

MBHS CHEERLEADING – EVALUATION REQUIREMENTS

2022-2023

Information Meeting (it is required to participate) is February 1, 2021 at 4:00 in the Library.

QUALIFICATIONS

Candidates for the Mountain Brook High School Cheerleading Squads must be currently enrolled in and attending Mountain Brook City Schools. The cheerleading evaluations are open to rising 10th, 11th and 12th graders.

Each candidate must have attained an average grade of 70 in each course for the preceding grading period (March grades preceding tryouts). MBHS cheerleaders are expected to maintain a C average **at all times** in each course and keep class attendance in good standing.

Each candidate must participate in the entire clinic. Exceptions may be made in extenuating circumstances. These exceptions are up to the discretion of the coach.

STUNTING

Stunting and tumbling are major and required components of MBHS cheerleading. As such it has been incorporated into evaluations. It is imperative that cheerleaders have the proper skill and execution.

Juniors/Seniors: You will begin with a 360 to smush then...

- Straight up Stretch-turn-Scale tap down
- Walk-in Straight up stretch compress turn arabesque
- Position change to liberty

Sophomores: You will begin with a 360 to smush then...

- Walk-in-straight up liberty-compress to stretch turn arabesque tap down
- Reset to superman, smush to liberty
- Position change to one-man step over Liberty

FITNESS

Cheerleading cannot be performed safely without the proper level of fitness, so fitness will be incorporated into the evaluations. The candidates will be evaluated in strength, form, and finishing (if the candidate is absolutely spent at the end of the fitness activity or if they hop up and get ready for the next activity). The activities are as follows and will be done at the coach's called pace:

- Push-ups: **50**
- Run 1 mile in **8 ½ minutes**
- Bows and toes (also known as planks) **5 minutes**
- Double crunches **60** (shoulder blades and hips off the mat, only lower back on the mat)
- Wall sits: **6 minutes**

TUMBLING

Standing Requirements:

Juniors/Seniors/Sophomores:

- Standing toe touch back handspring (on any surface). (standing back handspring is expected.)
- Standing tuck (on any surface)
- Standing toe tuck is recommended.

Higher level skills will be evaluated as such. However, proper skill and execution of the tumbling will be considered.

Running Requirements: (Must land on your feet, cannot land on your knees or finish in a push up position)

Juniors/Seniors:

- Round-off back handspring tuck (on any surface) is the minimum.
- Round-off 2 back handsprings tuck (on any surface) is recommended.

Sophomores:

- Running round-off 2 back handsprings on any surface.
- Round-off back handspring tuck is recommended.

***Everything higher will be judged based on difficulty and execution. ***

Evaluation Dates are as follows:

Clinic will be Thursday, March 17th and Friday, March 18th, then March 21st-24th. The new rosters will be posted online (cheerleading webpage) after the final day of clinic on March 24th.