

SWMHS Football/Competition Cheerleading 2024-2025

Tryouts:

- Tryouts for all teams will be **May 20th, May 21st, and May 22nd** from 2:30-5:00 in the HS Main Gym. This will be the **ONLY** tryout for every team.
- Please wear practice gear (t-shirt/shorts/sneakers) / hair pulled back / NO JEWELRY
- You **MUST** be present for each day of the tryouts
- YOU are responsible for completing ALL necessary clearance and physical forms:
 - Paper permission slip - **due May 1st!**
 - Health History Update form - **due May 1st!**
 - Physical Form (if your physical expires before May 20th) - **due May 10th!**
- **If you are late turning in your physical forms, you may not be cleared for tryouts**
- All paperwork must be turned into your school nurse

Teams:

- ***Varsity Football Cheerleading Team*** – All cheerleaders on this team will attend all Varsity football games and football cheer practices. (August – approx. Nov.)
- ***Junior Varsity Football Cheerleading Team*** – All cheerleaders on this team (9th/10th/11th grade) will attend all home Jr. Varsity football games and football cheer practices. (August – approx. Nov.)
- ***All-Music Competition Team and Game Day Competition Team*** – All cheerleaders on these teams will attend basketball games, all competition practices, choreography, and all competitions. (August – March)

Camp:

- All SWMHS cheerleaders will attend cheerleading camp @ World Cup **August 13th, 14th, and 15th (tentative)** from approximately 9:00-3:00 each day.
- The cost of camp is **approximately \$130 per cheerleader**. This includes camp and insurance fees.
 - \$130 due **Tuesday, June 4th** at practice

Purchased Items:

- **Mandatory** purchases for all cheerleaders:
 - Bows - \$25 for two bows
 - Bloomers - \$20 each (same as last year)
 - 4 practice shirts / 2 practice shorts - \$100 (2 shirts/shorts will be purchased ONCE in your high school career)
 - Money due **Tuesday, June 4th**
- **Optional** purchases for all cheerleaders:
 - Personalized warm-up outfit – approximately \$225
 - Personalized backpack – approximately \$75

If you have any questions, please contact:

Mrs. Boyle – Sara.Boyle@sayrevillek12.net

SWMHScheerleading.weebly.com

Google Classroom: 3ayghcc

SWMHS Cheerleading 2024-2025 – Breakdown of Fees

Item	Cost	Cash, Check, or Venmo
Cheerleading Camp <ul style="list-style-type: none"> • August 13th-15th • Includes camp fees / 2 lunches 	\$130	<ul style="list-style-type: none"> • Cash, Check, or Venmo
Bows - Football Season <ul style="list-style-type: none"> • Includes 2 bows 	\$25	<ul style="list-style-type: none"> • Cash, Check, or Venmo
Bloomers (silver - football season/all music)	\$20 each	<ul style="list-style-type: none"> • Cash, Check, or Venmo
Practice Shirts <ul style="list-style-type: none"> • 1 tank top / 1 t-shirt • <u>2 shirt / short sets (purchased ONCE in your HS career)</u> 	\$100	<ul style="list-style-type: none"> • Cash, Check, or Venmo
If purchasing personalized warm-ups or personalized backpack: <ul style="list-style-type: none"> • Warm-up = \$225 • Backpack = \$75 • <u>These are ordered ONCE in your HS career</u> 	\$300 (plus shipping)	<ul style="list-style-type: none"> • <u>These will be ordered directly through the Varsity brand website</u> • More info. to come
<u>Competition Teams ONLY:</u> <ul style="list-style-type: none"> • Game Day Socks = \$5 per pair • Game Day Bow = \$7 • Game Day Bloomers = \$20 • All Music Bow = \$25 	TBD	<ul style="list-style-type: none"> • Money will be due in <u>AUGUST</u>

Money Due:

Tuesday, June 4th @ practice

Cash or Checks made payable to:

Sayreville Bombers Cheerleading

Venmo:

@SayrevilleCheer

Please include cheerleader's name on Venmo

Tryout Expectations and Schedule

Videos for cheer and dance will be posted on Google Classroom approximately two weeks prior to tryouts. It is your responsibility to learn both the cheer and dance!

Day One - Monday, May 20th

- Practice jumps
- Practice basic stunts
- Practice tumbling

Day Two - Tuesday, May 21st

- Practice stunts
- Scoring tumbling
- Scoring stunts

Day Three - Wednesday, May 22nd

- Scoring jumps
- Scoring dance
- Scoring cheer

REMEMBER:

Cheer and dance WILL NOT be taught at tryouts. It is your responsibility to learn these from the video and perform them at tryouts!

Tryout Skills

Jumps:

- Single toe-touch
- Double jump
- Triple jumps (with variety)
- Jump to BHS
- Jump to tuck

Tumbling:

- Round-off back handspring
- Round-off back handspring to tuck
- Standing back handspring
- Standing back handspring to tuck
- Standing tuck
- Round-off back handspring to layout or round-off to layout
- Round-off back handspring to full or round-off to full
- Specialty passes

Stunts:

- Prep. level stunts
- Extension (2 legs)
- Extended liberty or stretch
- Full-up to extended position
- Switch-up to stretch / 1/2 or full twisting switch-up
- Hi to Hi or Low to Hi
- Twist cradle from stretch
- Basket toss - toe touch / pike / straight ride
- Kick-single basket toss
- Single-based stunts

All-Music Competition Team Requirements:

Jumps

- Double jump (required)
- Jump to tuck / hand-spring (highly suggested)

Tumbling - Must be able to do at least two skills listed below

- Standing handsprings (multiple) to tuck / layout
- Standing tucks / cartwheel tuck
- Round-off to tuck / layout / full
- Round-off back hand-spring to tuck / layout / full
- Punch front
- Specialty passes

Stunting - Must be able to do at least two skills listed below

- Full-up to stretch
- Switch-up to stretch / ½ or full twisting switch-up to lib. or stretch
- Hi to hi / low to hi
- Twist cradle from stretch (required)
- Kick-single basket toss
- Single-based stunts

Showmanship and Dance Technique:

- Proper placement and strength of motions
- Rhythm and timing
- Spirit, enthusiasm, confidence – performance

You must execute skills in at least three out of the four required areas above in order to make the all-music competition team.

***YOU MUST BE FULLY COMMITTED TO ALL PRACTICES/
COMPETITIONS/ EVENTS / ETC. THROUGHOUT THE WINTER
COMPETITION SEASON!***

Game Day Competition Team Requirements:

Jumps:

- Single toe touch

Tumbling:

- Standing handspring
- Standing tuck

Stunting:

- Prep.
- Extension
- Liberty
- Shoulder Sit

Showmanship and Dance Technique:

- Proper placement and strength of motions
- Rhythm and timing
- Spirit, enthusiasm, confidence – performance
- Strong facial expressions

Cheer Technique and Voice:

- Proper placement and strength of motions
- Use of signs
- Loud/strong voice and pacing of cheer
- Strong facial expressions

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Tentative Competition Dates 2024-2025

10/20 - GMC Game Day Championship @ Old Bridge HS

1/11 - ImpACT @ Brookdale Community College

1/25 & 1/26 - TBD

2/2 - ImpACT @ Toms River North HS

2/15 - Howell Cheer Championship @ Howell HS

2/22 & 2/23 - NJCDCA State Championship @ Brookdale Community College

3/1 - ImpACT @ Brookdale Community College

3/13 - 3/17 - Americheer Internationals @ Universal Studios, Orlando, Florida

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