

# Jones County Junior College 2008-2009 Cheerleader Workshops And Tryout Dates

The following workshops and tryouts will be held in the Physical Education Building on the Jones County Junior College Campus. Depending on the success of each workshop, concluding times may be shortened or extended. There will be a \$5.00 fee due at each workshop. Please bring correct change. **\$5.00 FEE MUST BE PAID PRIOR TO PARTICIPATING IN EACH WORKSHOP.**

If you have any questions concerning requirements, workshops, or tryouts, please do not hesitate to call Mrs. Angela Clayton, Jones County Junior College Cheerleader Sponsor, (601) 477-4092.

Date	Time	
Tuesday, Feb. 10	1:00-3:00 p.m.	Pre-Tryouts Workshop
Thursday, Feb. 12	1:00-3:00 p.m.	Pre-Tryouts Workshop
Tuesday, Feb. 17	1:00-3:00 p.m.	Pre-Tryouts Workshop
Thursday, Feb. 19	1:00-3:00 p.m.	Pre-Tryouts Workshop
Tuesday, Feb. 24	1:00-3:00 p.m.	Pre-Tryouts Workshop
Thursday, Feb. 26	1:00-3:00 p.m.	Pre-Tryouts Workshop
Tuesday, Mar. 3	1:00-3:00 p.m.	Pre-Tryouts Workshop
Thursday, Mar. 5	1:00-3:00 p.m.	Pre-Tryouts Workshop (Mandatory)
Tuesday, Mar. 10	1:00-3:00 p.m.	Pre-Tryouts Workshop (Mandatory)
Thursday, Mar. 12		Tryouts
	11:00-1:00 p.m.	Interview portion of tryouts
	2:00 p.m. until	tryouts

At 1:00 p.m. on Thursday, March 5, tryout practice will begin. This will give you time to practice and warm-up any and all of the requirements for tryouts. Tryouts will begin at 2:00 p.m. with judges grading the following list of requirements.

THIS INFORMATION IS TENTATIVE AND SUBJECT TO CHANGE

## **REQUIREMENTS FOR CHEERLEADER TRYOUTS AT JONES COUNTY JUNIOR COLLEGE**

1. Must be enrolled in high school or Jones County Junior College
2. High school students must have a “C” average and graduated by August, 2009.
3. Junior college students must have a 2.00 GPA at the time of tryouts.
4. Must enroll in at least 12 semester hours at Jones
5. Must have a letter of recommendation for high school sponsor
6. Must have a current physical from a licensed physician.
7. Must present completed tryout forms.
8. Perform cheer, chant, and/or routine taught at JC workshop
9. Co-ed must perform the following partner stunts, jumps, and gymnastics:
  - a. toss to hands, heel stretch, pop off
  - b. walk in to hands extension, full down
  - c. toss and go liberty, pop off
  - d. optional stunt (This stunt **MUST** be approved by JC sponsor at workshop)
  - e. toe touch (females only)
  - f. at least 3 standing back hand springs
  - g. round-off and at least 3 back hand springs
  - h. standing back tuck
  - i. standing back hand spring back tuck
  - j. step and go back hand spring back tuck
  - k. optional gymnastics
  - l. back hand spring back tuck
  - m. round off tumbling pass
- You may not stunt with the same partner for more than two stunts. JC Sponsor must approve all partners.
- Only partner stunts may be attempted on additional time if partner stunt does not stick first try.
- Spotters will be used on all partner stunts. No spotting for tumbling.
10. You are encouraged to tryout with someone who is presently trying out. A 2008-2009 JC cheerleader may be used only if approved by sponsor in advance. If someone lives more than two hours away, he/she may talk to sponsor about the possibility of trying out with someone from his/her hometown. This person will be required to attend workshops and **MUST** be approved by sponsor weeks in advance of tryouts.
11. To increase the safety of both male and female stunters, female body weight of 110 pounds is encouraged but **NOT REQUIRED**.

12. Mascot tryouts:
  - (1) Perform a two minute skit in the Bobcat costume.
  - (2) Must provide your own tapes of music and material for skit.
  - (3) Skit should be entertaining, crowd involved, and creative. Music and dance WILL NOT be vulgar or distasteful in manner. Music and skit MUST be approved by JC sponsor at workshop prior to tryouts.
  
13. General Information:
  - A. Cheerleaders and mascots receive a full tuition scholarship that will cover the classes taken at Jones (12-18 hours).
  - B. Practice and performance clothing is provided by the college.
  - C. Class credit will be given for cheerleading and gymnastics.
  - D. Cheerleaders, mascots, and managers must attend all summer practices, performances, and events.