

# HHS Cheerleading Squad Requirements 2019-2020

## Varsity

### Jumps:

- Jumps are high and level
- Strong prep technique
- Pointed toes
- Strong and straight lines through legs and arms

### Motions:

- Perfect placement with strong straight lines
- Motions do not swing to place but move from the shoulders
- Motion memory is strong

### Tumbling: (will be implemented 2019-2020 season)

- Fall back into backbend with no spot
- Running round off with strong finish into toe touch or other tumbling skill
- Any skills beyond these will be considered advanced

### Voice:

- Strong and loud cheer voice that is not high pitched or squeaky
- Voice carries
- Words are clear and sharp-not singing

### Overall Strength:

- Athlete shows strength in arms, core, and legs
- It is clear athlete can hold own weight
- Flexibility is evident in jumps, kicks, and stretches
- Would be a strong flyer, back spot, or base/not limited to one stunting role

## Junior Varsity

### Jumps:

- Jumps are high but not level
- Strong prep technique
- May or may not point toes
- Strong and straight lines through legs and arms may be missing

### Motions:

- Perfect placement with strong straight lines
- Motions may swing to place but are correctly placed
- Motion memory is strong

### Tumbling: (will be implemented 2019-2020 season)

- Fall back into backbend with spot
- Cartwheel with strong finish
- Any skills beyond these will be considered advanced

### Voice:

- Strong and loud cheer voice that may be high pitched or squeaky
- Voice carries
- Words are clear and sharp-may have some singing in cheers/chants

### Overall Strength:

- Athlete shows some strength in arms, core, and legs
- It is clear athlete can hold own weight
- Some flexibility is evident in jumps, kicks, and stretches but needs work
- Would be a strong flyer, back spot, or base but limited to or or two stunting roles

\*\*All squad decisions will be made upon coaches' discretion\*\*