

SIDELINE CHEERLEADING TRYOUT INFORMATION

Kempsville High School

2019 - 2020

Tryout Sessions:	May 20th	-	5:30pm - 7:30pm
	May 21st	-	5:30pm - 7:30pm
	May 22nd	-	5:30pm - until

TRYOUTS

WHAT TO WEAR: Please wear shorts, shirt, athletic sneakers, and hair up.

WHERE: All tryout sessions will be held in the KHS small gym

WHAT IS EVALUATED: You will be asked to cheer, jump, stunt, tumble, and dance

WHAT TO BRING: Interest form, 1 teacher recommendation form (please have 1 core subject teacher fill out prior to May 15), and physical form dated **AFTER** May 1, 2019.

Tryout results will be posted on the window outside of the main gym window in the foyer on May 22, 2019 by 8:30pm.

PHYSICAL: All candidates **MUST** have a completed and current VHSL physical form & bring it with them to tryouts. This physical exam must have been completed after May 1st, 2019. Physical forms are available in the student activities office and on the Kempsville High School website.

VARSITY ELIGIBILITY: Any 9th - 12th grade student enrolled at Kempsville High School for the 2019 - 2020 school year is eligible for the Varsity team. 10th, 11th, and 12th grade students must have passed five courses in the spring semester of 2019 and have above a 2.0 GPA. There is a one time waiver for the GPA standard but no waiver for having passed five subjects the previous semester. You must also meet all VHSL eligibility requirements and be in good standing with the school.

- Back handspring – preferred but not required
- Round off Back Handspring
- Triple Jump
- Enthusiasm and a GREAT attitude!

JUNIOR VARSITY ELIGIBILITY: Any 9th or 10th grade students enrolled at Kempsville High School for the 2019 - 2020 school year are eligible for the JV team. 10th grade students must have passed five courses in the spring semester of 2019 and have a 2.0 GPA. There is a one time waiver for the GPA standard but no waiver for having passed five subjects the previous semester. You must also meet all VHSL eligibility requirements and be in good standing with the school.

- Stunting: Half / Extension
- Double jump

COMMITMENT: You will be expected to make a serious commitment to cheerleading. Missing games and practices is **NOT** allowed. You will get a schedule in advance so you may appropriately make plans. **Cheerleading is a sport! The practice and game schedule is very rigorous!**

RULES: As a representative of Kempsville High School you will be expected to follow all school and cheerleading rules! School rules are found in the planner and each member of the team will get a copy of the team rules. You must sign and abide by a **Cheerleading Contract as well as the Demerit system!**

Upon acceptance on the team, a **MANDATORY PARENT/TEAM MEETING** will be held on Thursday, May 23rd @6pm.

Feel free to contact Coach Perry with any questions you may have—Merideth.perry@ymail.com