Cheerleading Tryout Process

Day 1- Gill Coliseum

2:00 PM- Females Arrive, check-in, and stretch out

2:15 PM - All Males Arrive, check-in, and stretch out
-All females learn a short sideline dance and the fight song

2:45 PM- Begin station rotations

A. Sideline Dance (Taught at tryouts to be performed in small groups)
B. Fight Song (Taught at tryouts)
C. Stunting (Female candidates should bring a male stunt partner with them to all clinics and tryouts. Males do not need to plan on trying out in order to assist you, nor are they required to have any previous experience. *Not everyone will be able to stunt in “top” positions, due to safety concerns for the bases. The average flyer weighs less than 120 lbs.)
D. Tumbling/ Splits (Cheerleaders will show a standing back handspring, a standing back tuck and one series tumbling pass. Females will show all three splits. Mats will be provided, but it is preferred that you throw your tumbling on the hard surface. Spots will NOT be allowed.

Strength Test (sit-ups, push-ups, mile run, ect.)

Cuts announced

Day 2- Gill Coliseum

2:00- Arrive, check-in, and stretch out

2:15 PM- Candidates will be placed in small groups and each group will perform the sideline dance (from Day 1), the Fight Song, a Stunt (of the judges choice) and their Tumbling

4:00 PM- Possible Interviews or other skill evaluation

Teams Announced

New Team Meeting
- Sign participant contract
  - Collect contact information and uniform sizes

*Bring warm-clothes, entertainment, water and healthy snacks. Sometimes you will wait for several hours.

*The new team will have a uniform fitting, team picture and perform during the Spring Football Game at Reser Stadium on Friday, April 26, 2013.
Dance Tryout Process

Day 1- Gill Coliseum

5:15 PM- Arrive, check-in

5:30 PM- Warm-up, across the floor and stationary sequences taught

5:40 PM- Learn sideline dance and the fight song

6:00 PM- Begin station rotations

  A. Sideline Dance (Taught at tryout to be performed in small groups w/ poms)
  B. Fight Song (Taught at tryout to be performed in small groups w/ poms)
  C. Original Dance (Candidates must bring an original 30 second dance routine of their own choreography and their own music on CD or IPod. Any style of dance is acceptable and should highlight their individual abilities.)
  D. Technique/ Splits (Dance candidates will show one stationary technique sequence, including a pirouette, and one across the floor sequence, including a leap. Candidates may show one additional technical sequence of their choosing). All three splits will also be shown.

Strength Test (sit-ups, push-ups, mile run, etc.)

  *10:00 PM - Cuts announced
  
  *10:15 PM - Learn remainder of sideline routine

Day 2- The CLUB Level of Reser Stadium (through the white gates and up to the 3rd floor)

5:15 PM Arrive, check-in, and stretch out

5:30- Candidates will be placed in small groups and each group will perform the sideline dance, Fight Song and technique.

7:30 PM- Possible Interviews or other skill evaluation

  *10:00 PM- Teams Announced

  *10:30- New Team Meeting
  • Sign participant contract
  • Collect contact information and uniform sizes

*The new team will have a uniform fitting, team picture and perform during the Spring Football Game at Reser Stadium on Friday, April 26, 2013.

*Times are TENTATIVE.