



Athletics

Instructions to Cheer & Dance Tryouts/Auditions

Please Note: You will need a Google Account to complete this process. If you do not have one, you can create one [HERE](#).

1. Please have your parents/guardians complete and submit the [Cheer & Dance Waiver form](#).
2. Open the [Cheer Tryout Form](#) or the [Dance Audition Form](#). There are 3 sections you will need to complete: 1) Personal Information 2) Introduction Section, 3) Video Uploads. We suggest you first review the entire form before entering responses and/or uploading your videos so you can get an idea of what each coach is asking. Please note that all questions require an answer before you can submit your form.
3. Below are the links for the Instructional Videos for each program.
Please note the following for **Cheer** :
 - The Dance Tutorial has been broken down to four 8-count videos for you to learn the dance.
 - You will be submitting a total of 4 videos
 - Introduction Video
 - Dance Video

- Chant/Cheer Video
- Jumps Video
- Please use the “cut” music linked in the table below for each routine. You will need to download it onto your device.

Please note the following for **Dance**:

- You will be submitting a total of 4 videos
 - Introduction Video
 - Technique Routine Video
 - Jazz Routine Video
 - Hip Hip Routine Video
- Please use the “cut” music linked in the table below for each routine. You will need to download it onto your device.
- Please look for special instructions and explanations within the Dance Audition Form for each routine.

Cheer Videos	Dance Videos
Cheer Complete Dance Tutorial	Dance Team Intro
Cheer 1st and 8 Count Dance	Dance Technique Routine
Cheer 2nd and 8 Count Dance	Dance Team Jazz Routine
Cheer 3rd and 8 Count Dance	Dance Team Hip Hop Routine
Cheer 4th and 8 Count Dance	Dance Audition Music
Cheer Jumps Tutorial	
Cheer Sideline Chant	
Cheer Tryout Music	

Good Luck To All and GO PILOTS!!!

**If you have any tech questions, please email:
Athletics Assistant Mrs. Karina Higginbotham at:
khigginbotham@aolp.org**

**If you have any program-specific questions, please email the coaches
at:**

Cheer Coach: Casey Popp Cpopp@aolp.org

Dance Coach: Kelly Marshall kmarshall@aolp.org

**If you have any general athletics questions, please email:
Assistant Principal & Director of Athletics Mr. Aarón González at:
agonzalez@aolp.org**