

Centennial Spiritline Tryouts - 2024-2025

Cheer/Pom Clinics (Incoming Freshmen can attend all days)

Wednesday May 1st

Thursday May 2nd

Friday May 3rd

All clinics are 2:45pm-5:30pm

Final Tryouts (No Incoming Freshmen)

Saturday May 4th 8:00 am

Clinic Rules and Guidelines

- All clinics and tryouts will be closed.
- Friends/family will not be allowed to watch at any time.
- All candidates will perform the same material during their tryout.
- Varsity Teams will be selected by the highest scores until there is a significant break in scores.
- The JV Cheer Team / JV Pom team will be selected from list immediately following the Varsity Selection
- Selection of the new teams will be made from a panel of judges and all decisions are final.
- Please note that Seniors cannot make the JV team. You must score on Varsity or there will be cuts.

What to wear for Clinics

Cheer Clinics

- Form Fitting T-Shirt or Tank Top (No mid-drift showing)
- Soffee Shorts /Athletic Shorts / Nike Pros
- Spanks (Short Spandex) to wear underneath shorts
- Lightweight tennis shoes or cheer shoes and “no show” socks
- Please note we will be taking a headshot photo of you on Day 1.
- All returning members please do NOT wear any Spiritline clothing from past seasons.

Pom Clinics

- Form Fitting T-Shirt or Tank Top (No mid-drift showing)
- Soffee Shorts /Athletic Shorts / Nike Pros
- Spanks (Short Spandex) to wear underneath shorts.
- Jazz Shoes / Pirouettes Shoes (No Bare Feet or Socks)
- Hair must be low tight bun.
- Please note we will be taking a headshot photo of you on Day 1.
- All returning members please do NOT wear any Spiritline clothing from past seasons.

What to wear for Tryouts

- Solid Black T-Shirt / Tank Top (No Mid-Drift Showing)
- Red / Navy / White Soffee Shorts or Solid Black Nike Pros
- Spank Shorts (Short Spandex) to wear underneath shorts.
- White no-show socks (Cheer)
- Tennis shoes/Cheer shoes (Cheer)
- Jazz Shoes / Pirouettes (Pom)
- Hair pulled back into high pony (Cheer)
- Hair low tight bun (Pom)
- Do not have hair hanging in / on your face.
- All returning members please do NOT wear any Spiritline clothing from past seasons.

What to Take Out or Not Have for Clinics and Tryouts

- All Body piercings!! Including belly rings, earrings, etc.
- All other jewelry (watches, necklaces, etc.)
- Nails that are longer than your fingertips are not permitted.

What You Will Need to do for Tryouts

Cheer: Cheer, Chant, Band Dance, Small Dance Combo, Jumps, Tumbling, and Stunting.

Pom: Cheer, Chant, Band Dance, Pom Combo, Jazz Combo, A la Seconde & Pirouette Turns, Jumps and ANY tumbling (ariels).

Numbers

On the first day of clinics, you will be given a number that will be assigned to your name. Do **NOT** trade numbers with anyone otherwise they will be trying out for you. Incoming Freshmen you will be given a name tag. Freshmen CANNOT participate in Tryout Day (Final Day) but are allowed to attend all Clinics during the week.

Cell Phones

All cell phones need to be on off position or on vibrate please. No phone calls during the clinics and tryouts. Demonstrate a positive attitude and good sportsmanship always. Be respectful to the girls who are trying out with you as well as the ones showing the material.

Tumbling

You will have the opportunity to perform both standing and running tumbling skills. Standing skills will include a back handspring, tuck, and other varieties of standing tumbling connected. Running skills will include round off handsprings, tucks, layouts, fulls, combos, etc. If you can tumble, you will perform your skills solo at tryouts. If you need a spotter, we ask that you do not do the pass. We do not want you to hurt yourself and can only get a spot during clinics not at tryouts. If you are chosen for a team, you are expected to be working on these skills throughout the year. We will also offer additional tumbling classes during the week.


Financial Commitment

All Spiritline members will be given several opportunities to fundraise money for various items throughout the year and are expected to take advantage of these opportunities. If team members do not raise enough to cover the individual cost, then they will be asked to pay out of pocket. Any team member that needs financial assistance or in a hardship should talk to coaches. Tax Credit donations are great for raising funds to be used. It's never too early to ask family and friends to donate. Here is a breakdown of the full season. Remember these payments are broken up over time and not all due at once. We will apply fundraisers to each kid's account as we process and complete them.

PUSD Rule and NEEDS to be a Tax Credit

Participation Fee is Due in August for \$100. This will go to the bookstore NOT to coaches or Spiritlifters Booster.

All the cost you see below are prior to any fundraising

New Varsity Cheer/Pom 24-25 Season	
 Bows	\$50 (Red, Navy, Pink)
Pom	\$75 (Red, Navy, Pink)
Summer Fee	\$150
Summer Camp	\$550-\$700 (Based on Number in room)
Gear	\$275 (Tanks, Tees, Shorts, etc.)
Comp Fees (Due Aug. 2024)	\$550 (Covers Choreography, music, all Regionals fees, etc.)
USA Nationals (Cali)	\$700-\$1,200 (3 payments due in Oct, Nov, and Jan)
NHSCC (FL)	\$1,200-\$1,600 (4 payments due in Sept, Oct, Nov, Jan)
Shoes	\$110
Hydro	\$70
Bag	\$100
Warm-ups	\$180
Tumbling	Monthly Fee Due to AZE. More details to follow
Please note, Cost is range, We do lots of fundraising to offset and also keep in mind we will not do both Cali and FL Nationals. Decision will be made after summer camp. All payments are on a payment plan.	

New JV Cheer/JV Pom Member 24-25 Season	
Bows	\$50 (Red, Navy, Pink)
Pom	\$75 (Red, Navy, Pink)
Summer Fee	\$150
Summer Camp	\$550-\$700 (Based on Number in room)
Gear	\$275 (Tanks, Tees, Shorts, etc.)
Comp Fees (Due Aug. 2024)	\$550 (Covers Choreography, music, all Regionals fees, etc.)
USA Nationals (Cali)	\$700-\$1,200 (3 payments due in Oct, Nov, and Jan)
Shoes	\$110
Hydro	\$70
Bag	\$100
Warm-ups	\$180
Tumbling	Monthly Fee Due to AZE. More details to follow
Please note, Cost is range, We do lots of fundraising to offset and also keep in mind we are not sure about USA just yet. Decision will be made after summer camp. All payments are on a payment plan.	

Returning Varsity Cheer/Pom 24-25 Season	
Bows	\$50 (Red, Navy, Pink)
Pom	\$75 (Red, Navy, Pink)
Summer Fee	\$150
Summer Camp	\$550-\$700 (Based on Number in room)
Gear	\$275 (Tanks, Tees, Shorts, etc.)
Comp Fees (Due Aug. 2024)	\$550 (Covers Choreography, music, all Regionals fees, etc.)
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Teams at Centennial High School

Varsity Game Day Team 8-30 Members

All candidates selected for the varsity team will be freshmen, sophomores, juniors, and seniors during the school year. Members will be expected to make their commitment to their team a priority and will not be able to participate on any other CeHS team until the season is over. Varsity Sideline will cheer at all home and away football games, home basketball games, school assemblies and various school and community functions. They will have one practice per week over summer to prepare for games and work on skills.

Varsity Show Cheer Team 8-30 Members

Will attend local and national competitions selected by the coaches. Whether competition teams attend nationals are determined on a yearly basis. It is never a guarantee. The team needs to earn the privilege to compete, both with the various cheer organizations and with the coaches and school administration. **You MUST have a standing backhand spring and running back handspring to be considered for this team. If you do make the competition team, please understand you will be required to attend team tumbling classes on Tuesdays at AZ Element Elite starting in June (Additional fees apply). We also have a mandatory camp/choreography class that you must be present for this team and also comes with an additional cost. It is best to start attending AZ Element now and do some drop in class so you are familiar with the coaching staff.**

Varsity Pom Game Day 5-20 Members

All candidates selected for the varsity pom team will be freshmen, sophomores, juniors, and seniors during the next school year. The pom team will attend all football games both home and away with Cheer and perform at football games, basketball games, school assemblies, and various school and community functions. Varsity Pom Sideline will practice one a week during the summer to prepare for all games and events.

Varsity Pom/Jazz Competition Team 5-20 members

This team will consist of experienced dancers with a high level of technique and training. All candidates selected on this team will be freshmen, sophomores, and juniors during the next school year. Per AIA rules, seniors cannot be on the JV teams, regardless of the sport. **You MUST have a quad turn, strong a la seconde turns, ariel, as well as strong flexibility and knowledge of dance technique.**

JV Team 8-30 Members

All candidates selected on this team will be freshmen, sophomores, and juniors during the next school year. Per AIA rules, seniors cannot be on the JV teams, regardless of the sport. The purpose of JV will be to promote school spirit, cheer at home games for football and basketball games and to focus on building the fundamentals skills of cheerleading. JV will complete at 2 in state competitions In Feb 2024)

Freshman Team 8-30 Members

Possibly formation of a Freshman Team based on numbers. All candidates selected on this team will be freshmen during the next school year.

Uniforms for Teams

Varsity Cheer and Pom

We will use a school game uniform provided and returned at the end of the season. Competitions Uniforms will be decided after Try Outs are completed in August.

JV / Freshman Cheer and Pom

JV Cheer/Pom will be using the school uniform. Will return at the end of the season. Competitions Uniforms will be decided after Try Outs are completed in August.

Important Dates and Reminders

In order to compete at USA / UCA / NHSCC / NDTC Nationals we must have each athlete get credentials. We only have summer camps to get this covered, meaning if you plan to try to be part of a comp team including Game Day Team, you **MUST** attend Cheer camp and Choreography dates. The Pom/Jazz team does not need to follow this ruling (Yet, at least not for the 24-25 season). Please keep these dates open and work around the following for summer/vacations.

Pom Camp – July 14th – 17th at the Az Grand Resort (Phoenix, Az)

Cheer Camp – July 24th – 27th at the Az Grand Resort (Phoenix, Az)

August 16th and 17th (Varsity Game Day Team Choreography, Varsity Show Cheer)

August 16th and 17th (Varsity Pom and Jazz Choreography)

*** * * All Dates are Tentative until we get Final Confirmation on Numbers / Choreographers * * ***

Non-Negotiables

Last season we had many athletes that were doing a skill, and then at nationals felt they could not do it so chose not to. This will not be accepted this season. If you are given a skill and cannot do it, then we will need to remove you from that team and place you where we see fit for the season.

Anticipated Practice Schedule Changes

Varsity Cheer / JV/ Freshman Cheer	Varsity Pom / JV Pom
<p style="text-align: center;">Monday – Thursday 3:00pm – 5:30pm</p> <p style="text-align: center;">Tuesday Tumbling 6 – 7pm @ AZE** **(Still working for official times)</p>	<p style="text-align: center;">Tuesday – Friday 2:45pm – 5:30pm</p>

*** * * Please note, these changes are anticipated. We are still looking at practice space, timeline of events, etc. Teams are also based on numbers. Once we have approvals we will be posting on calendar on Band as well as give a hard copy to all team members. * * ***

Coaches Contacts

Coach	Email
Program Director / Head Cheer Coach Coach Gonzales	cargonzales@pusd11.net
Head Pom Coach Coach Marinaro	jmarinaro@pusd11.net
JV Cheer Coach Coach Marshall	Brmarshall@pusd11.net
JV Pom Coach / Varsity Pom Coach Coach Ebel	cammy.ebel@gmail.com

Getting Ahead / Most Common Questions Asked

<p>“What Can My Athlete Do to Prepare for Clinics and Try Outs?” As coaches we cannot require any items to be done prior to Clinics and Try Outs but we have a few suggestions: Tumbling Classes, Stunt Classes at any Cheer Gym. STRETCH! Jumps and Flexibility Classes. Dance Classes for Pom Technique / Turns and Leaps / etc.</p>	<p>“What can we do about the “high” cost for Spiritline?” We always encourage athletes to try out regardless or the financial part. We do several high rewarding fundraisers to try and off-set the cost of items for Spiritline. Many athletes pay off their entire cost for the year with fundraising and Tax Credits!</p>	<p>“My athlete does not tumble; does that mean they will not make the team?” No, not necessarily. While tumbling is required for competition teams; us coaches have set up tumbling classes during the season to get our athletes competition ready.</p>
<p>“Why can’t freshman officially try out till August?” Per the AIA, incoming freshman fall under an area in which liability comes into play. The way around this ruling is that “all freshmen are welcome to come to clinics and Summer; however, need to try out in August to be officially placed on a team.</p>	<p>“Why no crossovers this year?” Due to time restraints in the past and increased level of practice and demand for competition teams and events we have agreed that the Cheer and Pom Teams have several events they compete in and having both Cheer and Pom competitions, it put too much stress on crossovers.</p>	<p>“Comp Dates and Comp Events?” As you can see we have Florida and California listed. Our goal this year is to compete at the National level for Florida AND California. While we do not know which we will attend yet; we would like to push our program to the next level of competition. Comp dates may vary depending on comp.</p>
<p>“If my athletes don’t go to camp, can they compete?” The short answer is no. If an athlete does not go to camp they are not eligible to compete due to credentials for Nationals.</p>	<p>“If my athlete has a summer vacation can they still tryout?” Yes. We encourage athletes to try out even if they have Summer Vacations. We typically give off the 4th of July and our Summer Practices are Tues / Wed / Thurs.</p>	<p>“If my athlete is gone during camp what can I do to still have them compete?” This will be a case by case scenario, but again the credentials from camp allow the athlete to compete at Nationals.</p>

IF YOU FIND YOURSELF WITH MORE QUESTIONS PLEASE REACH OUT TO THE COACHES AS THERE CAN BE MANY DIFFERENT QUESTIONS THAT PERTAIN TO INDIVIDUALS AND NOT THE WHOLE TEAM.