

# CENTRAL UNION HIGH SCHOOL

## CHEERLEADING

### Tryout Score Sheet

Tryout # \_\_\_\_\_

<b>Tumbling - Breakdown:</b> 1 - 2 [Back Walkover] 3 - 4 [Back Handspring] 5 - 6 [Back Tuck] 7 - 8 [Layout] 9 - 10 [Full]	1    2    3    4    5    6    7    8    9    10
<b>Jumps -</b>  Toe Touch   Front Hurdler   Pike	<div style="margin-bottom: 10px;">1       2       3       4       5</div> <div style="margin-bottom: 10px;">1       2       3       4       5</div> <div>1       2       3       4       5</div>
<b>Performance Cheer -</b>  <ul style="list-style-type: none"> <li>• <i>Knowledge/Crowd Leading Skills:</i> Voice, facial expression, confidence                1 - 5 [3+ mistakes]                6 - 10 [1-2 mistakes]</li> <li>• <i>Projection of Cheer/Motion Technique:</i> Clear and projected voice, proper use of diaphragm, knowledge of words                1 - 5 [Needs work/Not Sharp]                6 - 10 [Sharp/Loud/Fun To Watch]</li> </ul>	<div style="margin-bottom: 10px;">1    2    3    4    5    6    7    8    9    10</div> <div>1    2    3    4    5    6    7    8    9    10</div>
<b>Tryout Dance -</b> <ul style="list-style-type: none"> <li>• <i>Knowledge:</i>                1 - 5 [3+ mistakes]                6 - 10 [1-2 mistakes]</li> <li>• <i>Motion Technique:</i>                1 - 5 [Needs work/Not Sharp]                6 - 10 [Sharp/Loud/Fun To Watch/ Good Energy]</li> </ul>	<div style="margin-bottom: 10px;">1    2    3    4    5    6    7    8    9    10</div> <div>1    2    3    4    5    6    7    8    9    10</div>
<b>Letters of Recommendation -</b> 1 - 5 [1 letter] 6 - 10 [2 letters]	1    2    3    4    5    6    7    8    9    10
<b>Stunts -</b>  1 - 5 [half, extension, liberty]  6 - 10 [single leg body position, switch ups, 180 switch up]  11 - 15 [low to high, ruby slipper 360s]  16 - 20 [OG 360s, high to high]  21 - 25 [360 switch up, inversions, handstands]	<div style="margin-bottom: 10px;">1       2       3       4       5</div> <div style="margin-bottom: 10px;">6       7       8       9       10</div> <div style="margin-bottom: 10px;">11      12      13      14      15</div> <div style="margin-bottom: 10px;">16      17      18      19      20</div> <div>21      22      23      24      25</div>

**Comments:**

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