

JUMPS

Skill	5	4	3	2	1
	Excellent	Great	Good	Fair	Poor
Toe Touch	Pointed toes, amazing height, proper body placement, land feet together	Room for improvement, but overall demonstrates ability to perform skill appropriately	Not quite there but has potential to develop with practice	Flexed toes, feet apart on landing, loose body	Cannot properly execute skill at all
Pike	Pointed toes, amazing height, proper body placement	Room for improvement, but overall demonstrates ability to perform skill appropriately	Not quite there but has potential to develop with practice	Flexed toes, bent knees/arms, loose body	Cannot properly execute skill at all
Double Toe Touch	Pointed toes, amazing height, proper body placement, land feet together	Room for improvement, but overall demonstrates ability to perform skill appropriately	Not quite there but has potential to develop with practice	Flexed toes, feet apart on landing, loose body	Cannot properly execute skill at all
Combination	Flawless skill connection, proper body placement, toes pointed, feet together on landing	Great skill connection, Pointed toes, proper body placement, land feet together	Stutter in skill connection, not quite there but has potential to develop with practice	Difficulty in skill connection, loose body, improper body/motion placement	Skills do not connect/extreme pause, cannot properly execute skill at all

Score - _____ /20

Motions

Skill	5	4	3	2	1
	Excellent	Great	Good	Fair	Poor
High V	Snaps motion in place, extremely sharp, perfect placement right away	Motion hits and is tight, proper placement right away	Motion hits but could be tighter, proper placement after a few adjustments	Motions hits but is very loose, proper placement after several adjustments	Motions hits but is extremely loose, improper placement/incorrect motion
Low V	Snaps motion in place, extremely sharp, perfect placement right away	Motion hits and is tight, proper placement right away	Motion hits but could be tighter, proper placement after a few adjustments	Motions hits but is very loose, proper placement after several adjustments	Motions hits but is extremely loose, improper placement/incorrect motion
Touchdown	Snaps motion in place, extremely sharp, perfect placement right away	Motion hits and is tight, proper placement right away	Motion hits but could be tighter, proper placement after a few adjustments	Motions hits but is very loose, proper placement after several adjustments	Motions hits but is extremely loose, improper placement/incorrect motion
T	Snaps motion in place, extremely sharp, perfect placement right away	Motion hits and is tight, proper placement right away	Motion hits but could be tighter, proper placement after a few adjustments	Motions hits but is very loose, proper placement after several adjustments	Motions hits but is extremely loose, improper placement/incorrect motion
Left Fight	Snaps motion in place, extremely sharp, perfect placement right away	Motion hits and is tight, proper placement right away	Motion hits but could be tighter, proper placement after a few adjustments	Motions hits but is very loose, proper placement after several adjustments	Motions hits but is extremely loose, improper placement/incorrect motion
Right Fight	Snaps motion in place, extremely sharp, perfect placement right away	Motion hits and is tight, proper placement right away	Motion hits but could be tighter, proper placement after a few adjustments	Motions hits but is very loose, proper placement after several adjustments	Motions hits but is extremely loose, improper placement/incorrect motion

Score - _____ /20

Tumbling

Skill	5	4	3	2	1
	Excellent	Great	Good	Fair	Poor
Cartwheel	Pointed toes, straight legs, excellent body positioning, sharp	Room for improvement, good body position, tight	Not quite there but has potential to develop with practice	Flexed toes, bent legs, improper body position, loose	Cannot properly execute skill at all
Round-Off	Excellent body positioning, sharp, feet together, legs straight, flawless rebound	Room for improvement, good body position, tight, feet together, straight legs, rebound	Not quite there but has potential to develop with practice, hesitant rebound	Improper body position, bent legs, feet apart, loose, no rebound	Cannot properly execute skill at all
Round-Off Toe Touch	Pointed toes, straight legs, excellent body positioning, sharp, feet together on both landings, flawless connection	Room for improvement, good body position, tight, feet together on one or both landings, good connection	Not quite there but has potential to develop with practice, hesitant with connection	Improper body position, bent legs, feet apart, loose, large pause on connection	Cannot properly execute skill at all
Optional <hr/>	<i>Performs skill flawlessly</i>	<i>Room for improvement</i>	<i>Not quite there but has potential to develop with practice</i>	<i>Needs a lot of work</i>	<i>Cannot properly execute skill at all</i>

Score - _____ /15

Cheer

Skill	5	4	3	2	1
	Excellent	Great	Good	Fair	Poor
Clarity of Voice	Excellent intonation, no problem being understood, loud	Great intonation, can be understood well, loud	Good intonation, can be understood, could be louder	Flat intonation, difficult to understand, difficult to hear	Cannot be heard, no intonation, cannot be understood
Energy/Smile	Smiling before, during, and after, makes you want to cheer	Smiling over 50% of the time, gets you excited to cheer	Smiling the majority of the time, moderately gets you excited to cheer	Rarely smiling, doesn't effect whether you want to cheer or not	Doesn't smile, doesn't want to make you cheer at all
Motions	Excellent placement, extremely sharp and on point, makes you say 'wow!'	Great placement, tight and accurate, makes you want to look twice	Good placement with room for improvement, could be tighter	Improper placement, loose, makes you wonder if they've practiced	Cannot perform motions appropriately, extremely loose
Knowledge of Material	Performs skills flawlessly with no errors	Performs skills well with very few problem areas	Performs skills well with several problem areas	Difficulty in performing skills with several problem areas	Could not accurately perform skills

Score - _____ /20

Chant – Made up Own Motions

Skill	5	4	3	2	1
	Excellent	Great	Good	Fair	Poor
Clarity of Voice	Excellent intonation, no problem being understood, loud	Great intonation, can be understood well, loud	Good intonation, can be understood, could be louder	Flat intonation, difficult to understand, difficult to hear	Cannot be heard, no intonation, cannot be understood
Energy/Smile	Smiling before, during, and after, makes you want to cheer	Smiling over 50% of the time, gets you excited to cheer	Smiling the majority of the time, moderately gets you excited to cheer	Rarely smiling, doesn't effect whether you want to cheer or not	Doesn't smile, doesn't want to make you cheer at all
Motions	Excellent placement, extremely sharp and on point, makes you say 'wow!'	Great placement, tight and accurate, makes you want to look twice	Good placement with room for improvement, could be tighter	Improper placement, loose, makes you wonder if they've practiced	Cannot perform motions appropriately, extremely loose
Creativity	Performs skills flawlessly with no errors, reflects great understanding of sport	Performs skills well with very few problem areas, understands basics of sport well	Performs skills well with several problem areas, minor issues with understanding sport	Difficulty in performing skills with several problem areas, doesn't quite understand sport	Could not accurately perform skills, no understanding of sport

Score - _____ /20

Dance

Skill	5	4	3	2	1
	Excellent	Great	Good	Fair	Poor
Timing and Rhythm	Excellent timing/rhythm, perfectly in synch with music	Great timing/rhythm, in synch with music	Good timing/rhythm, room for improvement	Lacks timing/rhythm, off-beat for majority of performance	Completely off-beat, no timing/rhythm
Energy/Smile	Smiling before, during, and after, makes you want to dance, lots of facials	Smiling/facials over 50% of the time, gets you excited to dance	Smiling/facials the majority of the time, moderately gets you excited to dance	Rarely smiling/doing facials, doesn't effect whether you want to dance or not	Doesn't smile/do facials, doesn't want to make you dance at all
Motions	Excellent placement, extremely sharp and on point, makes you say 'wow!'	Great placement, tight and accurate, makes you want to look twice	Good placement with room for improvement, could be tighter	Improper placement, loose, makes you wonder if they've practiced	Cannot perform motions appropriately, extremely loose
Knowledge of Material	Performs skills flawlessly with no errors	Performs skills well with very few problem areas	Performs skills well with several problem areas	Difficulty in performing skills with several problem areas	Could not accurately perform skills

Score - _____ /20

Criterion for Try-outs

Each requirement under the categories below will be scored according to a five point scale; 5 reflecting excellence in the area, 3 demonstrating potential for improvement, and 1 showing inability to perform required skills as taught during clinics.

The following will be scored by outside experts in the fields of cheer, dance and gymnastics.

Jumps – 20pts – Toe Touch, Pike, Double Toe Touch, Combination Jump

Motions – 15pts – High V, Low V, Right Fight, Left Fight, Touchdown, T

Tumbling – 15pts – Cartwheel, Round-off, Round-off Toes Touch

*Bonus 5pts if a more difficult skill such as a Back handspring, Round-off Back handspring, etc. is performed. All skills must be performed without a spot. Bonus tumbling skill cannot hurt your try-out score, it can only help it.

Cheer – 20pts – Clarity of voice, Energy/Smile, Motion placement and tightness, Knowledge of material

Chant – 20pts – Clarity of voice, Energy/Smile, Motion placement and tightness, Knowledge of material

Dance – 20pts – Energy/Facials, Motion placement and tightness, Timing/Rhythm, Knowledge of material

Coach Stevens will be evaluating the following requirements throughout all clinics, and on the final day of try-outs based on her observations.

Energy – 5pts – Smiling, Facials, Spirited

Attitude – 5pts – Positive, Motivated, Committed, Great Effort, Follows direction

Appearance – 5pts – Hair out of face, Nails trimmed (safety), Proper Attire, No Jewelry

Teacher Evaluation will be completed by each candidate's teachers and averaged to provide one total score for each category.

Attendance – 5pts – On time, Rarely misses class

Work Ethic – 5pts – Completes all assignments on time, Motivated, Quality work

Attitude – 5pts – Follows direction, Rarely or never talks back/disrupts class, Positive

Teamwork – 5pts – Works well with others, Positive, Can work with a variety of people

Ambassador – 5pts – Make great representative of Brookhaven High School

Disciplinary Actions are based on the previous year's disciplinary report from the school. Each disciplinary infraction will cause a loss of points from the total try-out score.

Suspension from school – minus 2pts

Removal from school – minus 1pt

Wednesday School – minus .5pts

No disciplinary actions on record will result in a bonus of 5pts.

Total possible points equal 150.