



# CENTURY KNIGHTS CHEERLEADING

Thank you for your interest in cheerleading at Century High School. This will be our fourth year coaching the Knight's cheer squad. We are very excited for another great season. Below we have listed some important information for tryouts which are August 12<sup>th</sup>, 13<sup>th</sup> and 14<sup>th</sup>. If you have any questions or concerns please do not hesitate to contact either of us! We look forward to seeing you at tryouts 😊

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## To participate in High School Athletics your daughter/son will need the following:

- Physical (good for 13 months, must be current from within the year)
- FamilyID Registration- <http://www.familyid.com/century-high-school-4744558e-cabe-4f0a-a7fb-a3d229003dc2>
- **OPTIONAL** Concussion Testing (This is no longer required to participate in sports in Carroll County.)
- Athletic Fee
  - \$105/child or \$150 total/season /family

## Cheer Tryouts

\*\*\*The following dates are **MANDATORY** for those who wish to try out for the CHS cheer program.

- **Wednesday, August 12<sup>th</sup>**: 5pm-8pm in the Aux Gym. All candidates must be registered online prior to trying out.
- **Thursday, August 13<sup>th</sup>**: 5pm-8pm in the Aux Gym.
- **Friday, August 14<sup>th</sup>**: 5pm-8pm in the Aux Gym.

You will be taught the following material and will perform each in front of a panel of judges on the final day of tryouts. Formal tryouts will be groups of 3-4 depending on numbers. This will include the group cheer, dance, 2 jumps, tumbling and stunting.

- Cheer & Dance
  - Will be taught at tryouts
- Stunting
  - You will be asked to perform a stunt of difficulty ranging from prep level to single leg. If you are a flyer please take time to stretch your body positions including heel stretch, scale and scorpion.
- Tumbling
  - You will be asked to demonstrate any tumbling you may have ranging from cartwheel to running tumbling. A back handspring must be **attempted** by each with the max of two spots.
- 2 Jumps

- Toe touch and one jump of your choice (pike, right hurdler, left hurdler or double toe touch). Bonuses for a toe touch back handspring or tuck. Please use YouTube for demonstrations.

**Attire for tryouts:**

- ❖ Shorts or spandex ( No denim)
- ❖ White T- Shirt
- ❖ White socks and cheer shoes (Tennis shoes if you do not own cheer shoes)
- ❖ Hair Pulled back
- ❖ No Jewelry
- ❖ No Fake nails, cut short with no polish

**Finances:**

- ❖ **All white** cheerleading shoes
- ❖ Spirit wear- TBD

**We highly recommend attending tumbling open gyms. Tumbling has become a key component to cheerleading over the years.**

---Maryland Allstars hosts Open Gym on Saturdays 12-1pm for beginner and intermediate skills. Advanced Open Gym is held Fridays 5-6pm. Open Gym is unstructured time where athletes can practice their skills. Our instructors will supervise and assist. The cost per visit is \$10/public and \$5/MA cheerleaders and athletes currently enrolled in classes. Please check their website for private lessons and classes.

---MDE Tumbling Lessons 1 hour • \$20 also check their Facebook page for open gym opportunities.

**\*\*Please follow the Century High School Cheerleading Facebook page for more off season opportunities!!**