

**2018-2019**  
**Southern University**  
**Large-Coed**  
**Cheerleading**



# Try-Out Packet

Cheerleading candidates,

Thank you for your interest in the 2018-2019 Southern University Large-Coed cheerleading team. Enclosed you will find a variety of information pertaining to tryouts, eligibility, rules and regulations, conduct, absences (unexcused and excused), practice and game days, discipline, and contracts that will need to be signed and returned.

Please candidates carefully read over the **ENTIRE** packet! If you have any questions feel free to contact Coach Savanna at [savanna\\_smith@subr.edu](mailto:savanna_smith@subr.edu). Try-out clinic days are April 18<sup>th</sup> through the 21<sup>st</sup>. April 18-20 all candidates will be taught the necessary material for tryouts and there will also be a mid-week cut. April 21<sup>st</sup> will be our final try-out day which will consist of a brief review and the picking of the 2018-2019 team. There will also be a **\$25 registration fee (cash and or money order made out to SU Cheerleading)** to turn in at the registration table on day 1 of tryouts along with an up-to-date physical.

Please make note that **ALL** necessary paperwork/forms must be completed and signed in order for your continuance in the try-out process. Students in the past have received many beneficial experiences from cheerleading, and we hope that this experience will be enriching and worthwhile for you as well. Again, I would like to thank you for your interests in the Southern University Large-Coed Cheerleading team and I wish you the best of luck!

Respectfully,

**Savanna Smith**

**Asst. Director for Marketing and Development**

**Department of Athletics**

**Southern University and A&M College**

## **Tentative Tryout Schedule:**

### **Wednesday, April 18**

Check-in at 5 p.m. at the Southern University Event Center; 5-7:30 p.m. – Learn Material, review, standing and running tumbling; stunts.

### **Thursday, April 19**

5-7:30p.m.; First cut, learn material, standing and running tumbling; stunts followed by interviews.

### **Friday, April 20**

5-7:30p.m.; Free stunt, tumbling, and review day

### **Saturday, April 21**

11:00a.m.-until; Final cuts, team meeting, and picture.

## **Try-Out Requirements:**

Cheer, Chant and Dance

Tumbling: Standing back handspring/back tuck incorporated in the chant and cheer (preferred), and running tumbling requires a minimum of a back tuck. Tumblers will do specialty passes.

Stunts: Toss extension, Liberty pop down or Heel stretch double down (preferred) AND free advanced spinning stunt sequence.

Jumps: Toe back handspring or Toe back tuck (preferred) and double-toe, pike.

## **Mascots:**

Skit 1 1/2-minute skit to music

Use of props encouraged to enhance routine

Skits should incorporate spirit raising and crowd involvement skills

Skits will not include any one outside of tryouts

## **Attire:**

### **Female Attire**

Fitted shorts and fitted sleeveless waist length sports top. SU colors or black, grey or white. Hair must be worn down/out and must be of game day look (curled, straight). Game day makeup. On the final day of tryouts attire must consist of a black sports bra and black fitted shorts with white shoes; game day make-up and hair.

### **Male Attire**

Clean cut hair style. Polo style shirt or T-shirt with gym shorts. T-shirts should not have any advertisement other than SU. On the final day of tryouts attire must consist of a black athletic muscle fitted shirt and black gym shorts with white shoes.

## **ABSOLUTELY NO JEWELRY! NO EXCEPTIONS.**

**\*\* If you can't make the tryout date, you can tryout by video no later than April 21st. For more information please contact Coach Savanna at [savanna\\_smith@subr.edu](mailto:savanna_smith@subr.edu).**

### **ELIGIBILITY:**

- **PAPERWORK MUST BE RETURNED ASAP.** Options include: scan and send by email or drop-off to Coach Savanna. Contact can be made at [Savanna\\_smith@subr.edu](mailto:Savanna_smith@subr.edu). If we have not received your paperwork by the first day of try-out's he/she will not be allowed to participate.
- All cheerleaders must meet the NCAA eligibility requirements.

### **RULES AND REGULATIONS:**

All cheerleaders must participate and be present for all football and basketball gam. You cannot choose to cheer for only one season! This includes clinics, pep rallies, community service events, etc. Participation during BOTH seasons are required in order to be a part of the Southern University large-coed Cheerleading team (unless a graduating senior).

### **PRACTICE:**

Practices are CLOSED to parents, former cheerleaders, friends, etc. Keep in mind that practice may be changed due to weather or added if need be. Attendance to all practices are MANDATORY.

### **GAMES:**

Cheerleaders will cheer at all home/away football games unless advised otherwise. Any excuse other than sickness must be sent by the athlete in a week's notice.

### **AT BOTH PRACTICE AND GAMES:**

- Absolutely no jewelry (earrings, belly button rings, nose rings, gauges, watches, necklaces) and any other piercings that may not be listed. If just pierced it is to be removed and until it is removed the participant will not be allowed to participate.
- No gum
- Nails are to be kept short! No colors are acceptable except clear or nude (nude that matches your skin tone).

### **GAME DAY APPERANCE:**

- Game day make-up is MANDATORY.

## Southern University Large-Coed Cheerleading

- Cheerleading uniform, appropriate socks, cheerleading briefs, and shoes are to be worn.
- Hair must be worn curled or straight (Ponytails and/or half-up half-down for rain days).
- Tennis shoes, flip-flops, boots (Uggs) or other non-cheerleading shoes are not be worn with any piece of uniform.

### **EXCUSED ABSENCES:**

Excused from school, doctor's appointment (note must be provided upon return to coach), religious events, extreme illness, death, college visits (note must be provided upon return to coach).

### **UNEXCUSED ABSENCES:**

No call prior to being late or absent, no-show, parties, other extra-curricular activities, concerts, etc.

**Southern University Large-Coed  
CHEERLEADING APPLICATION**

**Applicant's Name:** \_\_\_\_\_

**Date of Birth:** \_\_\_\_\_ **Age:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip Code:** \_\_\_\_\_

**Applicant's Cell:** \_\_\_\_\_

**Applicant's E-mail:** \_\_\_\_\_

**Parent/Guardian:** \_\_\_\_\_

**School Currently Attending:** \_\_\_\_\_

**Classification for 2018-2019 (Circle):** **FR**    **SO**    **JR**    **SR**

**DO YOU HAVE A DISABILITY, ALLERGY, SPECIAL MEDICATION, OR OTHER MEDICAL CONDITION THAT YOU REQUIRE SPECIAL CARE? If yes, please explain below.**

\_\_\_\_\_  
\_\_\_\_\_

I have read and agree to the Southern University Large-Coed Cheerleading rules and expectations. I understand that if I am chosen I will respect the position and fulfill my responsibilities and duties. I agree that if chosen I will be fully committed to my role as a Southern University Large-Coed Cheerleader.

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**Applicant's Signature**

**Date**

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## **SOUTHERN UNIVERSITY CHEERLEADING QUESTIONNAIRE**

**Participant Name:** \_\_\_\_\_ **Classification:** \_\_\_\_\_

**1. What cheerleading experience do you have?**

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**2. What tumbling skills do you have?**

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**3. How long have you cheered?**

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**4. Why do you want to cheer for Southern University Large-Coed?**

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**5. Why do you think you would be a good asset to the team?**

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