

WELCOME TO TRYOUTS 2019!

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

Station 1: Cheer (Ragsdale)

Station 2: Dance (Springer)

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

