

2023 2024 Prairie Fire Cheerleading Tryout Information

DESCRIPTION

Tryouts are held in the spring for our level 3+ teams preparing for the fall season. We have team placements in the fall to confirm and to roster the rest of our PFC teams. Attending tryouts and summer training is required for our L3+ teams. If you have any questions or if you need an alternate tryout plan, please email info@prairiefirecheerleading.ca.

If you have a young athlete who is interested in the tryout: COME! It is a good opportunity to learn about the process and to take a brave step forward. We have Academy and/or crossover travel team training opportunities this year for any athletes who do not get rostered on our L3+ teams. We want to encourage more athletes to experience our summer training opportunities.

NEW this year we are planning to add either a **U18 team** (Heat) **OR** a **U12 team** (Flare), a new **Open team** (Name TBD) and a crossover travel **U16 team**. This team would be a crossover team bringing together several athletes from other PFC teams and giving them a travel experience nationally (specifically for Fireworks, Firestorm, and Flare athletes). Practice and competition schedules for this team would compliment any other team and athletes that crossover. Please attend June tryouts if you are interested in the crossover travel team.

AGE GUIDELINES

Ages in our sport are calculated based on the year of the competition season. An athlete is age eligible if they are of the given age for that category.

U6	birth ages 2017-2019
U8	birth ages 2015-2019
U12	birth ages 2011-2016
U16	birth ages 2007-2012
U18	birth ages 2005-2010
International Open (ages 15+)	birth ages 2008 or earlier

TRYOUTS

Tryouts happen for our crossover travel team (U16 TBD), U12 (Flare), U16 (Wildfire), U18 (Heat), U18 (Code Red), NEW Open (TBD), and our Worlds team (Fever). Athletes interested in our NEW Open team may be asked to train over the summer as well.

Note: that these teams are all dependent on athletes etc. and there is no guarantee that all of the teams listed above will train in the 2023 2024 season.

Please register [here](#). Tryouts cost \$10/athlete.

Tryouts will happen on Friday June 16, 2023.

Friday 500-700pm Athletes born in 2006-2015 (U12 & U16 & U18)

Friday 730-930pm Athletes born in 2008 and older (U18 & Open)

Note: Athletes interested in the Open teams should attend the 730-930pm Tryout.

WHAT HAPPENS AT TRYOUTS?

An introduction, warmup bodies, and split into groups. Within these groups you will be asked to warm up your best standing and running tumbling skills as well as a jump tumble skill. Some of these skills can be done on equipment to show future progress (ex. I can show a RO BHS BT on the floor and a RO BHS LO on the trampoline). We will record a video of each athlete completing these skills. Athletes will also do some testing and a possible interview with coaches to clarify some information. Next, in stunt groups, athletes will be asked to show off some specific stunting skills. We will provide a list of skills to choose from and they can be practiced before the tryout date. We will end the tryouts with some conditioning for our bases and testing for our tops.

What you need:

Please come in gear that you can train in. Tops wear shorts. Bring a water bottle and a positive attitude.

What we need from you:

Prior to the Tryout athletes will be asked to submit some information about themselves and their hopes for the 2023 2024 season as well as fill out some information when you sign up for tryouts.

SUMMER TRAINING

Training for **Flare/Wildfire/Heat/CodeRed** will include weekly leveled tumbling times*, and a required four-day camp on July 31-August 3 from 1:00pm-4:00pm. The four-day camp will be available upon tryout invite by June 21 and costs \$120. *weekly leveled tumbling classes are approx \$100.

We will be inviting athletes who are not asked to train on July 31-August 3, to train with **Academy** training July 31-August 3 from 9:00am-12:00pm. This is a great place to work on skills with our awesome coaches and be considered for Flare, Wildfire, Heat and Code Red. The four-day camp will be available upon tryout invite by June 21 and cost \$120. Weekly leveled tumbling classes are optional but recommended.

END OF SUMMER TRAINING

All Level 3+ teams will train the week after team placements on August 28-August 31 from 5:30-7:30pm.

SUMMER TRAINING FOR WORLDS TEAMS

Training for **IO5 (Fever)** will include weekly leveled tumbling times and weekly training times on Wednesdays from 7:00pm-9:30pm (June 28, July 5, 12, 19, 26, Aug 2, 9, 16, 23). The weekly training will be available upon tryout invite by June 21 and costs \$180. You also need to register for a summer session tumbling class which costs approximately \$100.