

PERRY MIDDLE SCHOOL

Competition Cheerleading 2022

Prepare for the 2022 Competition Cheer Season! Read through to see how you can prepare for tryouts in May 2022!

Join our Google Classroom Page for helpful resources on different skills, example videos and tips to help in preparing for tryouts this year.

Class Code: fraqval

FAQs:

When will tryouts be held for the 2022 Season? In May 2022, dates/times will be announced at a later date.

Do I have to have experience as a cheerleader to be a competition cheerleader? Prior experience is not required to try out or be selected! Middle school is a time where many students learn and grow in the foundations of sports they are interested and want to pursue in high school. Our goal as a program is facilitate this and grow existing experience!

Will there be any clinics hosted to help prepare for 2022 tryouts? Yes! We will be hosting two days of cheer clinics in March (date/time to be announced in February) for \$15 for each day or \$20 to participate in both days. We will cover the foundations of competition cheerleading including motions, jumps, stunting, and give feedback for tumbling skills. It is not a requirement to make the 2022 Competition Cheerleading Squad to attend a clinic but strongly encouraged.

Tumbling:

Although tumbling is not a requirement to make our team, our goal as a team each year is for everyone to be working towards a back-handspring at minimum. During our season, we have a team tumbling class that our cheerleaders may participate in.

Check our suggestions for gyms:

Punchfront Gymnastics & Cheer, MGA Cheer Extreme, Precision South Gymnastics Academy, & other local gyms are great locations to get started!

Stunting:

We look for individuals who will work well together and strive to work their hardest! We assign stunting positions to individuals that showcases their talents. All are equally important to the success of our team!

Stunt Positions include:

1. Back Spot
2. Side Base
3. Main Base
4. Flyer

Jumps:

Jump technique starts with working on flexibility and strength! Stretch to help push your jumps to their best!

Work on the following jumps to prepare for tryouts:

- Toe-Touch
- Hurdler
- Pike
- Double-Nine
- Connecting Jumps (work on connecting at least 2 jumps from the above list together to practice!).

Note: Competition Cheerleaders will not be allowed to play softball, football or football game squad. Clubs should be chosen wisely due to the length of the cheerleading season and time required after school.