

Downers Grove North High School

Cheerleading Tryouts

2019 Information Packet

2 Day Tryout Clinic DGN Field House

(plan to attend both days...if you have a conflict,
please email apassarelli@csd99.org)

Tuesday, May 6th 6:00-9:00pm

Thursday, May 8th 6:00-9:00pm

Tryout Day

Friday, May 10th 6:00 pm

DOWNERS GROVE NORTH CHEERLEADING 2019-2020

Downers Grove North Cheerleading is a 2-season sports program and requires a great deal of commitment. Cheerleading is more than wearing a uniform and upholding the tradition of cheering for our Trojan teams; we also practice, condition, promote awareness of all DGN athletic teams, and compete! Our cheerleaders are tall and short, large and small, male and female- and we all have one thing in common.....our passion for the sport of CHEERLEADING.

Because we are ambassadors of DGN, we are looking for candidates who will dedicate themselves to the team, work hard, be outstanding citizens both in and out of uniform, and represent the best of DGN.

There are two cheerleading squads at DGN - Junior Varsity and Varsity. The Junior Varsity squad usually consists of freshmen and sophomores. The Varsity squad is made up of the highest-level performers in 9th through 12th grades.

JUNIOR VARSITY COMPETITION TEAM

This squad is for individuals showing potential in the aspects of competitive cheerleading. Applicants must show skills including jumps (height, flexibility, and variety), stunts (technique and spotting ability), good motion placement, a strong voice, and a great attitude. Tumbling skills, including a back-handspring, are *highly recommended*, but not required. We're looking for potential -- with a willingness to learn and likelihood of success.

This squad will attend sophomore football games and basketball games, so candidates should have knowledge of, and interest in, both sports. This team will attend summer cheerleading camp on June 22-23, and practice throughout the summer. When school begins, we will practice 3 times per week during the school year. The JV competition squad will also attend 4 competitions throughout the year. Participation requires a strong sense of commitment and dedication to the team. We will select 12-22 members for this team.

VARSITY COMPETITION TEAM

The Varsity competitive squad requires **STRONG** skill abilities as listed above. Tumbling skills are required, including a minimum unassisted back tuck (running, standing, or both). Only in special situations (based on need) will a candidate be taken on varsity without the specified tumbling requirement. Traditionally this team competes in the Co-Ed division. We will select 16-25 members for this team.

Varsity members will attend summer cheerleading camp on June 9th and then again on June 22-23, and will attend football games and basketball games. This squad will practice over the summer and 3-4 times per week throughout the school year, while also attending 6-7 competitions. The Varsity competitive team requires a strong sense of commitment and an understanding of the team concept.

TRYOUT SCHEDULE

Tryouts will be held on **May 6, 8 and 10**, with two days of clinics, and tryouts on that Friday. Cheerleaders are judged and scored on the following:

- Stunting ability (as base, flyer or backspot -- confidence, potential)
- Tumbling ability (skills mastered, willingness to try, confidence, potential)
- Jumps (toe-touch, double toe-touch, pike, hurdler and/or Double-9)
- Sideline performance (1 Cheer)
- Dance performance (6-8 eight-count routine taught at clinic)
- Neat Appearance (hair pulled back, proper clothing, no jewelry, etc.)
- Attendance/grades

DOCUMENTS FOR TRYOUTS

On the first day of the tryout clinic, you will need to provide the following (IN ADDITION to registering online...go to <https://il.8to18.com/trojans> and click the gray REGISTRATION tab. You will need to create an account if you don't already have one):

- 1) A copy of your current physical (if you currently have one on file at DGN, we don't need a hard copy)
- 2) A signed parent consent form (attached to this document)
- 3) **DGN Athletic Registration form (done ONLINE)**
- 4) Individual Information sheet (attached to this document)
- 5) Copy of most recent report card (Incoming Freshman only)
- 6) Personal Statement of why you want to be a DGN Cheerleader (attached to this document.....statement can be handwritten or typed)

These forms will be also available on the school website under the ATHLETICS tab a few weeks before the tryout clinic begins.

COST

Below is an *estimate* of **first-year** costs related to cheerleading. These costs are spread out over several months and can be reduced by participating in our fundraisers:

North High Athletic Fee	\$117 (x2 -Fall and Winter athletic fees apply)
Summer Cheer Camp	\$210
Choreography	\$135
Team Practice clothes	\$60
Shoes	\$85
Warm-ups	\$ 150
Body Liner and Briefs	\$ 60
Bows (girls)	\$ 25
<u>TOTAL</u>	<u>\$959**</u>

** Members of both teams will also be expected to attend cheer tumbling classes in the summer and fall - either independently or through an organized team class. These fees range from \$50-150 **

If you have any questions about the cheerleading program, please feel free to contact Head Coach Allyson Passarelli at apassarelli@csd99.org.

Thanks for your interest in Downers Grove North Cheerleading! We hope to see you in May!

Cheers!

Allyson Passarelli, Nicole Roback, & Ashlyn LaBud

Parent Consent Form

_____ has my permission to try out for the 2019-2020 Downers Grove North Cheerleading Squad. I have read the information, and I am aware of the responsibilities and costs that are associated with becoming a Cheerleader.

Cheerleader Signature

Parent Signature

Date

Parent's Phone

Cheerleader Candidate Information

Student name: _____ Tryout#: _____

Parent or guardian name: _____

Home address: _____

Home phone: _____

Cheerleader cell phone: _____

Cheerleader email: _____

Parent cell: _____

Parent email: _____

PERSONAL STATEMENT

(this may be typed or hand written)

I want to be a DGN Cheerleader because.....