

# Cheer Team Tryouts

Skills for Athletic Excellence

Coach Gretchen Toddy Ludwick, MS



St. Edward High School  
Eagles Cheer Team  
Athletic Tradition of Excellence



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Dear Candidates and Parents,

Thank you for your interest in the Cheer Team at St. Edward High School. We are excited that you are considering tryouts this season.

Here you will find the basic skills that we will be evaluating during the tryout process. Although some of you may find this list daunting - DON'T WORRY! We are looking for well-rounded, committed student athletes who possess basic athletic strength and skills that can be progressed into higher athletic skills. We are looking for student athletes who enjoy the challenge and fun of working as a team and as individuals to progress in talent and skill. We are looking for students who have leadership qualities; after all, we are Cheer Leaders. High School Cheer is about student athletic leadership with really cool ways of bringing about school spirit; the skills of which can be learned through training throughout the season. The attached list is a guideline by which we can evaluate the potential of each athlete.

We invite you to the first meeting with open minds as we encourage you to EXCEED YOUR EXPECTATIONS and fill the Eagles' Nest with excitement for the coming seasons!

Cheers and Blessings,

Coach Gretchen Toddy Ludwick, '85, MS, Head Coach

Coach Elizabeth Hazel Barry, '06, Junior Varsity Coach

## SKILLS FOR EVALUATION

**We evaluate skills based on the OASSA State of Ohio  
Cheerleading Championships skill score sheets**

**Physical Fitness and Strength for Athletes also evaluated**

For those of you who LOVE youtube.com, I have attached some videos for you to look at.  
These are not SEHS folks, but you will get the idea of what we are looking for!

CAUTION: GYMNASTICS SKILLS SHOULD BE LEARNED FROM COMPETENT, SKILLED, AND CERTIFIED INSTRUCTORS. GET TO THE GYM! DO NOT ATTEMPT AT HOME, ALONE AND OR WITHOUT A COMPETENT COACH.

**PLEASE ALSO LOOK AT THE VIDEOS ON OUR CHEER TEAM PAGE**

<https://www.stedwardeagles.com/cheer-videos>

### Cheer Technique

- Chant
- Cheer

### Jump Skills

- Tuck <http://www.youtube.com/watch?v=itLAXgdD4IY>
  - This also shows a spread eagle jump - not required but a good demo!
- Toe Touch <http://www.youtube.com/watch?v=BIDVsb5pXsA>
- Front Hurdle (L & R) [http://www.youtube.com/watch?v=Se\\_RgMU3GcU](http://www.youtube.com/watch?v=Se_RgMU3GcU)
  - Video shows back leg bent WE DO BACK LEG FLAT = ELITE JUMP
- Pike <http://www.youtube.com/watch?v=20mChcciob8&feature=nelmfu>
- DOUBLE TOE (returnees) working TRIPLES
- TRIPLE COMBO: R hurdle, L hurdle, Toe (returnees)
- Jump - handspring or Jump - tuck combinations (returnees)

Dance: You will be taught a dance to perform at tryouts.

Gymnastic Skills: Gymnastics is an integral part of the sport of high school cheer. As a team we attend tumbling classes as part of our regular weekly practices. It is possible to make the team without a standing back handspring; however, it is a skill that will be expected to be achieved.

For tryouts, a spotter is allowed but you must have a competent attendee spot. A spotter may not tumble you over. In order for you to perform the skill at the clinic and tryout, you must be competent enough in your skill that the spot is light. DO NOT ATTEMPT A SKILL THAT YOU HAVE NOT MASTERED ENOUGH WITHOUT A LIGHT SPOT. A strong round-off is a good indicator of your potential to achieve more tumbling skills, so work on your round-offs if you do not yet have a back handspring. Forward rolls, tight with a clean stand/finish, will also be looked at.

Evaluation for returning team members: standing back handspring and round-off back handspring (light spot okay for JV level, NO SPOT for Varsity consideration). NOTE: BHS at end of FIGHT SONG for Varsity consideration. Tucks are a common skill and will be expected for higher level Regional & State competition in which Varsity participates.

- Right split & Left split: Splits show basic flexibility in the legs/groin. Daily stretching will help you achieve this. Returns it is expected that both left and right splits are flat.  
<http://www.youtube.com/watch?v=wxVA-riJY-U&feature=related>
- Forward roll <http://www.youtube.com/watch?v=HIP4gc4gFmk>
- Cartwheel <http://www.youtube.com/watch?v=1IwBtboVxoE&feature=relmfu>
- Running Round-off  
<http://www.youtube.com/watch?v=tLoSVdNqO1g&feature=relmfu>
- Power Out or Hurdle Round-off  
<http://www.youtube.com/watch?v=VSa-FjtncMA&feature=related>
- Standing Back Handspring (expected Varsity skill level)  
RETURNEES: Standing Back Handspring at END of FIGHT SONG for Varsity Consideration  
<http://www.youtube.com/watch?v=4EovHeG6nlo&feature=relmfu>
- Round-off back handspring (expected Varsity skill level)  
[http://www.youtube.com/watch?v=KLUs\\_janONI](http://www.youtube.com/watch?v=KLUs_janONI)
- Tucks: standing, round-off tuck, tuck series. We will ask to see tuck skills that you currently have. Tuck skills are what we are looking for the entire Varsity squad to have within the Fall season. (returnees take note of this important skill)
- Other advanced tumbling skills that you can do will be evaluated: i.e. back handspring series, layout, full, ariel.

Physical Fitness and Strength: Cheer is an athletic sport. Fitness and strength are important parts of the athletics of cheer; core strength is especially important for a stunting team. Here are some basic strength skills that we will ask you to perform. Start working on the basics and you will be able to progress quickly.

Front Plank: 30 sec - 1 minute with proper form

<http://www.youtube.com/watch?v=KKPTt8TJWIs&feature=relmfu>

[http://30dayfitnesschallenges.com/30-day-plank-challenge/#\\_](http://30dayfitnesschallenges.com/30-day-plank-challenge/#_)

(do this challenge with proper form & you'll be ready)

Push-ups: 25 full body push-ups with proper form

[http://www.youtube.com/watch?v=Eh00\\_rniF8E&feature=related](http://www.youtube.com/watch?v=Eh00_rniF8E&feature=related)

<http://hundredpushups.com/> (do this workout with proper form &

you'll be ready!)

Develop a good, strong Hollow Body position

<http://gymnasticswod.com/content/hollow-body>

V-sits: 25 full tuck-ups or V tucks with proper form

<https://www.youtube.com/watch?v=NBwz025Xl6Q>

Cardio-Vascular Conditioning: Team members will be required to be able to run a mile within Presidential Physical Fitness time standards for their age group which is in 10 minutes or less. Returnees will run on the day of the clinic for time requirements as weather/track permits. If not clinic day, then evaluation day. Bring running shoes. Fitness criteria will be evaluated at the practice clinic for all returnees as time permits.

NOTE: New team expected to hit 10 min or less mile by July.

<https://www.presidentschallenge.org/challenge/physical/benchmarks.shtml>

85th percentile norms for 1 mile run:

age	14	7:59
	15	8:08
	16	8:23
	17	8:15

As you can see by these standards, a 10 minute maximum time is more that generous. As athletes, we are required to maintain training levels of fitness in order to perform our best and minimize injury potential.

Fitness standards are an indication of commitment to personal skill development. **FITNESS/STRENGTH WILL WEIGH HEAVILY IN THE EVALUATION PROCESS.** Understand that this component can make or break earning a spot on the team as well as Varsity or JV level.

The Physical Fitness and Strength component of athletics is never to be taken for granted. Cheer Athletes are expect to cheer games which can run up to 3 hours (not including pre-game) which requires endurance. Within this time, cheer athletes must have the ability to perform short bursts of high level of jumping, tumbling and stunting skills which requires anaerobic conditioning. And, above all, the strength of our cheer athletes to lift another athlete into the air and catch them without fail is the greatest strength challenge of all. Without a high level of fitness and strength, we put ourselves and our teammates at risk for injury.

In anticipation of great participation in strength and conditioning, here's to a great tryout and forthcoming year!