

Mad Vez Training Sessions

1. Where High School
2. Who All Student Athletes
3. When July 26th - 30th & August 2nd - 6th
4. Time 7-8 p.m.

Cheerleading Tryout Information (Attendance is Mandatory)

1. Tryouts August 9 & 10, 2010
2. Where Elementary Gym
3. Time 8:00am -10:00am

Stunt Clinic Information

1. Stunt clinic August 11, 2010 (Wed.)
2. Where Portage Northern HS
3. Time 9am-3pm
4. Cost **\$45.00 due August 10, 2010**(checks payable to DKHS)

All Varsity and JV are expected to attend!!! You will have all summer to earn the \$45.00. If money is an issue please contact the coach, ASAP!!

Thank you,

Teresa Delaphiano
Phone: 269-664-4023
Tdelaphianos@dkschools.org

Return this signed form to your coach by Aug 10, 2010

My Daughter, _____ will be

attending the Cheerleading stunt clinic August 11, 2010 at

Portage Northern H.S. 9:00am -3:00pm. Enclosed is the \$45.00

registration fee. I understand this is not a school sponsored

activity and there will be no school transportation provided.

_____ has my permission to ride

with a coach, parent or another cheerleader to the clinic on

August 11, 2010.

Parent/Guardian

signature _____ Date _____

If you have any questions please contact

Teresa Delaphiano-269-664-4023

Tdelaphianos@dkschools.org

Total Average Points _____
(Possible 200 pts)

SAMPLE TRYOUT SHEET

JUMPS

Herkie (L)	1	2	3	4	5	6	7	8	9	10
Herkie (R)	1	2	3	4	5	6	7	8	9	10
Toe Touch	1	2	3	4	5	6	7	8	9	10
Pike	1	2	3	4	5	6	7	8	9	10

INDIVIDUAL CHEER (make-up or use one you know)

Voice	1	2	3	4	5	6	7	8	9	10
Motions	1	2	3	4	5	6	7	8	9	10
Knows words	1	2	3	4	5	6	7	8	9	10
Overall	1	2	3	4	5	6	7	8	9	10

PARTNER CHEER (make-up or use one you know)

Voice 1 2 3 4 5 6 7 8 9 10

Motions 1 2 3 4 5 6 7 8 9 10

Knows Words1 2 3 4 5 6 7 8 9 10

Togetherness1 2 3 4 5 6 7 8 9 10

Overall 1 2 3 4 5 6 7 8 9 10

GYMNASTICS

Cartwheel 1 2 3 4 5 6 7 8 9 10

Round off 1 2 3 4 5 6 7 8 9 10

Switch splits1 2 3 4 5 6 7 8 9 10

BONUS

Backwalkover1 2 3 4 5 6 7 8 9 10

Backhandspring1 2 3 4 5 6 7 8 9 10

Tuck 1 2 3 4 5 6 7 8 9 10

Ariel 1 2 3 4 5 6 7 8 9 10

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