

# WELCOME TO TRYOUTS 2019!

<u>Day 1: Wed. Mar. 6<sup>th</sup> (4:00pm-6:00pm)</u>		<u>Day 2: Wed. Mar. 13<sup>th</sup> (4:00pm-6:00pm)</u>	
5:00-5:10	Stretch	5:00-5:10	Stretch
5:10-5:20	Senior Showcase Material	5:10-5:15	Review Material Whole Group
5:20-5:40	Jumps (lines)	5:15-5:35	Jumps (lines)
5:40-6:00	Begin Stations	5:35-5:55	Begins Stations
6:00-6:20	Rotate	5:55-6:15	Rotate
6:20-6:40	Rotate	6:15-6:35	Rotate (draw numbers)
6:40-7:00	Material Review	6:35-7:00	try-out process in separate gyms
<u>Day 3: Thurs. Mar. 14<sup>th</sup> (4:00pm-5:00pm)</u>		<u>Day 4: Fri. Mar. 15<sup>th</sup> TRY OUTS</u>	
4:30-4:45	Stretch	7:30 – 7:40	Stretch
4:45-5:30	Independent Practice	7:40-7:55	Rehearse/practice
		8:00 – 11:30	Tryouts

**Station 1:** Cheer (Ragsdale)

**Station 2:** Dance (Stringer)

**Station 3:** Chant (Hackett)

**Mascots:** Rial



**Day 1** - Varsity = begin Station 1

**Day 2** - Varsity = begin Station 2

MS = begin Station 2

MS = begin Station 3

JV = begin Station 3

JV = begin Station 1