

# Altadeña Cheerleading 2022-2023

## TRYOUT INFORMATION:

Date	Time	Location	Activity
Wed. Oct. 26 <sup>th</sup>	6:55 – 8:00 a.m.	Gym	Learn two cheers/tumble
Thurs. Oct. 27 <sup>th</sup>	3:15 – 5:30 p.m.	Gym	Learn the dance/tumble
Fri. Oct. 28 <sup>th</sup>	3:15 – 5:30 p.m.	Gym	Official Tryouts

All students trying out must register at <https://az-kyrene.intouchrecepting.com> prior to Wed. Oct. 26<sup>th</sup>. This includes having an up-to-date physical on file with the district.

- On Oct. 26<sup>th</sup>, students will meet Coach Koester at 6:55 a.m. at upper parking lot gate. PLEASE BE ON TIME AND DRESSED TO CHEER!
- The tryout cheers & dance will be new material that former cheerleaders do not know.
- Students will be allowed to tumble (without a spotter) at clinics & tryouts, but not stunt.
- Students will need a ride home on Oct. 27<sup>th</sup> & 28<sup>th</sup>
- Clinics and tryouts are closed, no spectators
- STUDENTS WILL BE NOTIFIED LATE ON OCT. 28<sup>TH</sup> IF THEY MADE THE TEAM.

## HOW MANY STUDENTS WILL MAKE THE TEAM?

**Junior Varsity:** 14-16 cheerleaders **Varsity:** 14-16 cheerleaders

Students with the highest point totals at tryouts will be placed on Varsity.

## REQUIREMENTS IF YOU MAKE THE TEAM:

- Cheer at five home basketball games
- Volunteer to cheer at home wrestling meets
- Perform at a district cheer showcase in February
- Show school spirit throughout the year

## HOW MUCH DOES CHEER COST?

The district charges \$90 to participate. If a student needs financial support, please contact the Altadeña front office.

Students will need to supply the following:

- Dark colored athletic shorts to wear under their skirt
- White cheer shoes
- White cheer socks
- Pom poms

**PRACTICE SCHEDULE:****Bootcamp Practices:**

Oct. 31 – Nov. 18<sup>th</sup> Monday-Thursday 6:55 – 8:00 a.m.

*We want to look great from day one!*

**Regular Practices:****Junior Varsity:**

M/T/Th 6:55 - 8:00 a.m. Tuesday will be a stunting day

**Varsity:**

M/W/Th 6:55 – 8:00 a.m. Wednesday will be a stunting day

**ALL TEAM PRACTICE ON BASKETBALL GAME DAYS:**

**Junior Varsity:** 3:15-4:15 p.m.

**Varsity:** 3:15 – 5:15 p.m.

**GAME SCHEDULE:**

Basketball games will be on Mondays and Thursdays, usually once a week

JV starts at 4:30 p.m.

Varsity starts at 5:30 p.m.

Wrestling TBA

**PARENT'S MEETING FOR TEAM MEMBERS:**

Parents & cheerleader informational meeting on Wednesday, November 2<sup>nd</sup> from 5-5:45 p.m. in the gymnasium.

*\*Disclaimer\** Cheerleading is a popular sport at Altadeña. Many students tryout, but not everyone can make the team. By trying out you are making a commitment to coaches, fellow cheerleaders, and your school. Quitting the team mid-season is NOT an option, unless under an extenuating circumstance such as injury or prolonged illness. Routines are choreographed and practiced around a full team.

Warmly,

Nicole Koester

Altadeña Cheer Coach

Questions contact [nkoester@kyrene.org](mailto:nkoester@kyrene.org)