



**Olentangy High School**  
**Cheerleading**  
**Tryout Packet**  
2021- 2022 season



Thank you for your interest in the cheerleading program at Olentangy High School! We are excited to begin a new year at OHS and can't wait to get started!

**Cheerleading Website:**

[www.olentangycheer.weebly.com](http://www.olentangycheer.weebly.com)

(team calendar and schedule available on website)

**Please register for tryouts at the following link:**

<https://forms.gle/iRCg9AAS5diKgMtg8>

All candidates MUST register if planning to tryout for OHS cheer!

If you have questions, please contact Head Coach Keeley Andreski BEFORE the actual tryout.

[Keeley\\_andreski@olsd.us](mailto:Keeley_andreski@olsd.us)

[tangycheer@gmail.com](mailto:tangycheer@gmail.com) (preferred)

# Olentangy High School Cheerleading

## 2021-2022 Tryout Information Packet

### Informational Pre-Tryout Meeting for ALL Interested Candidates and Parents:

Video will be emailed to all who register for tryouts.

If you have any questions after watching the video, please contact Coach Andreski.

### Try out Date:

For Grades 9- 12 (next school year): May 26<sup>th</sup>, 2021 ,3:30 -7pm (ish) , in Olentangy HS Aux Gym

Tryout order will be given at random during clinics.

### Clinics:

For Grades 9- 12 (next school year): May 24<sup>th</sup> and 25<sup>th</sup> , 2021, 3:30 -5:30 pm , in Olentangy HS Aux Gym

Attendance encouraged, but **NOT** required. This is where participants will learn the material necessary for tryouts. You can wear any t-shirt, shorts, and athletic shoes. Make sure your hair is pulled back and no jewelry! Bring Water!

### Attire (for tryout day only):

Please be dressed and ready to go and bring a water bottle!

- Plain white T-shirts, dark shorts (navy or black)- NO SPANDEX
- Athletic Shoes (if you have cheer shoes, wear those!)
- Hair pulled back (out of your face) with bow or hair ribbon
- No jewelry of any sort!

First Team Meeting (Cheerleaders Only) Weds June 9th , 8 AM-- Location TBD

### Post Tryout Mandatory Parent and Cheerleader Meeting (if selected)

- All 2021-2022 Cheerleaders and at least one parent MUST ATTEND (both football AND basketball cheer)
- Weds June 9<sup>th</sup> , 7 PM, location TBD ( likely zoom)

Please plan to attend this very important organizational meeting. We will discuss the program moving forward, team rules, schedules, activities, events, fundraising, requirements, gear orders, cheer camp, and more. If a cheerleader and parent are not present *it will be assumed that you are giving up your spot on the team*. Please contact Coach Keeley Andreski with any questions or concerns.

### Tryout Material:

Videos of the tryout material will be posted to [www.olentangycheer.weebly.com](http://www.olentangycheer.weebly.com) the first week of April. Dances are already up (sloopy and fight song)

### Tryout Results:

Tryout results will be posted on [www.olentangycheer.weebly.com](http://www.olentangycheer.weebly.com) Thursday Evening, May 27, by 6pm. Coach Andreski will tweet from @OlentangyCheer when results are posted.

## General Tryout Information

1. In order to participate in tryouts, students **must** have a current physical and emergency medical information on file. Physicals are valid for one calendar year from completion. Please check with your doctor.
2. The cheerleading coaches will choose squad members with the assistance of independent judges. These judges will be from professional cheerleading organizations, will have prior college cheerleading experience, or will be other cheer coaches from other schools.
3. The decisions of the coaches are final. If you have questions concerning the procedures for tryouts, please make sure that you ask them **prior** to the tryouts in May.
4. Cheer candidates will tryout in groups of two/three performing learned material and other cheer skills before a panel of independent judges and/or Cheer Coaches. Each participant's score will be based upon the total of all judges' scores. Each person will be expected to perform a dance, cheer, chant, jumps, and tumbling. Please see the attached sheet for details of the expectations for candidates.
5. Seniors may make either Junior Varsity or Varsity , and freshmen may only make the freshmen squads, but may be moved up at the discretion of the coaching staff. **Regardless of a student's prior years of experience with the Olentangy cheer program, no one is guaranteed a spot on a cheer team.**
6. Cheerleading tryouts are closed to the public and all cheerleaders **must** be present for tryout evaluation day on May 26th.
7. For safety and liability reasons, the coaching staff reserves the opportunity to disqualify candidates who score 65% or less.
8. **All gymnastics skills exhibited at tryouts MUST be performed during regular season games. Any cheerleader unable to perform at the level demonstrated at tryouts will not be permitted to cheer with her assigned team until skills have been improved.**
9. Scores from cheerleading tryouts will determine which individuals will cheer next year. **Like other sports teams, the coach will determine members of specific squads. It is ultimately the coach's decision on what team the cheerleader is placed.**
10. **If consistent skills are not maintained or improved prior to the season, the candidate will be moved to the team that best fits their abilities.**
11. The competition team WILL NOT be chosen on the day of tryouts and WILL NOT be based on tryout scores. It will be chosen in August/September by the coaching staff.
12. **Results:** No paper lists will be posted. The results from cheerleading tryouts will be available on Thursday May 27<sup>th</sup> by 6pm on [www.olentangycheer.weebly.com](http://www.olentangycheer.weebly.com) . Coach Andreski will tweet from @olentangycheer when results are posted.

13. If a cheerleader states on the option sheet that she is willing to cheer both seasons, she **MUST** cheer both seasons. If one season is quit, it will result in quitting the entire program and she will not be permitted to cheer for one calendar year.
14. **If a cheerleader is selected as a member of ANY team (football AND basketball), there will be a MANDATORY meeting for that cheerleader and at least one parent on Wednesday June 9<sup>th</sup>, at 7pm.**

We will discuss team rules, schedules, activities, events, fundraising, requirements, gear orders, cheer camp, and more. If a cheerleader and parent are not present it will be assumed that you are giving up your spot on the team. Please contact Coach Keeley Andreski with any questions or concerns.

**\*\*ALL SCORES AND TEAM PLACEMENTS ARE FINAL AND WILL NOT BE CHANGED\*\***

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## Brief Season Information and Expectations

1. Cheerleaders are expected to attend and participate actively at all scheduled practices and games through the conclusion of their season. Failure to do so may result in missed game time, dismissal from the team, and the athlete may not earn participation awards or letters.
2. During the year, there are three to five practices per week and one-three games. Mandatory Practices will begin the first week of August for ALL Olentangy Cheerleaders. We will hold summer conditioning/tumbling practices throughout the summer. If you are participating in a fall sport, please meet with Coach Keeley Andreski to make arrangements.
3. **Summer Teams and Chant Clinics:** After squads are made, cheerleaders will be organized into summer teams with multiple members of all 4 grade levels on each team. These teams will be required to organize themselves over the summer to introduce and teach chants and band dances to all freshmen and new cheerleaders. All cheerleaders will receive a Link with all cheer material on it.
4. **Summer Camp:** We will be either attending an overnight UCA camp at Miami University August 1-4 or having a UCA Home Camp at OHS on those same dates. Details to come as we get closer to tryouts. Cost for home camp approx. \$200, cost for overnight camp \$400. Money will be due at meeting on June 9.
5. ALL August practices are mandatory and cheerleaders must be present to keep their spot on the team. Please make sure all family vacations take place BEFORE mandatory start dates. Basketball cheerleaders are required to participate in the first 2 weeks of August practice. Missed game time will be the consequence for missed practice. **Mandatory practices begin AUGUST 1!**
6. In order to maintain eligibility, a cheerleader must have a passing grade in five (5) academic subjects (based upon quarter grades). Olentangy Schools has a 1.5 GPA requirement that must be met.
7. Football Cheerleading will cheer the fall season and cheer until approx. December 1<sup>st</sup>. Basketball Cheerleading will cheer the winter season and cheer until approx. March 1<sup>st</sup>. Those choosing to participate in competitions will participate from September 1<sup>st</sup> through March 7<sup>th</sup>. Mandatory Football Cheerleading Practices will begin Aug. 1<sup>st</sup> and Basketball Cheerleading Practices will begin November 1<sup>st</sup>.
8. Throughout the year, all squads will be required to participate in mandatory fundraising. These fundraisers include (but are not limited to) all kids cheer camps, friends of football ticket sales, car washes, and poster sponsorships.

9. Once the squads are chosen, each cheerleader and their parents will be required to sign the constitution and by-laws of OHS Cheerleaders and abide by them. This information will be given at the post tryout meeting.
10. Cheerleading is both time consuming and expensive. Cheerleaders are responsible for their own cheer camp, shoes, socks, bows, briefs, tumbling lessons, body suits and warm ups. Please see enclosed price list. **If students choose to tryout for both football and basketball cheerleading, and make both squads, there could be additional expenses involved.**

## **2021 - 2022 Cheerleading Price List**

(Prices are VERY GENERAL estimates and you will be given an exact list after you make the team. Money for gear will be due the first week of June in order to have it for camp!)

***Many items can be used for several years and need not be purchased each year.***

### **Approximate Yearly expenses**

Pay-to-participate	\$80.00 per season (OLSD Fee)
Camp Fees	\$200 or \$400 approx
Shoes & Socks (must be new for season)	\$65.00 -\$70.00
Practice/Event/ Camp Shirts	\$35.00 -\$55.00
Bow(s)	\$20.00
Misc. Cheer Gear	\$75.00
Tumbling Classes	\$50-100 per season

### **One time mandatory expenses (based upon normal wear and tear)**

Briefs (blue boy short style)	\$15.00
Custom Body Suit (same as last year)	\$65
Custom Body Suits (same as last year)	\$65
Bags (same as last year)	\$35.00
Shorts	\$20 each
Team Event Tank	\$25.00
Team Event Skort	\$20.00
Warm-Up (new this year)	\$125
Poms (gold and blue)	\$26/set

***If you are selected to be a member of the squad and are in financial need, please contact Head Coach Keeley Andreski as soon as possible in order to make possible arrangements.***

## Tumbling Levels

	Level One 0-2 pts	Level Two 0-4 pts	Level Three 0-6 pts	Level Four 0-8 pts	Level Five 0-10 pts
Standing Tumbling	Cartwheel  Round Off  BHS w/ light spot	Back Hand Spring  Cartwheel BHS  Toe Touch BHS	Standing Tuck  BHS Tuck  Cartwheel tuck  Cartwheel BHS- tuck	BHS, BHS tuck  Toe Tuck  Toe, BHS Tuck  Pike Tuck	Triple Toe Tuck  Standing Full
Running Tumbling	Round Off  Round Off Toe-Touch	Round Off Back-Handspring  Round Off Multiple BHS  Front Walkover ROBHS	Round Off Tuck  Round Off BHS Tuck  Front Walkover-ROBHS- Tuck	Round off Layout  Round Off BHS-Layout  Round Off BHS X-out	Round Off BHS - Full  Arabian

All tumbling scores will be based on the execution of the pass. If the pass is not properly executed, you will get a lower score. **Make sure you only attempt a skill you know you will land and execute properly. It will only hurt you if you try something you cannot do. If you try to attempt a level four skill and do not land, you may get the same points a level one will get.**

Please remember tumbling is not everything. It is important to focus on ALL aspects of your tryout.

Level five skills will earn the most points if executed properly, and a level one skill will receive the least amount of points.

Please ask a coach if you have any questions about a skill you should perform or which level your pass will fit into.

**YOU MUST TELL THE COACHES THE TUMBLING PASS YOU WILL BE DOING AT TRYOUTS AT LEAST ONE DAY BEFORE.**

**Jumps/ Tumbling****Judge # \_\_\_\_\_ Tryout # \_\_\_\_\_**

Toe Touch	<input type="checkbox"/> pointed toes <input type="checkbox"/> straight legs <input type="checkbox"/> sticks landing <input type="checkbox"/> feet together <input type="checkbox"/> legs at/above horizontal <input type="checkbox"/> arm placement <input type="checkbox"/> strong technique	<input type="checkbox"/> toes not pointed <input type="checkbox"/> bent legs <input type="checkbox"/> wobbly landing <input type="checkbox"/> feet apart <input type="checkbox"/> legs below horizontal <input type="checkbox"/> arms not placed correctly <input type="checkbox"/> weak technique	/10
Double Toe Touch	<input type="checkbox"/> pointed toes <input type="checkbox"/> straight legs <input type="checkbox"/> sticks landing <input type="checkbox"/> feet together <input type="checkbox"/> legs at/above horizontal <input type="checkbox"/> arm placement <input type="checkbox"/> strong technique	<input type="checkbox"/> toes not pointed <input type="checkbox"/> bent legs <input type="checkbox"/> wobbly landing <input type="checkbox"/> feet apart <input type="checkbox"/> legs below horizontal <input type="checkbox"/> arms not placed correctly <input type="checkbox"/> weak technique	/10
Hurdler	<input type="checkbox"/> pointed toes <input type="checkbox"/> straight legs <input type="checkbox"/> sticks landing <input type="checkbox"/> feet together <input type="checkbox"/> legs at/above horizontal <input type="checkbox"/> arm placement <input type="checkbox"/> strong technique	<input type="checkbox"/> toes not pointed <input type="checkbox"/> bent legs <input type="checkbox"/> wobbly landing <input type="checkbox"/> feet apart <input type="checkbox"/> legs below horizontal <input type="checkbox"/> arms not placed correctly <input type="checkbox"/> weak technique	/10
Pike	<input type="checkbox"/> pointed toes <input type="checkbox"/> straight legs <input type="checkbox"/> sticks landing <input type="checkbox"/> feet together <input type="checkbox"/> legs at/above horizontal <input type="checkbox"/> arm placement <input type="checkbox"/> strong technique	<input type="checkbox"/> toes not pointed <input type="checkbox"/> bent legs <input type="checkbox"/> wobbly landing <input type="checkbox"/> feet apart <input type="checkbox"/> legs below horizontal <input type="checkbox"/> arms not placed correctly <input type="checkbox"/> weak technique	/10
Standing Tumbling Level: _____	<input type="checkbox"/> good form <input type="checkbox"/> pointed toes <input type="checkbox"/> straight legs <input type="checkbox"/> sticks landing <input type="checkbox"/> legs together <input type="checkbox"/> pops off floor <input type="checkbox"/> other _____	<input type="checkbox"/> form needs improvement <input type="checkbox"/> toes not pointed <input type="checkbox"/> bent legs <input type="checkbox"/> wobbly landing/ fall <input type="checkbox"/> legs apart <input type="checkbox"/> pops off floor <input type="checkbox"/> other _____	/10
Running Tumbling Level: _____	<input type="checkbox"/> good form <input type="checkbox"/> pointed toes <input type="checkbox"/> straight legs <input type="checkbox"/> sticks landing <input type="checkbox"/> legs together <input type="checkbox"/> pops off floor <input type="checkbox"/> other _____	<input type="checkbox"/> form needs improvement <input type="checkbox"/> toes not pointed <input type="checkbox"/> bent legs <input type="checkbox"/> wobbly landing/ fall <input type="checkbox"/> legs apart <input type="checkbox"/> pops off floor <input type="checkbox"/> other _____	/10
Total			/60

**Cheer/ Chant****Judge # \_\_\_\_\_ Tryout # \_\_\_\_\_**

<b>Motion Placement</b>	<input type="checkbox"/> correct placement <input type="checkbox"/> wrists straight <input type="checkbox"/> other _____	<input type="checkbox"/> placement NI <input type="checkbox"/> broken wrists <input type="checkbox"/> other _____	<b>/20</b>
<b>Motion Sharpness</b>	<input type="checkbox"/> motions punched <input type="checkbox"/> motion stick and hold <input type="checkbox"/> other _____	<input type="checkbox"/> motions placed <input type="checkbox"/> bouncy motions <input type="checkbox"/> other _____	<b>/20</b>
<b>Voice Projection/ Rhythm</b>	<input type="checkbox"/> loud voice <input type="checkbox"/> good expression <input type="checkbox"/> even flow of words <input type="checkbox"/> word/tone variation <input type="checkbox"/> voice inflections on important words	<input type="checkbox"/> quiet/soft voice <input type="checkbox"/> no expression <input type="checkbox"/> too high pitched <input type="checkbox"/> too low pitched <input type="checkbox"/> monotone/no excitement	<b>/20</b>
<b>Energy/ Showmanship</b>	<input type="checkbox"/> natural look <input type="checkbox"/> enthusiastic <input type="checkbox"/> fun to watch <input type="checkbox"/> good eye contact <input type="checkbox"/> invites crowd to cheer <input type="checkbox"/> other _____	<input type="checkbox"/> overdone facials <input type="checkbox"/> lacks enthusiasm <input type="checkbox"/> uninterested <input type="checkbox"/> no eye contact <input type="checkbox"/> hesitant to initiate crowd <input type="checkbox"/> other _____	<b>/20</b>
<b>Jumps</b>	<input type="checkbox"/> pointed toes <input type="checkbox"/> straight legs <input type="checkbox"/> sticks landing <input type="checkbox"/> feet together <input type="checkbox"/> legs at/above horizontal <input type="checkbox"/> arm placement <input type="checkbox"/> strong technique	<input type="checkbox"/> toes not pointed <input type="checkbox"/> bent legs <input type="checkbox"/> wobbly landing <input type="checkbox"/> feet apart <input type="checkbox"/> legs below horizontal <input type="checkbox"/> arms not placed correctly <input type="checkbox"/> weak technique	<b>/10</b>
<b>Overall Execution</b>	<input type="checkbox"/> grab audience attention <input type="checkbox"/> knows material well <input type="checkbox"/> clean and sharp <input type="checkbox"/> pleasant to watch <input type="checkbox"/> other _____	<input type="checkbox"/> boring to watch <input type="checkbox"/> doesn't know material <input type="checkbox"/> sloppy and bouncy <input type="checkbox"/> other _____	<b>/30</b>
<b>Total</b>			<b>/120</b>



**Dance****Judge # \_\_\_\_\_ Tryout # \_\_\_\_\_**

Timing and Synchronization to music	<input type="checkbox"/> In time with music <input type="checkbox"/> other _____	<input type="checkbox"/> off beat <input type="checkbox"/> other _____	/10
Motion Technique	<input type="checkbox"/> correct placement <input type="checkbox"/> wrists straight <input type="checkbox"/> motions punched <input type="checkbox"/> motion stick and hold <input type="checkbox"/> other _____	<input type="checkbox"/> placement Needs improved <input type="checkbox"/> broken wrists <input type="checkbox"/> motions placed <input type="checkbox"/> bouncy motions <input type="checkbox"/> other _____	/20
Dance Technique	<input type="checkbox"/> Good rhythm <input type="checkbox"/> Good body posture <input type="checkbox"/> Good body positions <input type="checkbox"/> ease of execution <input type="checkbox"/> toes pointed in kicks <input type="checkbox"/> other _____	<input type="checkbox"/> uncomfortable <input type="checkbox"/> wrong body posture <input type="checkbox"/> wrong body positions <input type="checkbox"/> execution uneasy <input type="checkbox"/> toes flexed in kicks <input type="checkbox"/> other _____	/10
Energy/ Showmanship	<input type="checkbox"/> natural look <input type="checkbox"/> enthusiastic <input type="checkbox"/> fun to watch <input type="checkbox"/> good eye contact <input type="checkbox"/> invites crowd to cheer <input type="checkbox"/> other _____	<input type="checkbox"/> overdone facials <input type="checkbox"/> lacks enthusiasm <input type="checkbox"/> uninterested <input type="checkbox"/> no eye contact <input type="checkbox"/> hesitant to initiate crowd <input type="checkbox"/> other _____	/20
Overall Execution and knowledge of dance	<input type="checkbox"/> grab audience attention <input type="checkbox"/> knows material well <input type="checkbox"/> clean and sharp <input type="checkbox"/> pleasant to watch <input type="checkbox"/> other _____	<input type="checkbox"/> boring to watch <input type="checkbox"/> doesn't know material <input type="checkbox"/> sloppy and bouncy <input type="checkbox"/> other _____	/10
Total			/70

**The maximum point score is 250. Cheerleaders must receive a 65%, or 162.5/ 250 to be eligible for team placement.**

## 2021-2022 FRESHMEN TEAM OPTION SHEET

Please ask questions at clinics and turn in completed form at the coach's station **BEFORE** tryouts.

Name \_\_\_\_\_

Grade '21-'22 \_\_\_\_\_

**Scores from cheerleading tryouts will determine which individuals will cheer this year. Like other sports teams, the coaching staff will determine members of specific squads. Below you are being asked to mark the squads in which you would be willing to cheer. Please complete the form carefully and please review it before returning it to the coaches.**

### Freshman Candidates

(Mark a 1- for your 1st choice / 2- for your 2nd choice)

\_\_\_\_\_ Freshman Football

\_\_\_\_\_ Freshman Basketball

### Read and MARK both of the following choices below:

I would like to cheer both FALL and WINTER and will finish each season \_\_\_\_\_ YES \_\_\_\_\_ NO

\*based on the number of candidates trying out, freshmen MAY or MAY NOT be chosen to cheer both seasons.\*

I would like to be considered for the ALL YEAR competition team \_\_\_\_\_ YES \_\_\_\_\_ NO  
(we plan to have both tumbling AND non-tumbling competitive teams this year)

**I have completely read the cheerleading information packet and understand the information contained within.**

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Parent Signature

## 2021-2022 JV/ VARSITY TEAM OPTION SHEET

Please ask questions at clinics and turn in completed form at the coach's station **BEFORE** tryouts.

Name \_\_\_\_\_ Grade '21-'22 \_\_\_\_\_

**Scores from cheerleading tryouts will determine which individuals will cheer this year. Like other sports teams, the coaching staff will determine members of specific squads. Below you are being asked to mark the squads in which you would be willing to cheer. Please complete the form carefully and please review it before returning it to the coaches.**

### Sophomores / Junior / Senior Candidates

Grades 10/11 have **(4)** possible teams from which to choose: VAR. FB VAR. BKB JV FB JV BKB

Seniors may only cheer for Varsity teams: VAR. FB or VAR. BKB

### Please mark the squads for which you are willing to cheer.

If chosen, you would be committed to cheering for the following teams marked below. Please mark the squads for which you are willing to cheer ***in order of preference, with (1) being your first choice***. If there is a team you would NOT be willing to cheer for, please leave it blank. Keep in mind the more choices you give, the more likely you are to be an OHS cheerleader next year.

\_\_\_\_\_ JV Football

\_\_\_\_\_ JV Basketball

\_\_\_\_\_ Varsity Football

\_\_\_\_\_ Varsity Basketball

### Read and MARK both of the following choices below:

I would like to cheer both FALL and WINTER and will finish each season \_\_\_\_\_ YES \_\_\_\_\_ NO

I would like to be considered for the ALL YEAR competition team \_\_\_\_\_ YES \_\_\_\_\_ NO  
(we plan to have both tumbling AND non-tumbling competitive teams this year)

**I have completely read the cheerleading information packet and understand the information contained within.**

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Parent Signature