



Bowie Cheer and Mascot Tryout Information

The James Bowie High School Spirit Program is composed of Bowie Varsity Cheer, Junior Varsity Cheer, Competition Cheer, and Mascots. Our mission is to promote school spirit, athletic excellence, leadership, and community pride by leading and engaging fans at school-sponsored athletic events and campus functions. Members of the Bowie Spirit Program serve as ambassadors of James Bowie High School at all times and are expected to uphold the values, expectations, and standards of Bowie Athletics and Austin ISD.

SQUAD DESCRIPTIONS

Varsity Cheer, The Varsity Cheer team supports Bowie Athletics as a whole while primarily focusing on varsity-level sports. This squad cheers at football games (home and away), varsity basketball games, pep rallies, and major school events. Varsity Cheer may also represent Bowie at competitions, UIL events, and community appearances as determined by the coaching staff and athletic administration. Members must demonstrate strong performance skills, leadership, commitment, and flexibility, as practices, games, and events may occur after school, evenings, weekends, and during school breaks.

Junior Varsity Cheer, The Junior Varsity Cheer team supports Bowie Athletics while focusing on JV-level sports and school spirit events. This squad cheers at JV football and basketball games, pep rallies, and select campus events. JV Cheer serves as a developmental team, preparing athletes for future Varsity and Competition roles. Members are expected to show growth in skills, accountability, and teamwork while maintaining consistent attendance and effort.

Competition Cheer, The Competition Cheer team represents Bowie High School in UIL and invitational cheer competitions. This team focuses on routine performance, advanced stunting, tumbling, and synchronization, requiring additional practices, conditioning, and travel. Due to the competitive nature of this team, members must demonstrate **a high level of commitment**, physical readiness, coachability, and time management.

Mascots, Bowie Mascots support Bowie Athletics by bringing energy, school pride, and spirit to games and events including football, basketball, volleyball, pep rallies, and special campus functions. Mascots are known for crowd engagement, sideline interaction, skits, and representing Bowie with enthusiasm and professionalism. Members must be reliable, energetic, and comfortable performing in costume.

SKILL EXPECTATIONS AND REQUIREMENTS

Tryout Dates: March 10–12

Time: 4:30 PM – 7:00 PM

Location: Bowie High School

This document outlines the skills that will be demonstrated and evaluated during tryouts. Bowie Cheer is committed to a safe, fair, and encouraging tryout process. Athletes will never be required to perform skills they are not ready to execute safely.

CHEER & DANCE MATERIAL

Fight Song

- The Bowie Fight Song video will be posted on our website prior to tryouts.
- Athletes should come prepared knowing the material.
- Evaluated on:
 - Timing
 - Sharpness
 - Performance
 - Bowie gameday style

Cheer

- Athletes will learn the official offense and defense tryout cheer on **Day 1**.
 - This cheer will be evaluated on **Day 2 and Day 3**.
 - Evaluated on:
 - Motion placement
 - Sharpness
 - Performance & projection
 - Ability to engage a crowd
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JUMPS

Athletes will demonstrate jumps on **Day 1, Day 2, and Day 3**.

- Athletes will be asked to show **all jumps** (Toe Touch, Pike, Hurdler(s)).

- Evaluated on:
 - Technique
 - Height
 - Control
 - Landing position
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STUNTING

Stunting will be evaluated through **open stunt sessions**.

- Athletes may be asked to:
 - Try different stunt positions (flyer, base, back spot)
 - Stunt with different groups
 - No athlete will be forced into a position they are uncomfortable with.
 - Evaluated on:
 - Technique & safety
 - Strength & timing
 - Coachability
 - Effort and adaptability
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TUMBLING

Tumbling is evaluated based on **appropriate skill level, technique, and consistency**. Athletes may progress skills if safe to do so.

Varsity Tumbling Expectations

Standing Tumbling

- Two series of three consecutive standing back tucks
 - Sit every 1
 - Stand every 5
- Two back handspring backs or higher-level skill on dead floor
 - Sit on 1
 - Stand on 7
 - First rep must be a back handspring back tuck, then may progress

Running Tumbling

- Cartwheel backtuck
 - Arms on 7
 - Two running passes
 - First pass must end in a tuck
 - Second pass may progress to higher-level skills
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JV Tumbling Expectations

Standing Tumbling

- Two series of three consecutive back handsprings
 - Sit every 1
 - Stand every 5
 - First rep must be a back handspring, then may progress
- Two double back handspring or higher-level skill on dead floor
 - Sit on 1
 - Stand on 7

Running Tumbling

- Cartwheel backhandspring
 - Arms on 7
 - Two running passes
 - First pass must end in a back handspring
 - Second pass may progress to higher-level skills
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IMPORTANT NOTES

- Athletes are evaluated on overall ability, not just difficulty.
- Clean execution, confidence, effort, and coachability are highly valued.
- Returning athletes are also evaluated on commitment, attitude, and growth throughout their time in the program.
- Bowie Cheer values teamwork, leadership, and representation of our school on and off the field.

Frequently Asked Questions (FAQ)

Who can try out for Bowie Cheer?

Any Bowie High School student entering grades **9–12 for the 2026–2027 school year** who meets eligibility requirements and completes all required paperwork may try out.

Do athletes have to attend all three days of tryouts?

Yes. **All three days are required.** Each day serves a different purpose:

- **Day 1:** Skill review and preparation (no official scores)
- **Day 2:** Formal skill evaluation
- **Day 3:** Final evaluation and interviews

Missing any portion of tryouts may impact an athlete's evaluation.

What if my athlete doesn't have all the skills listed?

Athletes are **never required to perform skills they are not ready to safely execute.**

Tryouts evaluate:

- Technique
- Effort
- Coachability
- Progression
- Overall potential

Clean execution and willingness to improve are often valued more than difficulty alone.

How are athletes evaluated?

Athletes are evaluated on:

- Cheer and Fight Song performance
- Jumps
- Tumbling (appropriate to level)
- Stunting
- Gameday style and crowd engagement
- Attitude, effort, and coachability

Returning athletes are also evaluated on **commitment and conduct throughout the season.**

Are tryouts judged?

Yes. **Day 2 and Day 3** include official scoring using standardized scoresheets. Judges and coaches work together to ensure a fair and consistent evaluation process.

Is tumbling required to make the team?

Tumbling is an important part of cheer, but **it is not the only factor** in team placement. Athletes may still be considered based on strong performance, stunting ability, jumps, and overall contribution to the team.

What should athletes wear to tryouts?

- Athletic attire
 - Black top
 - Black spandex or shorts
 - Cheer shoes
 - Hair in high pony tail with 1 inch red ribbon (No Flyaways)
 - Red Lipstick
 - No jewelry
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Will there be interviews?

Yes. **Day 3 includes a brief interview** with the coaching staff. Interviews allow coaches to better understand each athlete's:

- Commitment
 - Leadership
 - Personality
 - Fit within the Bowie Cheer program
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How will teams be determined (Varsity vs JV)?

Team placement is based on:

- Skill level
- Performance quality
- Attitude and coachability
- Team needs and balance
- Overall contribution to the program

Team placement decisions are **final** AND will not be discussed with parents.

When and how will results be announced?

Teams will be announced on **March 16** via official Bowie Cheer communication. Individual feedback may be available upon request.

What is the expected commitment if my athlete makes the team?

Bowie Cheer is a **year-long commitment**, including:

- Practices (Added practices)
- Rookie Practices
- Games
- Competitions (UIL, UCA and STUNT)
- Camps and summer activities
- Fundraising and community events

Athletes are expected to represent Bowie High School with integrity both on and off campus.

Who can we contact with additional questions?

For questions prior to tryouts, please email:

 **Coach.BowieCheer@gmail.com**