

# NORTH GWINNETT cheerleading HIGH SCHOOL

## 2024-2025 NGHS Cheer Tryouts Informational Packet

North Gwinnett High School Cheerleading is a longstanding, strong cheer program,  
and we are looking forward to another great season!

\*Follow us on  @cheerforNGHS for updates and reminders\*

\*Email Head Coaches, Hayley.Garner@gcpsk12.org AND Tabatha.Johnson@gcpsk12.org with any questions\*

### TRYOUT PARENT/GUARDIAN MEETING

Thursday, February 22 @ 7:00 pm at North Gwinnett HS in the MPR (room next to the Java Dawg)... for Rising 9th graders and/or anyone new to the program.

### TRYOUT REQUIREMENTS:

1. **REGISTER** for tryouts by Thursday, March 7 @ <http://tinyurl.com/NGHSCheerleadingTryouts>
2. **COMPLETE ALL PAPERWORK**
  - i. **Physical** - You must have the correct, CURRENT physical on file with the high school. Physicals do not transfer from other schools. Go to [nghsbulldogsathletics.com](http://nghsbulldogsathletics.com) (Forms) for the correct Physical form to take to your doctor.
    - \*Rising 9th graders need to contact Kathy Johnson about Rank One for physicals @770-271-5140 or [kathy.johnson@gcpsk12.org](mailto:kathy.johnson@gcpsk12.org)
    - \*All others will have to go to Rank One to do all forms.
  - ii. **Rank One Forms** - All other insurance and release forms need to be completed and submitted on Rank One.
3. **ACADEMICALLY ELIGIBLE** - If you are a rising sophomore, junior, or senior, you need to have passed 5 out of 6 classes in the previous term (incoming freshmen are automatically eligible for the fall).
4. **ATTENDANCE** - You must attend all days of tryouts for the squad(s) for which you are trying out. If you have a conflict, please contact Coach Garner & Coach Johnson.

### SKILL REQUIREMENTS per team:

#### **Spirit Team Requirements:**

All cheerleaders trying out for our spirit (sideline) squads need to have strong motions, strong jumps, strong dance skills, strong presentation when performing, and the ability to remember cheers, chants, and dances. Tumbling skills are also encouraged but not required! **MOST IMPORTANT:** Be loud and smile on the sidelines; look like you enjoy cheering for your school!

Varsity football spirit: 11th and 12th graders only – (Should be able to perform one-legged stunts)

IV football spirit: 10th graders only

9th football spirit: 9th graders only

Game Day: the best 24 cheerleaders we have on any of our spirit teams

Basketball cheer teams: grade level will not apply to be on a team (Varsity level should be able to perform one-legged stunts and should have strong dance skills)

## Competition Team Requirements:

All cheerleaders trying out for our competition squads need to have strong jumps, strong dance skills, and experience with stunting and tumbling.

**For Varsity competition:** All grade levels – strong tumbling and strong stunting are required

*Tumbling skills:* standing tuck, two or three bhs to tuck/layout/full, running tuck, running layout, running full, standing full. A large part of the rubric is tumbling, so any and all tumbling skills are encouraged!

*Stunting skills:*

Flyers – extreme flexibility, all body positions, switch-ups, full-ups, quick tosses, full downs, etc. Everything to the extended level. Stunting is another large part of our rubric!

Bases/Backspots – comfortable with extended stunting, switch ups, full-ups, quick tosses, full downs

**For JV competition:** 9th, 10th, 11th graders only – any tumbling skills (or working on tumbling skills) and some experience with stunting (prep level). Flyers need to be flexible, and bases/backspots need to be strong and confident!

## HOW TO PREPARE FOR TRYOUTS:

We strongly encourage you to work on the following things before tryouts. Go take some classes at a gym! We work with CDA (Jayhawks) in Duluth. Contact them for more information about taking a class this spring!

1. **Jumps:** We require several jumps at tryouts (toe touch, pike, hurdler). Work on your height and form (especially arms). For competition, you will need to connect jumps.
2. **Motions:** We will drill motions at tryouts, and we expect you to be working on your sharpness and form. Learn some cheers and then watch yourself in the mirror to self-correct!
3. **Voice:** You need to be loud and efficient.
4. **Stunting:** Work to do your best with stunting. We expect more at each level. Work to be flexible in what positions you can do and with whom you stunt. Take a stunt class to prepare yourself for this skill!
5. **Tumbling:** Tumbling is a requirement for competition cheerleaders (see previous page). Tumbling is not required to make a spirit squad, but still highly encouraged.
6. **Strength and Stamina:** Athletes are expected to be in shape and able to complete a practice. Those cheering competitively should be capable of completing a routine without being completely winded. We encourage strength training and aerobic workouts.
7. **Dance:** Dance skills are required for all squads; high level dance skills are required to make Varsity Basketball.

## TRYOUT SCHEDULE

Date	Who comes to tryouts this date	Time & Location	Shirt color to wear (hair up in ponytail) (no lengthy nails)
<i>Week One</i>			
<b>*Monday, March 11</b>	All cheerleaders	3:30-7:00 in Main Gym (Rising 9th graders, 4:30-7:00) *Jump evaluations will take place this day	White
<b>*Tuesday, March 12</b>	Competition	4:00-7:00 in Main Gym (Rising 9th graders, 4:30-7:00)	Red
<b>*Wednesday, March 13</b>	Spirit	4:00-7:00 in Main Gym (Rising 9th graders, 4:30-7:00) *May finish up jump evaluations if needed	Black
<b>*Thursday, March 14</b> 11th/12th Spirit Evaluations	Spirit	*4:00 – 7:00 - 11th and 12th graders report for evaluations in Main Gym *4:30 – 6:30 - 9th and 10th graders report to Old Gym (review material with graduating seniors)	Grey

<i>Week Two</i>			
<b>*Monday, March 18</b> 9th/10th Spirit Evaluations	Spirit	4:30 - 7:00 - 9th and 10th graders report for evaluations in Main Gym *11th and 12th graders do not need to report today	White
<b>*Tuesday, March 19</b>	Competition	4:00-7:00 in Main Gym (Rising 9th graders, 4:30-7:00)	Red
<b>*Wednesday, March 20</b>	Game Day	4:00-7:00 in Main Gym (Rising 9th graders, 4:30-7:00)	Black
<b>*Thursday, March 21</b>	Competition	4:00-7:00 in Main Gym (Rising 9th graders, 4:30-7:00)	Grey

**Numbers will be posted on Saturday 3/23 after 2:00 pm**  
**on <https://www.nghsbulldogsathletics.com/sport/cheerleading/coed/>**

You will know what team you have tentatively made. Team placement can change!

Varsity spirit teams will be decided after summer practices at the end of June.

Competition team placements will be decided at the beginning of summer practices in June.

**IF YOU MAKE A SQUAD:**

Our season technically starts in August, but good summer practices and camps are CRITICAL for a successful season, so please review all dates below and add them to your calendar!

**Important Dates & Summer Schedule:**

**Events**

<b>Mandatory Parent Meeting</b>	<u>Thursday, March 28th</u> @ 6:30pm at North Gwinnett HS in the MPR (room next to the Java Dawg) -Fundraising and details for the upcoming season will be discussed. We need everyone at this meeting!
<b>Mandatory Uniform Sizing</b>	<u>Thursday, April 11th</u> - Details will be sent out later, but it will be after school
<b>Physical Date at NGHS</b>	<u>TBA</u> - NGHS hosts a date to get updated physicals on campus
<b>Mandatory Spirit Uniform pickup date</b>	<u>Saturday, April 20th</u> <ul style="list-style-type: none"> <li>- Seniors 10-10:30 am</li> <li>- Juniors 10:30-11:00 am</li> <li>- Sophomores 11:00-11:30 am</li> <li>- Freshmen 11:30-12:30 pm</li> </ul>

<b>Spirit Camp</b>	June 7, 8, 9 @ GCSU
<b>Varsity &amp; JV Competition Camp</b>	Week of June 10
<b>Dead Weeks Per GHSA (no practice)</b>	Monday, May 27 through Sunday, June 2, 2024 Monday, July 1 through Sunday, July 7, 2024
<b>Association Cheerleading Camp</b>	July 22-July 25 (all spirit cheerleaders need to attend - in the evening)
<b>The season begins! Practices are now mandatory</b>	Monday, July 29

**Summer Practices** \*times may change slightly depending on space availability

	<b>Mon.</b>	<b>Tue.</b>	<b>Wed.</b>	<b>Thur.</b>	<b>Fri.</b>
<b>Spirit JUNE Conditioning/Practice</b> 6/3 - 6/6 *6/10 - 6/13 6/17 - 6/20 (*6/19)	9:00-10:30 (everyone) 10:30-11:15 (Varsity only)  *7:00-8:30 (everyone)	9:00-10:30 (everyone) 10:30-11:15 (Varsity only)  *7:00-8:30 (everyone)	9:00-10:30 (everyone) 10:30-11:15 (Varsity only)  *7:00-8:30 (everyone)	9:00-10:30 (everyone) 10:30-11:15 (Varsity only)	
<b>Competition JUNE Conditioning/Practice</b> 6/3 - 6/6 6/10 - 6/13 *6/17- 6/20 (*6/19)	11:30-1:30 (all competition cheerleaders)  *1:00-3:00	11:30-1:30 (all competition cheerleaders)  *1:00-3:00	11:30-1:30 (all competition cheerleaders)  *1:00-3:00	11:30-1:30 (all competition cheerleaders)  *1:00-3:00	
<b>Competition JULY Conditioning/Practice</b> 7/8 - 7/11 7/15 - 7/18 7/22 & 7/23	9:00-12:00 (all competition cheerleaders)	9:00-12:00 (all competition cheerleaders)	9:00-12:00 (all competition cheerleaders)	9:00-12:00 (all competition cheerleaders)	

## Fall Practices

Varsity Competition	-Monday, Tuesday, Thursday, Friday	2:30-4:00 pm
JV Competition	-Monday, Tuesday, Thursday, Friday (Aug) -Monday, Tuesday, Friday (Sept-Oct)	3:30-5:15 pm
Varsity Football Spirit	Wednesday	3:45-5:30 pm
Varsity Game Day *TBA depending on the Game Day State Championship date	Wednesday (October, November, December, January, and February)	3:45-5:30 pm
JV Spirit	Wednesday	2:30-4:15 pm
9 <sup>th</sup> Spirit	Wednesday Tuesday (August)	2:30-4:15 pm 2:45-4:15 pm

## Other Important Information

- **Competitions** will be Saturdays, beginning in mid-September and going through November (JV season runs through October). We could call a practice on Saturday during the Month of August. **State is TBA**
- **NGHS hosts a competition on September 14th** - all competition cheerleaders and at least one parent from each family need to work this event
- **Varsity football games** will be Friday nights @ 7:30PM.
- **9<sup>th</sup> and JV football games** will be Thursday nights for football season @ 6PM.
- **Game Day Squad-** October, November, and December will only have 1 or 2 practices during those months. January and February will have more practices during those months. **State is TBA**
- **Winter Practices for Basketball Season:** TBA