coaches providing permission & contact information

-Coach Tucker and Coach Novlesky

**2020 Cheerleading roster will be posted Sunday, September 20th on the gym doors.**