

Program and Tryout **INFORMATION** Dates, Times, and Details

Forms and Requirements

In order to participate in the tryout process including open gym, candidates must have an up to date physical and notarized athletics packet. You will not be permitted to participate without these forms on file.

Participants must have a minimum cumulative 2.0 GPA as required by Okaloosa County School Board.

Participants must be enrolled or zoned for Niceville High School 22-23. If you are moving or transferring but not currently enrolled or zoned, you will need to get in touch with the registrar.

Tryouts

Tryouts will run clinic style and are intended to be low stress. Once we have final numbers we will determine whether or not there is a first round cut. For planning purposes, plan to be present for the entire process.

ALL of tryouts are closed to spectators

Tryout Day 1 - Monday May 9th 5:00-8:00

Tryout Day 2 - Tuesday May 10th 5:00-8:00

Tryout Day 3 - Wednesday May 11th 5:00-8:00

Stunts

JV Expected - Low to High Switch Up
Preferred - Full Up, High Tick, Inversions

V Expected - Full Up, High Tick, backhandspring up
Preferred - Elite released and spinning skills as well as variety of body positions for top girls

Crowdleading

For both JV and Varsity we are looking for exceptional performance quality, sharp and precise motions, strong vocal projection and overall natural confident energy and enthusiasm

Tumbling

JV Minimum - Standing Series
Expected - Some form of a tuck
Preferred - Cartwheel Tuck and Standing Tuck

V Expected - Cartwheel and Standing Tuck
Preferred - Twisting Skills and Toe Back

We will also be evaluating jumps, flexibility, stamina, rhythm, musicality, work ethic and your ability to be coachable, a team player, respectful and humble. This is not all inclusive, rather a detailed overview to give you some idea as to what skills you should be prepared to perform at tryouts. We will want to see the most elite skills you can master safely and with perfect technique.

SUMMER CALENDAR

*practice * camps * breaks*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30 Memorial Day	31	June 1 Practice 8-11	2 Practice 8-11	3	4
5	6 Varsity 7-10 JV 1-2:30	7 Practice 6-9:30	8 JV 7-10 Varsity 12:30-2	9 Practice 6-9:30	10 Game Day/Stunt	11 Game Day/Stunt
12	13 Varsity 7-10 JV 1-2:30	14 Practice 6-9:30	15 JV 7-10 Varsity 12:30-2	16 Practice 6-9:30	17	18
19	20 Varsity 7-10 JV 1-2:30	21 Practice 6-9:30	22 JV 7-10 Varsity 12:30-2	23 Practice 6-9:30 Varsity→Orlando	24 Varsity @Masters	25 Varsity @Masters
26 Varsity @Masters	27 Varsity @Masters	28	29	30	July 1	2
3	4	5	6 JV Practice 5-8	7 JV Practice 8-10 to FSU	8 JV @ FSU Stunt Camp	9 JV @ FSU Stunt Camp
10 JV @ FSU Stunt Camp	11 <i>Option 7-8:30am</i>	12 <i>Option 7-8:30am</i>	13 Opt. Skills 2-3:30	14 <i>Option 7-8:30am</i> <i>tentative next</i>	15	16
17	18 <i>Option 7-8:30am</i>	19 <i>Option 7-8:30am</i>	20 Opt. Skills 2-3:30	21 <i>Option Lift 7-8</i> Varsity 8-10:30	22 Varsity 8-10 then to Live Oak	23 Varsity @Live Oak
24 Varsity @Live Oak home in evening	25 JV 1-2:30	26 Practice 5-8	27 Varsity 12:30-2 Practice 5-8	28 Practice 5-8	29	30
31 Photos → Mon and Tues Specifics TBD	* Aug 1 Spirit Week! AM 7-9 Mid 1-3:30 PM 5:30-8	2 Spirit Week AM 7-9 Mid 1-3:30 PM 5:30-8	3 JV 12:30-2 Varsity 2:15-3:45 PM 5:30-8	4 Spirit Week! AM 7-9 Mid 1-3:30 Team Event!	5	6

* Spirit Week will be mandatory 2-a-days and focused completely on prepping for fall sporting events, pep rallies, spirit raising in the school, etc. The morning time frame is TBD.

☆ Weekend of June 9-11 will be stunt workshop and game day choreography, Times are TBD. JULY 29-30 might be choreo follow up.

SUMMER CALENDAR

Varsity Block Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30 Memorial Day	31	June 1 VARSITY	2 VARSITY	3	4
5	6 VARSITY	7 VARSITY	8 VARSITY	9 VARSITY	10 VARSITY	11 VARSITY
12	13 VARSITY	14 VARSITY	15 VARSITY	16 VARSITY	17	18
19	20 VARSITY	21 VARSITY	22 VARSITY	23 VARSITY	24 VARSITY	25 VARSITY
26 VARSITY	27 VARSITY	28	29	30	July 1	2
3	4	5	6	7	8	9
10	11 <i>Option 7-8:30am</i>	12 <i>Option 7-8:30am</i>	13 <i>Opt. Skills 2-3:30</i>	14 <i>Option 7-8:30am</i> -----tentative nest-----	15	16
17	18 <i>Option 7-8:30am</i>	19 <i>Option 7-8:30am</i>	20 <i>Opt. Skills 2-3:30</i>	21 VARSITY	22 VARSITY	23 VARSITY
24 VARSITY	25	26 VARSITY	27 VARSITY	28 VARSITY	29	30 
31	Aug 1 VARSITY	2 VARSITY	3 VARSITY	4 VARSITY	5	6

SUMMER CALENDAR

Junior Varsity Block Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30 Memorial Day	31	June 1 JV	2 JV	3	4
5	6 JV	7 JV	8 JV	9 JV	10 JV	11 JV
12	13 JV	14 JV	15 JV	16 JV	17	18
19	20 JV	21 JV	22 JV	23 JV	24	25
26	27	28	29	30	July 1	2
3	4	5	6 JV	7 JV	8 JV	9 JV
10 JV	11 <i>Option 7-8:30am</i>	12 <i>Option 7-8:30am</i>	13 <i>Opt. Skills 2-3:30</i>	14 <i>Option 7-8:30am</i> <i>tentative nest</i>	15	16
17	18 <i>Option 7-8:30am</i>	19 <i>Option 7-8:30am</i>	20 <i>Opt. Skills 2-3:30</i>	21	22	23
24	25	26 JV	27 JV	28 JV	29	30 
31	Aug 1 JV	2 JV	3 JV	4 JV	5	6