

Varsity Try Out Guidelines and Requirements

1. Students interested in trying out for the Varsity squad must be between the ages of 11 and 15 (unless otherwise specified) and must attend the first class to try out for the program. (Students will not be accepted into the Varsity program after week 1.)
2. All students trying out must pay the registration fee and first week fee (as tryouts are still considered a practice/class) and counts as the first week.
3. Students will be given a number and divided into groups of 3 or 4 for tryouts.
4. Each will perform the following requirements:

Individual Chant (3 times) -This must be a full chant, no 2 or 3 word chants

Kick (to count of 4)

Three Jumps:

Toe Touch

Herkie

Jump of your choice

Cartwheel

Other Gymnastics (i.e. split, heel-stretch, handspring, etc.)

In addition to physical ability, we are looking for accuracy, control and voice projection.

*Practice prior to attending tryouts is strongly recommended.

We encourage those trying out for varsity to attend the first JV class immediately before the tryouts. It is a good warm up, and usually a simple chant is taught -good for those needing a tryout chant.

5. Students who do not make the Varsity squad will be placed on the JV squad. Those who do make the Varsity squad will be **required** to attend each class as well as competition at the end of the program.