

JBHS Cheerleading Tryouts 2023-2024



Must complete the **Registration Packet** no later than 5:00 PM on Wednesday, May 3, 2023

- Items to have ready to upload:
 - Copy of GPA from Previous Semester's Grade Report (in **PDF** format only)
 - Completed BUSD Physical Form with ALL signatures and dates (in **PDF** format only)
 - Individual Photo



JBHS Tryout Week Schedule



Monday 05/08/23 – Clinic #1

- 3:45-4:00 Mats/Tables
- 4:00-4:15 Check-In Process
- 4:15-4:20 Intros and Welcome
- 4:20-4:35 Stretch
- 4:35-4:45 Motions/Motion Game
- 4:45-5:00 Kicks (BEARS) and Jumps (T, Toe Touch)
- 5:00-5:10 Learn Tryout Cheer
- 5:10-5:30 Learn Dance (at least 2 8-counts)
- 5:30-5:40 Stunting Safety
- 5:40-6:15 Stunts
- 6:15-6:30 Mats/Tables and Dismissal

Wednesday 05/10/23 – Clinic #2

- 3:45-4:00 Mats/Tables
- 4:00-4:05 Check-In Process
- 4:05-4:20 Stretch
- 4:20-4:30 Motions and Review Tryout Cheer
- 4:30-4:45 Kicks and Jumps (Review + R/L Hurdlers + Pike)
- 4:45-5:15 Learn Rest of Dance (Attempt with Music)
- 5:15-6:15 Stunts (solidify groups)
- 6:15-6:30 Mats/Tables and Dismissal

Friday 05/12/23 – Clinic #3

- 3:45-4:00 Mats/Tables
- 4:00-4:05 Check-In Process
- 4:05-4:20 Stretch
- 4:20-4:30 Motions and Review Tryout Cheer
- 4:30-4:45 Kicks and Jumps (Review + Doubles)
- 4:45-5:00 Review Dance (perform with music by grade)
- 5:00-5:45 Stunts (finalize groups)
- 5:45-6:00 Final Tryout Sign-Ups (can open during stunts time) and Review
- 6:00-6:05 Mock Tryouts (Seniors Demo what not/what to do)
- 6:05-6:30 Mats/Tables, Q&A, and Dismissal

Saturday 05/13/23 – Tryouts!

