



## Saints Cheerleader Tryout Process 2020-2021

Thank you for your interest in becoming a SAINTS cheerleader for the 2020-2021 school year! Please make sure to read all instructions on what is required and how to submit your virtual tryout.

### **Tryout Packet 2020-2021**

The tryout packet for 2020-2021 is available to download from the Xavier Cheer website. All cheerleaders and parents must read and sign required pages of the packet..

Here is what must be turned in by Thursday, May 14th.

1. Signed back page of the Xavier Cheer Constitution.
2. Release Form
3. Waiver Form
4. Season Form

You only need to submit these four pages to Coach Barradas. You do not need to scan the whole packet.

### **Tryout Videos**

*Try-out Attire:* For your tryouts, you will be required to dress in athletic gear such as shorts, T-shirt, and athletic shoes. Must be appropriate athletic gear (no thin strapped shirts or see-through leggings). To show your school spirit, please wear anything black, gold, or white. All cheerleaders must have their hair pulled back in a high ponytail. Current saints cheerleaders MAY NOT wear any Xavier cheer attire in their tryout video.

*Try-out Videos:* There are four video components required for your submissions. Please record each component **separate**. You will be uploading them in designated categories. For all videos, make sure you are in good lighting, your whole body is visible in the video frame, and the audio is clear.

1. Introduction video- In your introduction video, please state the following:
  - a. Full name
  - b. Grade next school year
  - c. Current school
  - d. Season you are trying out for (Fall, Winter, or Both)
  - e. Why are you interested in becoming a saints cheerleader?
2. Chant video- Please watch and learn the following NCA chant. Below you'll find the chant words replacing the words for Xavier's mascot. You must replace the mascot to SAINTS in your video submission. You must repeat the chant three times and hold the last motion for 3 seconds. You do not need to rally at the end of the chant. For female cheerleaders, please learn the motion and footwork of the female NCA instructor. For males, please learn the motions of the male NCA instructor.
  - a. Chant Front View- 9 - Chant Front View  
<https://www.youtube.com/watch?v=zrmbwRr4CB8&list=PLBRUtYDJy3x9AWhsWnv0QfRfhZoV6j3-R&index=11&t=0s>
  - b. Chant Back View- 10 - Chant Back View  
<https://www.youtube.com/watch?v=0ay4TC7-KiM&list=PLBRUtYDJy3x9AWhsWnv0QfRfhZoV6j3-R&index=11>
3. Cheer video- Please watch and learn the following NCA game day cheer. Below you'll find the cheer words replacing the words for Xavier's mascot. In your video, you must repeat the chant three times and hold the last motion for 3 seconds. You do not need to rally at the end of the cheer. For female

cheerleaders, please learn the motion and footwork of the female NCA instructor. For males, please learn the motions of the male NCA instructor.

- a. Cheer Front View- 5 - Game Day Cheer Front View  
<https://www.youtube.com/watch?v=QT-tZQqFjdw&list=PLBRUtYDJy3x9AWhsWnv0QfRfhZoV6j3-R&index=6>
  - b. Chant Back View- 6 - Game Day Cheer Back View  
<https://www.youtube.com/watch?v=HSLoCzrjb44&list=PLBRUtYDJy3x9AWhsWnv0QfRfhZoV6j3-R&index=7>
4. Dance video- Please watch and learn the following NCA performance dance. Below you'll find the link to the music for the dance.
- a. Front view- 12 - Performance Dance Front View  
<https://www.youtube.com/watch?v=DPYWpgpuBw8&list=PLBRUtYDJy3x9AWhsWnv0QfRfhZoV6j3-R&index=13>
  - b. Back view- 13 - Performance Dance Back  
<https://www.youtube.com/watch?v=nhnk3mFZLqU&list=PLBRUtYDJy3x9AWhsWnv0QfRfhZoV6j3-R&index=14>
  - c. Music-  
View [http://nca.s3.varsity.com.s3.amazonaws.com/Files/Coaches/Tryouts/NCA\\_Tryout\\_Dance\\_\(Short\)\\_19-20.mp3](http://nca.s3.varsity.com.s3.amazonaws.com/Files/Coaches/Tryouts/NCA_Tryout_Dance_(Short)_19-20.mp3)

### **Judging**

A series of judges will be scoring on the following criteria for each cheerleader:

- Cheer and Chant- Strong, tight, clean motions, volume, energy, memorization, and rhythm.
- Dance- Knowledge of Routine, Poise, Body control, tight and precise motions and energy, fluency.
- Appearance- Dress meets requirement & hair must be all up, neat and secured out of face; high energy level, stamina; facials, genuine expression and emotions

### **Tryout Submission**

The tryout packet and videos will all be submitted onto the Google Form: **Saints Cheerleader 2020-2021 Tryout Submission**, which is on the Xavier Cheer web page. All required material must be submitted by Thursday, May 14th at 5pm to be considered. Upon submission, you will receive a confirmation from Coach Barradas and will be assigned a tryout number. This will be used for announcing teams. If you run into any technical issues or are not able to upload the videos, please email Coach Barradas for assistance at [dbarradas@xavierprep.org](mailto:dbarradas@xavierprep.org).

### **Announcement of 2020-2021 Teams**

The 2020-2021 cheer teams will be announced no later than Friday, May 15th at 8am on the Xavier Cheer Page. Captains will be announced at a later date.

#### **Tryout Checklist:**

All submitted onto Google Form: **Saints Cheerleader 2020-2021 Tryout Submission**

1. Signed Tryout Packet
2. Videos
  - a. Introduction Video
  - b. Chant Video
  - c. Cheer Video
  - d. Dance Video

# Tryout Cheer Words

## Chant

GO SAINTS GO  
GO-GO SAINTS  
GO SAINTS GO

GO- GO SAINTS  
GO SAINTS GO

GO- GO SAINTS  
GO SAINTS GO

## Cheer

1-2-3-4  
HEY SAINTS  
FROM EAST TO WEST  
STAND UP - YELL FOR THE BEST  
YELL X-C-P  
X-C-P

HEY SAINTS  
FROM NORTH TO SOUTH  
YELL THE COLORS THAT MAKE YOU PROUD  
YELL BLACK, GOLD AND WHITE  
BLACK, GOLD, AND WHITE

X-C-P  
BLACK, GOLD AND WHITE

X-C-P  
BLACK, GOLD AND WHITE