

*****EXCITING ANNOUNCEMENT (Junior aged athletes)**

Cheer Nova Scotia Junior National (Provincial) Team Program

Cheer Nova Scotia is pleased to announce that we will be introducing a Junior National Program. We will be creating a provincial team that, if selected to represent the Country, will attend the 2018 Junior World Championships. It is our goal to create 1 strong team from the many amazing athletes in this province, where they can be proud to not only represent their province but the many programs and clubs that they belong to, this is possible under the CNS umbrella, and we hope that you will encourage and support this initiative, as we attempt to create more opportunities for athletes within this sport!

DETAILS

This will be for a Junior Coed Level 4 Regional Team
We will take 23 athletes + 2 alternates

Ages: The athlete must be 12- 16 at any time in the year of the championships (2018). So... JWC athletes born on or between 1 January 2001 - 31 December 2006 would be age eligible for the 2018 Junior World Championships (Thus, the athlete could be 17 at time of Championships!!)

How do I try-out?

Must either attend tryout in person or submit video tryout (details below)
Team will be led by 2017's World Junior Champion Coach Chris Cunningham
**assistant coaches are a mix of Nova Scotia program coaches, including our own, JANA NICKERSON!

Cheer NS is working to see practices throughout the season take place across gyms regionally, should adequate facilities be available, this will be planned after the initial tryout and choreo clinic.

TRYOUT INFO

Cost to tryout: \$55 per athlete (covers assessment, video editing for submission, gym space, initial team registration to ICU/CCU, team registration fee, video submission fee to Team Canada Cheer).

This \$55 CASH will be collected (E-transfer, credit cards etc, will not be accepted)

***Athletes must show up in basic, non-branded gym apparel (no program logos). They prefer black shorts, bra top, tank, etc, and a BOW of their choice (Bases and Backs too)

Athletes will be provided with an athlete ID. This number will be connected to an electronic document that all 5 coaching staff members have access to.

Upon arrival athletes will be asked for their letter from their school or transcript, which will be stapled to their tryout questionnaire for review.

Athlete Requirements

- Previous experience at L3/4
 - RO BHS Layout and/or standing tuck (mastered)
 - Proof of academic balance (report card or transcript showing current grades)
 - Application (available Friday), including Proof of Age
 - Currently part of a registered CNS program
- NOTE: tryouts are closed to anyone other than the athletes, coaches and CNS Reps.

In Person Try-Out Info

LOCATION: Extreme All-Stars Gym
DATE: Nov. 10, 2017
TIME: 6:30pm-9:30pm

VIDEO TRYOUT

Video submitted to president@cheerns.com by Nov.10, 2017

- *Stunt skills (L3/L4)
 - Liberty
 - Basket toss
 - Switch-up
 - Spinning skill
 - Short Sequence of skills combined
 - Flyer: Showcase Elite Body positions
 - *Tumbling skills- standing and running
 - *Pike, TT, Hurdlers
 - *Jump to standing tumbling
- Unedited Sections of Video

EVALUATION PROCESS:

Athletes will be called up in groups of 5 to show individual skills. They will go in order of 1-5 etc. Current coaches of the individual will not be permitted to evaluate their own athlete. If an athlete from WHC was called and Jana was programmed to evaluate that number, she would be required to pass off to another coach. Cheer NS feels this is a fair, unbiased way of doing things.

**Athletes will be taken through the following list of individual & stunt skills:

INDIVIDUAL ASSESSMENT

- 3x jump combo (Right hurdler, pike jump and toe touch) with a clap push prep in between
- Standing back tuck
- Strongest standing tumbling pass
- Strongest running tumbling pass

STUNT ASSESSMENT

- Stunt basics (evaluated on technique, understanding that each gym has their own technique)
- L3 Fundamental Skills
- L4 Fundamental Skills
- Athletes being considered for a flying position must show ELITE level legs on the group and in a stunt.

TEAM SELECTION

Athletes will be notified by **November 13, 2017** if they have been selected for the team via phone call or email.

CHOREOGRAPHY DATES (**mandatory if selected for the team)

Choreo dates will be held to work on routine choreography and to capture the required video footage for the submission video for Team Canada Cheer.

LOCATION: Ice All-Star Gym

DATE: Nov. 17 and Nov. 18

TIME: 6-10pm on the 17th, 4-10pm on the 18th

NOTE: Choreo clinics are closed to anyone other than the athletes, coaches and CNS Exec Reps.

PARENT INFO SESSION for parents of athletes attending tryout.

Nov 13, 2017 during or after athlete tryout

PARENT/ATHLETE INFO SESSION (mandatory if selected for the team)

Nov. 17 9pm-10pm

FEES and PLAN OF ACTIONS

There are 2 plans of action.

1 if the team is selected and another if not.

1. If we are selected practices will be scheduled once per month on a Friday/Saturday, efforts will be made to host practices in different gyms throughout the region, however this

will not always be possible, given the timeline needed to pull together a fabulous routine. For example, we will not be able to work in gyms that do not have 9 strips. We understand this may mean some athletes and/or coaches must travel more than others, but in putting the success of the team first, we need to ensure that practices are efficient and successful.

Fee \$375 per athlete, plus uniform, travel and accommodations in Florida for the World Junior Championship

2. If not selected we will still carry on with the team throughout the season, so they can work together, and have their efforts recognized at a more local level by participating in CheerExpo. Options include going into the senior coed 4 division at expo, or performance, or if Expo offers a division that follows the team Canada junior guidelines...this will be able to be determined at later date

Fee \$185 per athlete plus uniform, travel and accommodations in Halifax for Expo

OTHER IMPORTANT STUFF

Every effort will be made to ensure this is the coming together of programs to achieve a common goal. Athletes must wear generic clothing NOT club apparel. This creates a more unified feel, and discourages unsportsmanlike behavior.

Any questions regarding your audition tape can be sent to info@westhalifaxcheer.com

We would love to have some West Hali representation on this team!!!  

Best of Luck at Tryouts,

Board of Directors.

Jana Ash Erica