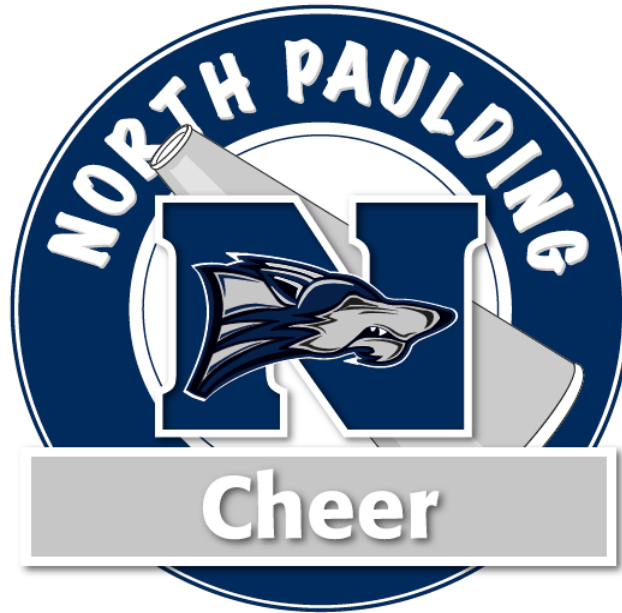


North Paulding Junior Wolfpack Cheer



CHEERLEADING TRYOUTS PACKET

2024 – 2025

NPJS TRYOUTS PACKET

North Paulding Junior Wolfpack Cheer Candidate Information

Name: _____ Current Grade: _____
(First) (Last)

Current School (check one)

Abney___ BHES ___ Northside___ Russom___ Shelton___ Crossroads ___McClure ___ Moses ___East Paulding ___

Address: _____

Mom's Name: _____ Dad's Name: _____

Mom's Cell: _____ Dad's Cell: _____

Home Phone: _____ Parent email: _____

Squad Preference (Number by preference – If you would like both Competition and Sidelines, place a (1) next to each team. If sidelines only, place a (1) next to sidelines and do not mark competition with anything. If you wish to try out for competition only, place a (1) next to competition and do not mark anything for sidelines.

Competition_____ Football Sidelines_____

*There will be one competition squad made up of qualified 6th, 7th, and 8th graders

**There will be three football sideline squads. One for each grade level - 6th, 7th, and 8th graders

Candidate's Tumbling/Stunting Ability:

Tumbling (check all that you are proficient in)

- **Standing:** Handspring _____ Series of handsprings _____ Handspring Tuck _____ Standing Tuck _____
Handspring Full _____ Other: _____
- **Running** Round off Handspring _____ Series of Handsprings _____ Tuck _____ Handspring Tuck _____
Handspring Layout _____ Handspring Full _____ Other: _____

Stunting Position – Competition only: Flyer _____ Main/ Side Base _____ Back/Front Spot _____

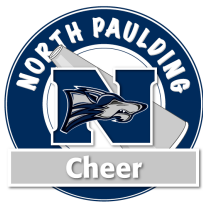
- **Half:** Heel Stretch _____ Bow-n Arrow _____ Scales _____ Scorpion _____ Arabesque _____
- **Extension:** Heel Stretch _____ Bow-n Arrow _____ Scales _____ Scorpion _____ Arabesque _____
- **Baskets:** Show-n Go _____ Toe Touch _____ Kick Full _____ Kick Double _____

Parent Volunteer

Indicate below if you are interested in being a team mom for your cheerleader's squad if your child is chosen. Your willingness to volunteer will in **NO WAY** affect the results of your child's tryouts! **Every parent will assume some position of responsibility for their child's squad(s), once the teams are chosen.** Please list other volunteer experience on the back of this form with 3 references.

Name: _____

Phone: _____



North Paulding Junior Wolfpack

2024-2025 Cheerleading Tryout Packet

Cheerleading tryout clinic will be held April 15th-19th. **Clinic and Tryouts are closed to the public.** Results will be posted on Saturday, April 20th by 8:00 p.m. on our website, www.nphsjr wolfpack.com

Below is a list of contents of this packet. **Please take note that ALL items listed on the try-out check list, must be signed and returned no later than Tuesday, April 9th, in order to be eligible to tryout.** All packets must be completed and dropped off at the drop off location and time. **Drop off #1 – Tuesday, March 26th 5:00-6:00, at Burnt Hickory Elementary. Drop off #2 – Tuesday, April 9th, 4:00-5:00, at Burnt Hickory Elementary. I will be located in the front parking lot in a white Toyota Highlander . If raining we may need to reschedule. Please follow us on Facebook, Twitter and Instagram for updates.**

Packet Includes:

1. NPJWC Tryout Checklist
2. Cheer Candidate Information Form
3. NPJWC Tryout-Information for Spring 2024
4. 2024 Events Calendar
5. Approximate Cost Sheet – This is separate file, item will need to be printed/looked at separately.
6. Parent Permission/Consent Form
7. Inherent Risk Form
8. Cheerleading Constitution Rules Acknowledgement Form
9. Judges Score Sheet - For you to review
10. Teacher Recommendation form – The QR Code will need to be sent to each teacher – All teacher recs must be received by April 9th as well. Middle school girls should have 6. Elementary girls should have 2-4 depending on if they switch classes.

Tryout Calendar:

February 28 th	6:30 pm- Informational Parent Meeting in the gym @ BHES
April 9 th	ALL paperwork is due
April 15 th	1 st day of try out- NPHS 4:15-6:15 – Tumbling tryout start
April 16 th	2 nd day of try out- NPHS 4:15-6:15 –Tumbling tryout completed
April 17 th	3 rd day of tryout- NPHS 4:15-6:15 – All girls will attend, but only girls trying out for competition will Stunt on April 19 th .
April 18 th	Practice at home.- This could change if we get pushed out for rain
April 19 th	Formal Try-outs – 5:30 until finished - LA Power - 65 Kelli Clark SE, Cartersville, GA 30121. 6 th grade 5:30-6:00, 7 th grade 6:00-6:30, 8 th grade 6:30 until completed.
April 20 th	Results posted by 8:00 P.M. on our web-site www.nphsjr wolfpack.com

North Paulding Junior Wolfpack Cheer

Tryouts Checklist

Childs Name _____

Grade (24/25) _____

_____ Candidate Information

_____ COPY of Birth Certificate

_____ Copy of insurance card

_____ Pre-participation Forms / Physical Evaluations - Print all pages and take with you to the doctor. There is a separate link for this. Each child must have a current physical (within one year) to try out. - Separate link

_____ Parent Permission/Consent Form

_____ Inherent Risks Form

_____ Cheerleading Constitution Rules Acknowledgement Form

_____ Teacher Recommendation Form- One per teacher, highest and lowest score will be dropped. Middle School must have 6 and elementary 2-4. - There is link and that link needs to be forwarded to the child's teacher. - Separate Link

All forms are located on the North Paulding Junior Wolfpack Cheer page under the tab labeled forms. Please do not include score sheets in your packet. Only the items listed above. 😊

All completed and signed forms must be returned no later than Tuesday, April 9th to be eligible to tryout. NO EXCEPTIONS!! Please include this form on top of all paperwork paper clipped together.

NORTH PAULDING JUNIOR WOLFPACK CHEER TRYOUTS

INFORMATION FOR SPRING 2024

“What Dates Do I Need to Remember?”

Tuesday, February 28th

March 26th 5:00-6:00

April 9th 4:00-5:00

April 15th-19th

Saturday, April 20th

6:30 pm- Informational Parent Meeting in the gym @ BHES

Drop off #1 of paperwork 5:30-6:30 - Burnt Hickory Elementary.

Drop off #2 of paperwork 4:00-5:00 – Burnt Hickory Elementary

Try-out week

Results posted at approximately 8:00 P.M. on our web-site

www.nphsjr狼pack.com

Tuesday, April 23rd

6:30 p.m. Mandatory Parent Meeting @ BHES in the gym for all girls who made a team- \$250 Participation fee and \$50.00 booster fee due on this night.

Thursday, April 25th

Varsity Fittings - NO PARENTS ALLOWED – Park @ Cedarcrest – 693 Cedarcrest Blvd

6:00 for 8th grade

6:30 for 7th grade

7:00 for 6th grade

“What Should I Bring and Wear to Tryouts?”

- On Monday April 15th, any missing forms that were not submitted correctly.
- You should wear shorts, solid t-shirt, socks, & gym shoes. No cheerleading t-shirts (Stingray, C4, Rockstar, Wolfpack, etc.) may be worn to tryouts or tryout clinic.
- Water bottle if you would like; no other drinks are permitted in the gym. You may bring a small snack.
- Tidy appearance with hair in pony tail & out of your face; short nails, no finger nail polish & absolutely NO JEWELRY!
- On Friday, April 19th, candidates should wear navy shorts (black if you do not have navy), plain white t-shirt, no show socks, and white tennis/cheer shoes to tryouts. Hair in a pony tail, bow is optional.

“What Will I Be Judged On At Tryouts?”

- Cheer / Chant /Dance
- Jumps - Toe Touch, optional jump of your choice (Pike, Hurdler, etc.) & series of 3 connected.
- Standing and/or running tumbling of your *This is no time to try a move for the first time - NO SPOTTING!*
- Since this is a “beginning cheerleading experience” for many girls, you will *also* be judged on skills such as spirit, projection, precision, smile, and energy. No special training is needed for these! The dance, cheer, and jumps will be taught to you during the 3 day tryout clinic.

2024 North Paulding Jr. Wolfpack Cheer Events Calendar

Tentative Dates to put on your calendar if your child makes a team. **ALL dates are MANDATORY:**

April 23rd	Parent/Athlete Meeting 6:30- @ BHES – (Payment #1 due - \$250.00 plus \$50.00 booster fee for a total of \$300.00) All checks are to be made payable to NPMC – (North Paulding Megaphone Club) – We also take credit card and Venmo
April 25th	Spirit Wear - Uniform Fittings w/Varsity Rep –Park at Cedarcrest – 8 th grade @ 6:00 p.m. 7 th grade, @ 6:30 6 th grade, @ 7:00. <u>No Parents in fitting room</u>
June 1st	1st payment due
June	Competition Practice @ Stingrays North – 2 days a week – Mondays & Tuesdays, 9:00-11:00- Comp. Only
June 24 th & July 1 st	CHEER BREAK, <u>NO</u> CHEER PRACTICES DURING BREAK!
July 1st	Payment #2 due
July 8 th & 9 th	This date if tentative – Sideline camp – 9:00-3:00 both days - MANDATORY
July 10 th & 11 th	Competition Choreography Camp – 9:00-3:00 both days - MANDATORY
1 st weeks of Aug.	Comp Pics: Date, time, and location TBD
August	Sideline Practice starts – Dates to be determined
August 1st	Payment #3 due –Competition only
August 1st	First day of School – No practice
August 3 rd	Comp Pics @ 2:00 @ Stingrays North
August 11 th	7 th and 8 th grade sideline pics
August 17 th	6 th grade sideline pics
August/September	Sidelines practice – 2 days per week 5:45-7:00 @ McClure
August- October	Competition Practice – 2 days a week @ Stingrays North or Stingrays Marietta
August – November	Football Games (regular season) Saturdays – Times and locations will vary
September 1 st	Payment #4 due –Competition only – Final Payment
October	We will drop one day of sidelines practice after fall break– Practice one day a week.
October 12 th	Rumble at the Den – ALL comp parents must work this event
Sept. Oct.	Cheer Competitions begin. Dates / Time TBD
Late Oct. – Mid Nov.	Football Playoff Games (Saturdays) Times and Locations will vary
December	Turn in uniforms: Date & Time TBD-NPHS
February 2025	NPJW & NPHS Football/Cheer Banquet-Date, Time and Location TBD

Please plan all vacations during our cheer break June 24th – July 1st (Competition Only)

NPJW Competition Squad's season begins in September. For safety reasons and to ensure that everyone is ready by the end of August, it is extremely important that everyone be at all summer practices.

Competition Choreography camp is 100% Mandatory!

Summer/Fall Weekly Practice Schedule:

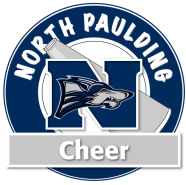
Competition Squad: June through mid-November –Stingrays North/Marietta

Football Squads (6th, 7th, and 8th): Week of August 1st through October or November depending on Playoffs

ALL OF THE ABOVE INFORMATION IS SUBJECT TO CHANGE!

*Cheer Competitions will overlap football season.

**Please review the NPJW Cheer Constitution for what is considered excused or unexcused absences. You must make a commitment to your cheer squad!



North Paulding Junior Wolfpack Cheer Parent Permission/Consent Form

Cheerleader Candidate's Full Name: (PRINT) _____

I, as parent/guardian of the above mentioned cheerleading candidate, have read and fully understand the rules and regulations, which will govern my child if chosen to represent the North Paulding Junior Wolfpack as a cheerleader. I also understand that it is an extra-curricular activity and that attendance at **ALL practices, games, performances, camps, a MINIMUM of 1 community service, and squad fundraisers** are requirements of the elected cheerleaders. I understand that due to the nature of this activity, that there is a risk of physical injury. I acknowledge these risks and legally release North Paulding Junior Wolfpack Cheer and affiliated organization and individuals of all obligations and responsibilities should this activity result in personal injury. I also understand that if my child is chosen as a part of the North Paulding Junior Wolfpack Cheer Program and is later dismissed from the squad for any reason, I will receive no financial restitution. I hereby give my consent to the above mentioned student to participate in cheerleading tryouts, and, if chosen, to participate as a member of the North Paulding Junior Wolfpack Cheerleading Squad for the 2024 - 2025 cheerleading season. I will respect and abide by the tryout judges' decisions. I confirm that my child lives in the North Paulding High School District or is eligible to attend North Paulding High School. I hereby consent to the use of photographs, videos and audio clips of my child to be used on the cheerleading website and for any advertising or solicitation without any compensation to the cheerleader or family member. I understand my child's name may be published along with photo, video, and or audio clip.

I, _____ (parent/guardian), agree to help or participate if my child is selected as a member of the North Paulding Junior Wolfpack Cheerleading Program. I agree to volunteer my time to assist the program. I understand that this program is operated by parents/volunteers in every area, and my assistance is vital to the outcome of the overall program. I agree to participate in North Paulding Junior Wolfpack Squad Fundraisers during the 2024 - 2025 cheerleading season.

Signature of parent/guardian: _____ Date: _____

Parent/Guardian Name: (Print) _____

Home Address: _____

Cell Phone (M): _____ Cell Phone (D): _____

E-Mail Address: Parent: _____ (please write clearly)

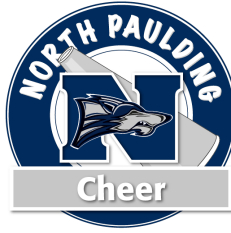
School attending fall of 2022: (circle) Crossroads East McClure Moses

Grade 2024-2025: (circle) 6th 7th 8th

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North Paulding Junior Wolfpack

Explanation of Inherent Risk for Cheerleading



Cheerleading is an exciting, time-consuming sport that involves flyers, bases and spotters. Flyers are lifted into stunts by the bases, along with the safety-oriented spotters when needed. Bases and spotters are responsible for catching the flyers when the stunts come down. Cheerleading also requires forceful motions, tumbling, voice projection, jumping and lifting. The cheering area varies greatly from one location to another, inside or outside. Because of these conditions inherent to the sport, participating in cheerleading exposes an athlete to many risks of injury. Those include, but are not limited to: paralysis due to serious neck or back injury, brain damage, damage to internal organs, serious injuries to bones, ligaments, joints, and tendons, and general deterioration of health, and possibly death. Such injuries can result not only in temporary loss of function but also in serious impairment of future physical, psychological, and social abilities, including the ability to earn a living.

In an effort to make cheerleading as safe as it can be, the coaching staff will instruct the athletes concerning the correct techniques for stunts and rules of cheerleading. It is vital that the athletes follow the coach's skilled instructions, training rules, and team policies to decrease the possibility of serious injury.

We have read the above stated information concerning the risk of cheerleading. We understand and assume all risk associated with trying out, practicing, or cheering at games/competitions. In signing this form, we assume the inherent risk of cheerleading and waive any future legal action by our heirs, estate, executor, administrator, assignees, family members and ourselves. We also acknowledge these risks and legally release North Paulding Junior Wolfpack Cheer and the North Paulding Megaphone Club and individuals of all obligation and responsibilities should this activity result in personal injury. Please indicate any known medical conditions and allergies on the back of this form.

Name of Athlete (PRINT)_____

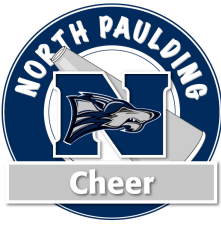
Date:_____ **Signature of athlete:**_____

Name of mother (or legal guardian (PRINT))_____

Signature of mother (or legal guardian):_____

Name of father (or legal guardian): (PRINT)_____

Signature of father (or legal guardian):_____



North Paulding Junior Wolfpack

CHEERLEADING Constitution Rules Acknowledgement

+++++

I have read and understand the 2024 - 2025 North Paulding Junior Wolfpack Cheerleading Constitution and agree to abide by the contents written therein.

Cheerleader's Name (please print): _____

Cheerleader's Signature: _____

I have read and understand the 2024 - 2025 North Paulding Junior Wolfpack Cheerleading Constitution and will support my student/athlete in the North Paulding Junior Wolfpack Cheerleading Program.

Parent's Name(s): _____

Parent's Signature(s): _____

TIME and FINANCIAL Commitment

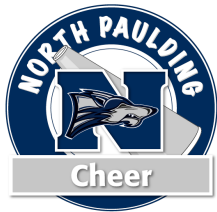
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We have read both the North Paulding Junior Wolfpack Cheer 2024 Events Calendar and the NPJW Cheer Approximate Costs handouts. We understand both the time and financial commitment needed to be a part of the NPJW Cheer program and agree to abide by the contents written therein.

Cheerleader's Name (please print): _____

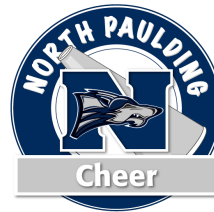
Cheerleader's Signature: _____

Parent's Signature(s): _____



Teacher Recommendation Form

Current 5th, 6th & 7th graders



Please make sure the link below is sent to all current teachers.

[https://docs.google.com/forms/d/e/1FAIpQLSfPJdCA4cbWtC_RCQdUW2U2h05t0Ro-9gep28aLZZfxapcYTA/viewform?usp=sf link](https://docs.google.com/forms/d/e/1FAIpQLSfPJdCA4cbWtC_RCQdUW2U2h05t0Ro-9gep28aLZZfxapcYTA/viewform?usp=sf_link)



Directions once you open the link:

1. Copy the link by pressing on the hyperlink at the top
2. Paste in an email and send to all teachers

2024 - 2025 JR WOLFPACK CHEER TRYOUT RUBRIC

3 Judges

Possible 300 points - Sidelines

Possible 360 points - Competition

100 possible points - Teacher Recommendation for a total of 400 / 460

Stunting/Group/ Optional – Competition Only					
1-2 points	3-5 points	6-9 points	10-13 points	14-16	17-20 points
Entry: straight up Position: half Dismount: cradle	Entry: straight up Position: double leg extension Dismount: cradle	Entry: straight up position: heel stretch extension Dismount: cradle	Entry: straight up position: heel stretch +1 additional flex extension Dismount: full down	Entry: straight up position: heel stretch +2 additional flex extension Dismount: full down	Entry: Full- Up/Switch Up to the top with heel stretch +2 additional flex extension Dismount: full down

Tumbling/Standing				
1-4 points	5-9 points	10-14 points	15-17 points	18-20 points
Handspring(s) 1-2 (Single) 3-4 (multiple)	2 back handsprings to tuck	tuck	2 back handspring to layout	2 back Handspring to full
Tumbling/Running				
1-4 points	5-9 points	10-14 points	15-17 points	18-20 points
Handspring (s) 1-2 (single) 3-4 (multiple)	Multiple back- handsprings	back handspring to tuck	back Handspring to layout	back handspring to full

**** Both legs must be extended to be considered a layout.**

***** 1 point deduction if feet are not together and 1 point deduction if legs are not straight.**

2024 - 2025 JR WOLFPACK CHEER TRYOUT RUBRIC

Jump of Choice					
1 Point	2 Points	3 Points	4 Points	5 Points	
Poor technique, dropped chest, legs bent, poor vertical, feet apart on landing.	Below average technique, toes flexed, dropped chest, below average vertical, feet apart on landing.	Average technique, toes flexed/pointed, average vertical, feet closed on landing.	Above average technique, toes partially pointed, above average vertical, feet together on landing	Excellent technique, toes pointed, high vertical, feet together on landing.	
Toe Touch					
1 Point	2 Points	3 Points	4 points	5 Points	
Poor technique, dropped chest, legs bent, poor vertical, feet apart on landing	Below average technique, toes flexed, dropped chest, below average vertical, feet apart on landing	Average technique, toes pointed, average vertical, feet closed on landing.	Above average technique, toes partially pointed, above average vertical, feet together on landing	Excellent technique, toes pointed, high vertical, feet together on landing	
Jump Sequence Connected:					
1 Point	2 Points	3 Points	4 Points	5 Points	
Jump Sequence of 2: Toe Touch plus jump of choice	Jump Sequence of 2: 2 Toe touches plus a jump of Choice (Advanced)	Jump Sequence of 3: 1 toe touch required plus 2 optional jumps	Jump Sequence of 3: Toe Touch required plus 2 optional jumps. Note: One additional jump must be a Pike or Hurdler	Jump Sequence of 3: Toe Touch, Pike and Hurdler all connected	
Cheer					
1-3 Points	4-7 Points	8-12 Points	13-15 Points		
Poor to below average technique including; motions, timing, voice projection, facials	Average technique including; few broken wrist, timing, voice projection, facials	Above average technique including; motions, timing, voice projections, facials	Excellent technique, including motions, timing, voice projection, facials, knowledge of cheer with no missed motions		
Dance					
1-4 Points	5-10 Points	11-15 Points	16-20 Points		
Poor to below average rhythm, movement, counts and facials	Average rhythm, movement, counts and facials	Above average rhythm, movement, counts and facials	Excellent rhythm, movement, counts, expression, facials and knowledge of routine with no missed motions		

2024-2025 NPHS SIDELINES CHEER TRYOUT RUBRIC

Spirit			
1-2 Points	3-5 Points	6-8 Points	9-10 Points
Poor Facials and or energy, High (Minnie Mouse) or no voice projection, poor confidence	Average Facials and or energy, average voice projection, little confidence	Above average facials and energy, above average voice projection, some- what confident	Excellent facials and energy, excellent voice projection, very confident

2024-2025 Jr Wolfpack Cheer - Try-Outs

Judge's Signature: _____ # _____

Category	Possible Points	Points
Cheer/Chant	15	_____
<ul style="list-style-type: none"> - Check motions, spirit, voice, stiffness, facials - Points deducted for broken wrists, not saying words, lack of facials 		
Dance Technique	20	_____
Jumps		
-Toe Touch (5)		_____
-Jump of Choice (5)	15	_____
-Jump Sequence (5)		_____
Spirit		
-Voice, Facials, confidence, entrance	10	_____
Tumbling	40	_____
-Running (20)		
-Standing (20)		
Total for Sidelines	100	_____
<hr/>		
Stunting - Competition Only	20	_____
Position:	_____ Flyer _____ Base _____ Back Spot	
-Body Positions:	_____	
<hr/>		
Total for Competition	120	_____
Comments:	_____	

_____ Grade: _____

Squad Choice: _____ Competition _____ Football Sidelines

Cheerleading Tryouts Final Score

JUDGE #1 - Sidelines _____ 100 points possible

JUDGE #2 - Sidelines _____ 100 points possible

JUDGE #3 - Sidelines _____ 100 points possible

**Teacher recommendations _____ 100 points possible

Total Judges Score/Teacher Recs. _____ (Out of 400) - Sidelines

_____ (Stunting total - possible 60 points)

_____ (Out of 460)- Competition

FINAL SCORE - **Sidelines** _____

FINAL SCORE - **Competition** _____