**C:\Documents and Settings\mmerole\Local Settings\Temporary Internet Files\Content.IE5\0NZA1A4V\MC900305669[1].wmfTMS CHEERLEADING TRYOUTS**

**“SPIRIT” Cheer**

**Cheer:**

**“S-P-I….R-I-T”**

**“Hey, let’s hear it, we’ve got spirit!”**

**“P-R …. I-D-E”**

**“Shout it out, don’t let it slide. We’ve got pride!!!”**

**Moves:**

|  |  |
| --- | --- |
| **CHEER** | **MOVE** |
| **S-P-I** | **Knee / arm pump**  **Right arm out, Left arm up** |
| **R** | **Hands together out** |
| **I-T** | **Step Right**  **Diagonal Arms (Right is up)** |
| **“Hey, let’s hear it** | **Step forward together – CLAP**  **Step back together - CLAP** |
| **.. we’ve got spirit!”** | **Arms up, Right leg kick with arms up** |
| **P-R** | **Arms switch out to the right** |
| **I-D-E** | **Switch arms twice** |
| **“Shout it out, don’t let it slide.** | **Step forward together – CLAP**  **Step back together - CLAP** |
| **We’ve got pride!!!”** | **Arms up – Cow/Toe Touch Jump** |

**Individual Evaluation**

1. Perform Cheer from Friday. (On front of sheet)
2. Perform Kicks and/or Jumps
   1. High kick (left or right)
   2. Front Kick
   3. Toe Touch
   4. Pike
   5. Tuck
   6. Spread
3. Tumbling – Cartwheels, handsprings, etc. **(OPTIONAL)**
4. Tell us some of your experience…(flyer, lifts, other teams)