

# El Camino Real Charter High School Cheerleading Tryouts

Dear Cheer Applicant,

My name is Beth Corbett. I am the Cheer Adviser at El Camino and together with Coach Amanda Sanchez, we welcome you to the annual JV and Varsity cheer tryouts for El Camino Charter High School! Please read all information carefully and remember to fill out a tryout packet.

## **Informational Video:**

**On Sunday April 30 at 3pm**, ECR Cheer will release a short video detailing expectations and requirements for tryouts. The video will contain jumps, cheers, a dance, facials, and tumbling. You can find this video on school's website: [ECRCHS.net](http://ECRCHS.net) under Activities: Cheer or you can email me [B.Corbett@ecrchs.net](mailto:B.Corbett@ecrchs.net) and I will send it to you.

## **Practices**

**On Tuesday May 2<sup>nd</sup> and Wednesday May 3<sup>rd</sup> from 3:30pm – 6pm**, we will practice the requirements for upcoming tryouts. Practices (as well as tryouts) will take place at El Camino Real Charter High School's small gym, located in the same building as the main gym.

## **TRYOUTS**

**On Thursday May 4<sup>th</sup>**, tryouts will begin at 3:30PM and end at approximately 6pm. Shortly after, names for the JV and Varsity Squads will be posted outside the doors of the gym. There will be four qualified judges for tryouts.

Please download and print the application packet from the school's website or pick up in the main office at El Camino and bring the completed forms to tryouts. **All participants must have a sports physical completed before Tuesday May 2<sup>nd</sup> practice as well as the completed cheer packet.**

## **Requirements:**

- A sports physical presented at tryouts. No exceptions. See below for information on where to get a physical.
- 2.0 GPA or above at the 10 Week Spring Semester report cards. No more than one "U" in cooperation. No exceptions. (If you make the team, Final 20 Week grades/cooperation will determine Fall eligibility)
- Please bring an official copy of your 10 Week – Spring Semester report card on first day of tryouts.

## **Dress:**

- Comfortable fitting shorts and t-shirts
- Athletic shoes (no Converse or Van style shoes)
- Hair in ponytail, no jewelry, no gum

## **Bring:**

- Medical release form (in packet)
- Water
- Completed physical form (front and back) by doctor
- Information sheet – (packet) filled out

All individuals trying out for cheerleading will perform an entrance, jumps, individual cheers, group dance, stunts and 20 push-ups, plus tumbling. Each individual will be judged on motions, voice, coordination, jumps, dance ability, cheer ability, strength, facials and tumbling.

\*ECR Cheerleaders are required to participate in Football, Basketball – both boys and girls, and Volleyball. Varsity cheers both home and away games; JV cheers home games only. Cheer also performs at Pep Rallies throughout the school year. Cheer is held 6<sup>th</sup> period as a class with after school practices, generally Mondays 3:15- 5:30pm, and Wednesdays until 5pm. Games are MANDATORY. Football season games are Friday nights – excluding playoff games. Basketball and Volleyball games are Wednesdays and Fridays – excluding playoffs. You cannot participate in any other sport at ECR as a cheerleader due to our demanding schedule. If you make the team you must commit to both fall and spring semesters.

Cheerleaders are expected to be at every games and every practice – no exceptions. No other extra-curricular activity comes before cheer. Every absence from a practice or game requires a doctor's note. You may not be a part of an extra-curricular activity if it interferes with Cheer. \*Any personal commitment such as vacations, doctors appointments, or work are not considered an excuse for missing practice or games. Excuses such as a family dinner, party, ski vacations, etc., will not be accepted.

\*\*All tryout participants must be enrolled for the 2017-2018 school year at El Camino Real Charter High School.

If you make the team, there are summer practices and a cheer camp:

Summer Practices: 7/10, 7/17, 7/19, 7/24 from 1pm – 3pm ECR Anderson Hall

Cheer Camp: Impact Cheer June 16, 17, 18

ECR Cheer is a major commitment. The responsibilities are numerous and must be understood in advance.

Sports Physicals

Dr. Rigg – West Oaks Urgent Care  
20181 Saticoy  
Canoga Park, CA 91306  
818-709-5700 approx. \$20.00 – no appointment needed

Columbus School Clinic  
22250 Elkwood  
Canoga Park, CA 91304  
Free for Medical Insurance Plans

\*Cheer participants may use their own medical provider.

Best of luck to everyone trying out! See you in the gym,

*Beth Corbett and Amanda Sanchez*

