



Columbia *Cheerleading*

Fall 2017 Tryouts

August 17	9 am - 12 pm	Skill Evaluations
August 18		Final Teams Made
August 21		

Tryouts will be held at the **Columbia Wrestling Room**.

Cheerleaders must **wear all black, athletic sneakers, hair up, no jewelry, short nails** and bring the following items:

- **Most Recent Report Card**
- **Cheerleader Information Sheet**
- **Tryout Permission Form**
- **Bottle of Water**

Review Fall 2017 Tryout Material on our **YouTube** channel **DevilNation Cheer** before August 17! Material will be posted no later than August 10.

Check out our Website: <https://sites.google.com/site/devilnationcheer/>
Like us on Facebook: Columbia High School Cheer
Follow us on Twitter: @Columbia_Cheer
Subscribe to Remind101 by texting @columbiac to 81010



CHEERLEADING TRYOUTS

Fall 2017



When: Skills Evaluation Day 1: **August 17**, 9 am - 12 pm.
Skills Evaluation Day 2: **August 18**, 9 am - 12 pm.
Final Evaluation: **August 21**, begins at 9 am.

****Team placements will be made at the conclusion of Day 3****

More detailed information regarding the tryout process can be found on our website:
<https://sites.google.com/site/devilnationcheer/>

Where: Columbia High School Wrestling Room

Attire: black T-shirt, black shorts, cheerleading sneakers or other comfortable athletic shoes, hair pulled back out of face in a high ponytail, short unpolished fingernails, and *absolutely no jewelry*. There is a judging category on appearance; thus, you should consider clothing that is appropriate and appealing.

Please Bring: a completed try-out permission form, cheerleader information sheet, your most recent report card, your own water bottle and a healthy snack. There will be limited time to leave the tryout to get food or drink from a machine or water fountain. Sharing drinks is discouraged.

Eligibility:

- Have an up to date physical on file in the nurse's office. Please sign up in the health office before tryouts. A current physical is mandatory to have in order to tryout for a team. *No physical will result in no participation* until the school nurse notifies one of the coaches in writing.
- *Middle School Students* must submit all necessary paperwork in order to meet the **athletic placement process requirements** put forth by NYS. This must be done prior to your participation in tryouts. This process includes:
 - Obtain physical fitness scores from your P.E. teacher. You must meet specified requirements.
 - Consult school nurse for appropriate paperwork regarding the necessary maturity screening that must be completed by your doctor.
 - Check our APP link on our website for more Information.
- On the first day of try-out clinics students must bring their most recent report card that includes an attendance record. All cheerleaders are expected to maintain 65 or above in every class.

Preparing for Tryouts:

Cheerleading is a sport that requires endurance, stamina, strength and flexibility. In order to prepare for tryouts, athletes must stretch and condition during the off season. People interested in flying should stretch front stretch, heel stretch, arabesque, scale, scorpion, and bow-and-arrow. Enclosed is a suggested pre-season workout. You can supplement the enclosed workout with weight training and interval training. Running or jogging is also helpful to build endurance and stamina.

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Material will be posted no later than August 10.

If you have any questions, comments, or concerns please don't hesitate to call or email:

DevilNationCheer@gmail.com

Coach Kawczak - V
(518) 598-4821

Coach Johnson - JV
(518) 424-6049

Coach Halstead - Assist
(518) 586-6546



Off-season Opportunities

Open to ALL interested athletes!

Open Gym :: Come and workout with your peers and prospective fall cheerleaders! Open gym will provide athletes with an opportunity to stunt, jump and tumble. ALL PROSPECTIVE ATHLETES ARE WELCOME! Wear comfortable athletic wear & sneakers. Pull hair back out of your face, remove jewelry and remove artificial nails. Bring water & a completed open gym permission form. We look forward to seeing everyone there!

When: Wednesdays July 12-August 9.

Where: Columbia Gym

Time: 6:30-8 pm

***All cheerleaders must submit a completed permission form in order to participate. ***

Tumbling Classes :: **All Cheerleaders are highly encouraged to attend on a weekly basis.**

Listed below are some facilities in the area that offer tumbling classes:

- **Cheer Intensity All-stars**
13 Cannon Street
Green Island, NY 12183
(518) 272-4337
www.cheerintensity.com
- **Northeast Institute of Gymnastics Inc.**
1237 Central Avenue
Albany, New York 12205
(518) 459-4547
www.northeastgym.com
- **Triple Threat All-Stars LLC**
4 Walker Way - Section 3
Colonie, New York 12205
(518) 280-5763
3tallstars.com
- **World Class Gymnastics Academy**
630 Columbia Street Ext.
Latham, NY 12110
(518) 785-3481