



## TIPS FOR HOW TO MAKE THE TEAM:

- Keep your grades up – schoolwork comes first and is a good indicator of your work ethic.
- Practice good rapport with your teachers and peers. Cheerleaders are role models in their communities.
- Introduce yourself to the coaches, this will help them get to know you.
- In the months leading up to tryouts, stretch and start training your technical skills. Work with private coaches or senior cheerleaders for helpful critiques.
- When the score sheets become available, be sure to identify your strengths and weaknesses. This will help you practice and prepare for the big day.
- During the clinic: pay attention, have a positive attitude, cheer full-out and ask questions.
- Remember the coaches and administrators are always watching. Behave appropriately and be courteous to other candidates.
- If the coach allows, record the cheers on your cell phone so you can practice at home.
- Stretch after each clinic session and drink plenty of water to avoid sore muscles.
- Practice your tryout material full-out in front of your parents and friends to calm your nerves.
- On tryout day arrive early, eat a good meal, take a deep breath, relax and have fun!
- Keep in mind that being a member of the cheerleading team may come with financial obligation. Seek out the details of what will be required so you can be prepared.

# GOOD LUCK!