Helpful Hints for Tryouts

Before Clinic and Tryouts

* Start stretching NOW! Flexibility will help all cheerleaders with tumbling, jumps and stunting.
* Practice your jumps and motions at home. Watch yourself in a mirror.
* Get in a tumbling class or go to open gym. It has probably been a while since your threw your skills. Make sure they aren’t rusty.
* Get plenty of sleep the night before
* Eat a good breakfast, lunch and dinner. Make sure you are staying hydrated throughout the day and when you get home
* Ice is your friend. Don’t ignore old injuries or sore muscles.

During Clinic and Tryouts

* Arrive early.
* Come in ready to go.
* Always be working, never be just standing around or messing around with others.
* Have a good attitude. Help others
* Smile. Think you are smiling, smile harder!
* Stay hydrated. Drink water.
* Recover from your mistakes, don’t react to them.
* Be loud, punch your words and don’t sing.
* Point your toes: jumps, tumbling and stunting (flyers)(k
* Practice and Practice it perfectly. Doing it correctly the first time will prevent you from having to correct improper technique. Practice with facials
* Be confident in yourself and your skills. Don’t show any fear.
* Make eye contact with the judges.
* Have fun and let it show! ☺