

# **Charleston Southern University Cheerleading Tryout Information**

## **Tryouts for the 2010-2011 squad**

**Date: March 27, 2010**

Listed below are the requirements for the 2010-2011 CSU Cheerleading Squads. Please work hard to master all of the following skills in order to be a competitive applicant for the 2010-2011 tryouts.

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## **I. Squad Tryout Information**

### **General Information**

Cheerleading at CSU is an activity that requires a lot of work and dedication. As a cheerleader you will practice/workout/tumble/cheer 5-6 times each week. You are expected to put the team above everything except your spirituality and academics. You may also be required to log study hall hours each week. You are expected to manage your time well so that your spirituality and academics do not suffer due to cheerleading. If you have questions about what is required of the cheerleaders, please contact the coaches.

## **Cheerleading Squad**

(Co-ed – composed of 14-20 members)

The Co-ed squad is typically a co-ed cheer squad. The squad will primarily cheer at football games and men's and women's home basketball games. The squad also travels to basketball tournaments, and makes community appearances throughout the season. The squad will compete in one to two competitions in the Spring.

## **II. Selection Process**

The CSU Cheerleading tryouts last for two days consisting of two preliminary clinics and one final clinic. During tryouts the coaches will assess the abilities, leadership skills and the potential of candidates for a position on the squad. CSU does not hold a typical tryout session, but instead holds a final clinic where the coaches will evaluate the participants' performance in a practice-like setting. Participants will be evaluated from the moment they arrive and everything will be taken into consideration. This procedure allows the participants to try-out without the stress of performing individually and allows the coaches to see how the participant will perform in a more realistic environment. Actual attendance by candidates at the tryout sessions is highly recommended; however, persons who cannot attend the tryout sessions (and have contacted a coach about this option) may submit a video for consideration. All videos must be submitted by March 20<sup>th</sup> and follow the format listed below.

If you would like to submit a sample video to determine your likelihood of success, you are allowed to do so. The coaches will be glad to take a look at your video and give you feedback on skills that you are strong in and those that need work. Please contact the coaches before you send a video.

## **Notification of Selection**

Each participant is given a number at the beginning of tryouts. The numbers of the participants selected will be

posted following the final tryout clinic. Those candidates that make the squads will be asked to remain for a short meeting and to try on clothes, shoes, and uniforms. Candidates selected by video will be called following tryouts. Those who make the squad will be given a fitness goal sheet to work on during the summer. Progress sheets on your fitness goals are required during the summer, and a fitness test will be given when the squad returns to campus in the fall. There may also be optional practices during the summer to get prepared for camp.

### **Minimum Qualifications for tryouts**

Candidates wishing to tryout for a position on the CSU Cheerleading squad must meet the following minimum qualifications:

1. Have proof of acceptance to or enrollment at CSU
2. Have an overall GPA of 2.0 or higher
3. Not be on disciplinary probation
4. Have sufficient physical fitness, strength, and athletic skills to perform the cheerleading activities described below
5. Have health/hospitalization insurance
6. Have turned in a completed tryout packet

### **Selection Criteria**

Skills:

*STANDING TUMBLING*

Back hand spring

*RUNNING TUMBLING*

Round-off Back hand spring

*STUNTS* (either all-girl or co-ed)

Participants must base or fly in the following skills; you cannot try out as a back spot.

1. Straight-up Extension
2. Ground-up Liberty, full down

3. Heel Stretch, *full down*
4. Other one-leg stunt, *full-down*
5. Transitional Stunt: reload, full-up, backhandspring to stunt, etc. Final stunt must be an extension or higher. You cannot end in an elevator/prep/half.

*FIGHT SONG (includes a back handspring)*

Females only

*CHEER (includes a back handspring)*

Females required, males recommended

During the final tryout clinic, candidates will be evaluated on the skills listed above, their attitudes during preliminary clinics, their ability to remember routines, and their overall presence. Interviews with all candidates will be conducted by the CSU Cheerleading Coaches.

### **III. Video Tryout Requirements**

ALL VIDEOS SUBMITTED MUST HAVE PRIOR PERMISSION FROM THE CSU CHEERLEADING COACH AND CONTAIN ALL OF THE FOLLOWING INFORMATION

1. Video footage of the candidate at a school sporting event or pep rally (must be at least 20 sec long)
2. Display of each required skill listed above in the tumble and stunt skills sections
3. Perform a cheer of your choice, which includes a back handspring (all girl)
4. Perform a dance of your choice (at least 5-8 counts)
5. Interview questions - discuss at the end of your tryout video-DO NOT SUBMIT ON PAPER

- o Why do you want to become a CSU Cheerleader?
- o What do you have to offer the program and the university?
- o Rank the following items, beginning with the most important and explain your reasoning:

- Academics
- Being a university ambassador
- Extra curricular activities (sororities, fraternities, clubs, etc.)
- Competitions
- Supporting athletics at CSU

ALL VIDEOS MUST BE AT THE UNIVERSITY NO LATER THAN March 20, 2010. VIDEO SUBMISSIONS WILL NOT BE PREVIEWED PRIOR TO TRYOUTS THEY WILL BE PLAYED DURING THE TRYOUT SESSION.

#### **IV. Fitness Test**

At tryouts, you will be required to run a mile for evaluation. You will be required to pass the fitness test after you make the squad and return after the summer.

#### **Girls:**

1. 9 minute mile
2. Run 20 minutes without stopping
3. Bench Press 50% of your body weight, 3 sets of 8
4. Lunge the length of a basketball court 3 times
5. Curl – 3 sets of 20; Flyers 10 lbs; Bases 15 lbs.
6. 35 pushups in 1 min.

#### **Boys:**

1. 8 minute mile
2. Run 20 minutes without stopping
3. Bench Press lesser of your body weight or 225 lbs, 6 times
4. Lunge the length of a basketball court 4 times
5. Curl – 3 sets of 10, 35 lbs.
6. 50 pushups in 1 min.

## **V. Tryout Packet Information**

### **Packet Information**

All candidates must submit a completed tryout packet to the CSU Cheerleading program before try outs.

**YOU WILL NOT BE ABLE TO PARTICIPATE IN TRYOUTS WITHOUT A COMPLETED PACKET.**

### **Tryout packet content checklist:**

1. Completed application;
2. Copy of insurance card;
3. One coaches recommendation form;
4. Freshman and / or transfers: high school or previous college transcript (does not have to be official) and fall class schedule if available
5. Current CSU students: transcript as well as fall schedule
6. Signed Cheerleader Agreement
7. Rules and Regulations – keep for your reference, signing the cheerleader agreement says that you have read, understand, and agree to follow these rules and regulations

## **VI. Tryout Schedule**

Saturday, March 27

9:00 – 12:00 Interviews/Preliminary Clinic

12:00 – 1:00 Lunch on your own

1:00 – 4:00 Interviews/Final Clinic

4:30 Team Meeting/Try-on Uniforms

## **VII. Contact Information**

Head Coaches:

Summer Reyes #: 843-863-8039

Ricky Reyes

Mail:

Summer Reyes

CSU Cheerleading Coach

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## VIII. Frequently Asked Questions

### 1. **When & where are tryouts?**

March 27, 2010. Tryouts will be held at the Brewer Center on the campus of Charleston Southern.

### 2. **When is my tryout packet and/or video due?**

Tryout packets are due March 20, 2010; however, if additional time is needed please contact the coach. Videos are due March 20, 2010.

### 3. **Do you offer scholarships?**

We offer book slips for all members, and strive to increase those as you continue to remain on the squad.

### 4. **What are practices like?**

Practices are conducted by the CSU Cheerleading Coaches and are held at CSU. Practice sessions concentrate on stunting, both pyramids and group stunts, and include tumbling and conditioning. Practices are held in the evenings and are typically 2-3 times a week. Practices are typically held in the evenings, so keep this in mind when scheduling for classes.

### 5. **What do I wear to tryout sessions?**

*Females:*

- \* Plain T-shirt (solid color)
- \* Athletic Shorts
- \* Hair must be in a ponytail (you may wear a ribbon)

#### • Game day make up

*Males:*

- \* T-shirt
- \* Athletic Shorts

*All*

- \* NO Jewelry
- \* NO logos from high schools, previous cheerleading, or CSU

6. **What time should I show up for tryout sessions?**

We recommend that everyone arrive 30 minutes prior to the scheduled sessions to warm-up and be taped.

7. **Is there a height & weight requirement?**

No, we do not have a requirement for height or weight; however, we do require that all potential members maintain the appropriate physique in order to participate in all required movements and skills. For flyers this is typically 115-120 pounds.

8. **Are tryouts open to the public?**

The preliminary clinics are open to the public, but the final tryout clinic is not open to the public.

9. **Do I need to have a physical completed by a physician?**

No, physicals will be given when you move on campus. However, please do not attempt to attend and participate in tryouts if you are not physically capable.

If you have any additional questions please feel free to contact Summer Reyes.

Thank you so much for your interest in Charleston Southern Cheerleading and we look forward to seeing you at tryouts this year.