

## What can I do to prepare for tryouts?

Any exercise and conditioning will be beneficial when trying out for a sport. The following are key to success in cheerleading and can be worked on both in and out of season.

We look forward to seeing you in April at tryouts!

- Jumping skills – This requires extensive flexibility and athleticism
  - Stretching and strength conditioning will be helpful—stretch while watching TV, do lunges around the house – strong legs will give you higher jumps
  - Practice “T” jumps to get height and precise placement of arms
  - Work on multiples of jumps you are struggling with – this will help with strength, flexibility, and height
  - Make sure you have a good prep—a sloppy prep will lead to sloppy jumps
- Motion Technique – Motions are key to cheerleading and should be tight and precise
  - Motion drills will be helpful—watch yourself so you know you are doing them correctly
  - Flex and release drills will help with muscle memory
  - Arm strengthening workouts will also be helpful
- Physical Endurance – Cheerleaders are constantly moving/yelling during games – physical endurance is key
  - Running and swimming are excellent ways to gain physical endurance
  - Take a walk with friends or go to the mall and walk around
- Strength – Cheerleaders require significant strength to stunt
  - Weight lifting will help with this but don’t over do it
  - Do push ups/crunches/squats/planks every day and try to do more each day
  - Go to the gym or lift household items for additional strength conditioning
  - You will need total body strength so don’t focus on one area