

# Jackson Creek cheerleading expectations for 2007-2008 try outs!!!

- ? Attitude, commitment, and enthusiasm demonstrated during tryouts and throughout the season.
- ? One Cheer
- ? Two sidelines
- ? Tumbling (not mandatory)
- ? Jumps (toe touch, side hurdler, pike)
- ? Appearance (Shorts and a t-shirt-school dress code applies)

## Tips for try out week and try out day

- ? Get plenty of sleep the night before.
- ? Be confident. If you've practiced and worked hard up to this point, then you should be ready. Believe in yourself.
- ? **Put hair in pony Tail and away from face**
- ? Don't wear jewelry. Don't chew gum.
- ? Don't wear a lot of makeup.
- ? **Wear shorts, T-shirt, socks, gym shoes. ( please do not wear any shirt that has cheerleading on it)**
- ? Take slow, deep breaths to calm and relax yourself.
- ? Drink plenty of water.
- ? Have a good attitude. Help others. Don't play around with your friends or talk too much.
- ? **Smile. Smile. Smile.**
- ? Be peppy and energetic. Show your enthusiasm.
- ? Use facial expressions.
- ? Look up. Never look down or at the floor. Make eye contact with the judges.
- ? **Make your motions sharp and snappy.**
- ? Don't sing your cheers. Use a loud, clear voice. Be careful not to rush them. Take your time.
- ? Point your toes.
- ? Land with your feet together.
- ? If you make a mistake, go on. Don't stop and stress over it. Use the opportunity to show you can recover from a mistake.
- ? Have fun and let it show.

**Good Luck!!**