

HHS Cheer Tryouts for Fall 2024

June 3rd- June 6th: 3:30-5:00 HHS Old Gym

HEALTH OFFICE FORMS:

please contact Coach LoPresti if you have any questions about requirements:

ggrazianolopresti@https.us

or (908) 431-6600 x 2884

- Physicals CANNOT be older than June 3, 2023
- Health History Questionnaire (90 Day update) if physical is from before March 5, 2024
- Random drug testing form needs to be turned in if you have not previously turned it in.
- ALL PAPERWORK DUE BY MAY 20, 2024.

IMPACT TESTING

- *Due the week before tryouts.* Please complete between May 27-May 31st. Bottom of this packet has the directions.

SIGN UP

Register on our website www.hillsboroughcheerleading.org and Register for Fall Tryouts 2024..

- All cheerleaders MUST sign-up-- even returning cheerleaders.
- To begin registering, click "REGISTER NOW" in the top right corner of the page. **Please input the cheerleaders school email AND the parent email to receive all announcements.**

Cheerleading Tryout Information

WHERE TO MEET: Old Gym, High School 3:30 (*Amwell Rd Entrance)

WHAT TO WEAR:

Tryout Day 1,2,3	Final Evaluation Day (Thursday, June 6)
<ul style="list-style-type: none">● Wear school colors or any Raider apparel● T-shirt/Tank should be fitted -NO CUT SHIRTS!● Shorts● Cheer Sneakers (If You Have) / Athletic Sneakers (If Not)● Ribbon/Cheer Bow● Sports Bra and white socks	<ul style="list-style-type: none">● Colors to wear: black shirt and black shorts● T-shirt/Tank should be fitted -NO CUT SHIRTS!● Shorts● Cheer Sneakers (If You Have) / Athletic Sneakers (If Not)● Ribbon/Cheer Bow● Sports Bra and white socks

NOTE: Make sure you do not have long fingernails or jewelry! Hair should be neatly pulled back away from face.

TRYOUT CATEGORIES:

JUMPS

- The following 4 jumps will be scored: Toe Touch, Double Toe Touch, Herkie, and Pike. You must do a toe touch and then choose a second jump to show. We will be scoring you on:
 - The height of your jump
 - The placement of your arms
 - Whether or not your toes are pointed
 - The flexibility and position of your legs

GYMNASTICS(TUMBLING)

- You will be scored on standing gymnastics, as well as your running tumbling. Keep in mind that you will be cheering at football games down on the track, so we expect to see all tumbling on the track as well.

CHEER & DANCE

- A short cheer and a dance (4 eight counts) will be emailed the week before tryouts. We will be scoring you on:
 - Knowledge and precision
 - Facials and personality
 - Sharpness/ motion placement
 - Voice

STUNTING

- We have 4 stunt positions: back spot, flyer, main base, and side base. You will be scored based on the highest COMPLETED stunt level from the following levels: Prep, extension, liberty, tik-tok, inversion, low to high, high to high. Pop-off and cradles will be accounted for.
- For your formal evaluation you may try out with your group of choice. If you have trouble finding a group, then we will assign one for you. Some groups may need to borrow people to fill in, so some of you may tryout with your original group and then help ONE other group.

COMMITMENTS and REQUIREMENTS

JV	Varsity	Competition
<ul style="list-style-type: none"> ● Team Practices ● JV Football – Home ● Homecoming Varsity Game ● Senior Night Varsity Game 	<ul style="list-style-type: none"> ● Team Practices ● Varsity Football (Home and Away typically all Friday nights or Saturday mornings) 	<ul style="list-style-type: none"> ● All comp practices ● All competitions ● <i>Comp season last from August-February</i>

MAKING THE TEAM:

- Tryout results will be released via e-mail by Friday, June 7th. You will be expected to commit to practice 3 days a week (Mon, Tues. Wednesday.) and games on Friday.
- We judge the tryouts based on the 5 components of cheerleading: cheer (sideline/court), dance, tumbling, jumps and stunts. How well you do in all 5 areas will determine where you will be placed. All scoring will be done by the coaches on staff and by two or three neutral judges. ALL DECISIONS ARE FINAL. The better prepared you are in all five of the areas, the more successful you will be.

Upcoming dates to remember after tryouts:

Clothes order for uniform:

- Wednesday June 12th at HHS commons
- 3:30pm for Varsity
- 4:00 for JV

First day of practice:

- August 14th for freshman & seniors
- August 15th & 16th for everyone else
- August 17th we leave for camp.

Camp Money due to Booster Club June 12th, 2024.

- Chestnut Lake facility from *August 17th-20th*
- \$330 make checks payable to HHS Cheer Booster Club

**important information, cheerleading for a first year freshman is fairly expensive.
Possibly about \$500-\$900 dollars first year from camp, dues, and clothes.
Clothes, uniforms, and materials may be used for all 4 years**

If you have any questions or concerns regarding the tryout please email

Coach Perreault: sperreault@https.us or Coach LoPresti: ggrazianolopresti@https.us

ImPACT TRAINING TEST INFORMATION AND DIRECTIONS:

What is the ImPACT test:

The ImPACT test is an online computer test used to test different aspects of brain function. This test is set up to record a baseline score of cognitive function in order to be used as a tool in the return to play process if an athlete sustains a concussion. It does not diagnose a concussion.

Who needs to test?:

All incoming Freshmen, returning Juniors, all transfers, and any athlete who has not taken the test before (this could include Sophomores and Seniors), must take this test to establish their baseline on IMPACT before being eligible for practice.

When do you need to complete this test?:

All athletes must complete their testing **before your first tryout.**

Here are the directions:

Athletes, when using your chromebooks, do not use VMWare when you log in. This program causes the test to run slowly and may cause you to have to retake the test.

Go to: www.impacttestonline.com/schools

-- there will be a box for you to enter the customer code

-- enter the code FDB59F2F24 and click **"Validate"**

****if you copy and paste the above code, please make sure there is no space at the end of the code. You will not be able to click the "validate" button if there is a space****

-- **"Hillsborough High School"** should appear under the code box

-- click **"Launch Baseline Test"** and your test will begin

Please follow all of the directions and fill in the drop down boxes.

There will be a screen that appears after some initial demographics that will ask you to "skip additional demographics" or "enter additional demographics". Please click "enter additional demographics" and there will be a section that will ask you what sport you play. Please choose the sport in which you intend to participate in for the fall season. ****NOTE: If you forget to do this section, please DO NOT take a whole new test just to enter your sport - we have a limited number of tests and taking multiple tests could exceed our limit.****

Make sure that you complete the test so you do not have to retake it. There will be a screen at the end of the test stating that you have completed the test and will give you options to print or email your results. Please email a receipt to yourself so you have a copy of your Passport ID - this can be helpful to us if for some reason we have trouble looking up your test by name.

Please take your time, read the directions thoroughly, **set yourself free from any distractions (ie: phones, television, video games, music, people who may cause distraction, etc.)** and do your best on this test as your results are part of our return to play protocol should you sustain a concussion.

Low scores cause the test to be marked as "invalid" and you will have to retake the test. You must have a "valid" test score in order to begin participating in practice. **After completing your test, please do not email the athletic trainers directly to know if your test is valid. If you do not hear from one of us or your coach, assume all is well with your test scores. You will be notified directly if further action is required.**