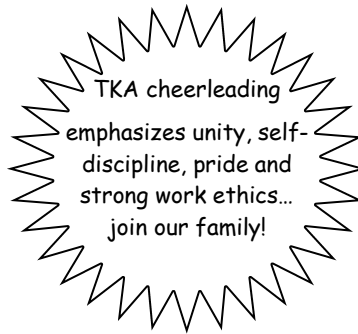


# TKA CHEERLEADING '10-'11 TRYOUTS

## May 13th (Pavillion)

\*3:45-5:30pm: We will be testing strength, flexibility, cardio. Learn material.

\*5:30pm: Parent Info Meeting in Café to follow



## May 15th (Pavillion)

\*Noon-2pm: Learn new material (MS/JV/VAR/COMP)

\*3-5pm: JV/VAR/COMP Tryouts

## May 17th (Cheer Room)

\*3:45-5:30: MS Tryouts

## Tryouts are open to all current 5th - 11th grade students

- Candidates must complete all necessary paperwork and turn into Tina Tutwiler in the Development Office.
- These forms are available on the TKA website under Athletics... cheering and mandatory forms.
  1. Cheerleading Application completed (due May 10th)
  2. Cheerleading Program Initialed (due May 10th)
  3. Cheerleading Program Parent and Student Contract signed. (due May 10th)
  4. FHSAA EL2-Florida High School Athletic Association Preparticipation Physical Evaluation Form dated May 2010 or later. (due by June 1st... may be completed at the May 1st physical at TKA)
  5. FHSAA EL3-Florida High School Athletic Association Consent and Release from Liability Certificate dated May 2010 or later.
- Candidates must wear red shorts with a white t-shirt and white bow to all tryout days and arrive on time.
- There will be a mandatory parent meeting after tryouts on **Monday, May 24th at 6pm** in the Cafeteria.

## 2010-2011 TRYOUT GUIDELINES

<u>Squad</u>	<u>Strength</u>	<u>Flexibility</u>	<u>Cardio</u>	<u>Cheerleading</u>		<u>Jumps</u>	<u>Stunts</u>
<b>Junior High (6-8th)</b>	Push ups: 7 (correct form) Sit ups: 40 (1 min limit)	Split (R/L/C) 3 inches from ground	1 and 1/2 mile 18 minute max.	<u>Tumbling</u> N/A	<u>1 Cheer</u> <u>2 Sidelines</u> <u>1 Band Dance</u> <u>1 Dance</u>	Toe Touch Pike	Stunts will be judged based on squad selection and size.
<b>Junior Varsity (8-11th)</b>	Push ups: 10 (correct form) Sit ups: 50 (1 min limit)	Split (R/L/C) 2 inches from ground	1 and 1/2 mile 16 minute max.	<u>Tumbling</u> N/A	<u>1 Cheer</u> <u>2 Sidelines</u> <u>1 Band Dance</u> <u>1 Dance</u>	Toe Touch Toe Touch/Toe Touch Pike	
<b>Varsity (9-12th)</b>	Push ups: 15 (correct form) Sit ups: 60 (1 min limit)	Split (R/L/C) 1 inch from ground	1 and 1/2 mile 14 minute max.	<u>Tumbling</u> Backhandspring	<u>1 Cheer</u> <u>2 Sidelines</u> <u>1 Band Dance</u> <u>1 Dance</u>	Toe Touch Toe Touch/Toe Touch Front Hurdler/Pike/Toe Touch Combination	

## Need More information?

Please contact Jenn Allen at: [tkacheer07@bellsouth.net](mailto:tkacheer07@bellsouth.net)

OR

Personal cell #561-662-9551



# TKA Cheerleading Tryouts 2010-2011

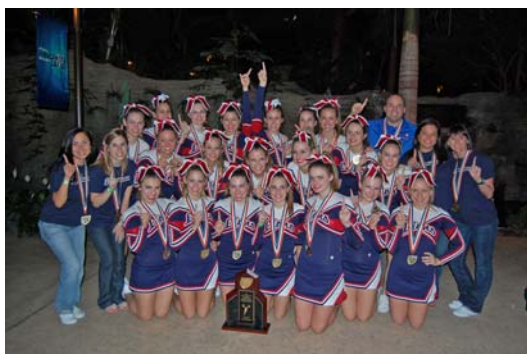


## Is our cheer family for you?

The King's Academy cheer program takes pride in building team unity, school relations and respect for TKA athletics in a fun, hard working environment. Cheerleaders are trained to be accountable for their actions through commitment and responsibility.

Our program demonstrates unity by attending camp together, wearing the same practice clothes, uniforms and practicing as a program, instead of individuals.

Our main focus is to be cheer "leaders," not cheer "followers." We aim to exemplify Christ like leadership in an exciting and admirable manner. Our cheer family is a great one!!! Don't be shy.... Join us today!



*The 2010 Varsity Competition Cheerleaders are crowned FHSAA State Champs in Kissimmee, FL*

## The TKA Coaching Staff

King's Academy has chosen Gym Like This! as an off campus program to provide quality instruction for their cheer program. Coaches are AACCA certified and experienced in high school, college and competitive cheerleading. The staff is First Aid and USA Gymnastics Safety Certified. The TKA Cheer Staff is committed to being the #1 Cheer Program in Palm Beach County. The best way to contact the TKA Cheer Coaches is through email and/or personal cell phones. Feel free to contact us with any questions.

Gym Like This! #561.842.8488 ~ Email: tkacheer07@bellsouth.net

## Basketball Football

Interested in doing more than cheerleading this year? You can! TKA Cheerleading will host 2 tryouts this year. May 2010 will be for those interested in trying out for Football Cheerleading and/or Basketball Cheerleading. You have the choice! Can't decide if you want to do Basketball cheerleading now? You can tryout separately for Basketball Cheerleading in October 2010. This will allow athletes to experience additional sports besides cheerleading and still do what they love most! Let's join the crowd to keep TKA Athletics #1! Go Lions!

Cheer Camp  
July 26-28th @  
Seminole Ridge HS  
8-5pm  
Approx. \$155



Coach Tim supporting our girls

## Important Dates

**May 1st-** TKA Sports Physicals, Café'

**May 10th**—All Tryout Paperwork Due to Tina Tutwiler (Development Office)

**May 11th**—Varsity Competition End of Season Get together

**May 13th**— Informational Meeting at 5:30pm in the TKA Café'

**May 13th**—Blue/White Scrimmage at TKA

(all cheerleaders are encouraged to attend)

**May 14th**—Varsity Sports Banquet, 6:30pm @ PGA Natl.

**May 21st**—TKA Spring Classic @ John I. Leonard, 7pm

**May 24th**—6pm MANDATORY Parent and Cheerleading Meeting in the TKA Café (Sizing will be done today & Money will be due)

**July 26-28:** Cheer Camp @ SRHS, 8-5pm (\$155)

# let's talk fundraising



The TKA Cheer program is

honored to be able to organize and take ownership in the Football Program sale of ads. In the past 2 years we have required every cheerleader to sell a minimum of \$400 in ads for the program. The same requirement will be in place for the 2010/2011 season. Football program ad sales will begin on May 24th and end on July 15th.

The difference this year?? Anything you sell above \$400 in ads will go directly towards your cheerleader to offset their financial obligation to TKA cheerleading. Therefore, if you sell \$1500 in ads, \$1100 goes directly to your cheerleader instead of the program.

We are excited to be able to offer a way to offset your individual expenses this season, while maintaining a quality program in Palm Beach County. Start making your list today!!! Pay for your season before your season begins!

## Financial Obligation

The Cheerleading Fees for 2009-2010 were \$124/month (\$1240/yr) for JH and JV and \$151/month (\$1510/yr) for Varsity and Varsity Competition. These fees included GLT! Registration & Monthly fees, uniform maintenance, cheer shoes, warm-ups, soffee shorts, practice shirts, polo shirt and skirt, spirit socks, bows, mom and dad spirit shirt, bows, sports bras, body liner for uniform, bloomers and camp. Fees will not increase for the 2010/2011 season.

However, fees will not be prorated for any reason (i.e. leaving TKA in middle of the commitment, quitting, moving, grades, etc.).

## ★ Cheer Contacts

TKA Cheer Sponsor: Tina Tutwiler

Head Coach: Jenn Allen

Varsity Coaches: Tim & Christina Pike

JV Coach: Kari Baker

MS Coach: Lucia Nethercote

## ★ Uniform Rental Program ★

The King's Academy Cheer Program has been able to budget ownership of our cheer uniforms for Football and Basketball Season. We charge a \$50/annual uniform maintenance fee. However, if you are a member of our Varsity competition squad you must own your own competition uniform.

# Summer Training

Summer Cheerleading Training will be offered to TKA Cheerleaders. These classes will not be mandatory, but highly encouraged. Classes will focus on tumbling, strength, flexibility and cheerleading fundamentals. If you are interested, paperwork will be available at the parent meeting on May 13th.

A great way to keep in shape throughout the summer is to exercise with a teammate. We will encourage athletes to get together throughout the summer to run, bike, and even swim together. The possibilities are endless. We want our athletes staying healthy, having fun together and building relationships in and out of uniform.

Let's keep in shape this summer!

