

Getting Involved

Follow the instructions to complete the activity.

NAME

DATE

Using information you have read in the book, put the steps showing how to prepare for the first big tryout. Write the correct number in the box beside each step. Check your answers with pages 18–19 of the book.

Decide where you will try out. You could be on the competitive or sideline team at your school. Perhaps you want to cheer at a separate All-star gym.

Get in shape and work on your flexibility. Create a stretching routine. Regularly perform cardiovascular and weight-bearing activities.

To prepare for the big day, work on your jumps and tumbles. Set up a camera and record your moves. Then, you can review the video. Make sure you check the judging scorecard. Focus on the qualities noted on the card.

Find out what is required to try out. Many schools and gyms hold tryout meetings. Talk with the coach to learn the details about tryouts. You can also ask the coach for the judging scorecard so you know what to practice.

