

# LONGWOOD UNIVERSITY

## Cheerleading Tryouts 2007-2008 September 25-27, 2007 at Iler Gym

**Mandatory Meeting** – Friday, September 21, 2007 at 7:30 pm

**Clinics** – Tuesday, September 25, 2007 (5:00pm – 7:00 pm)

Wednesday, September 26, 2007 (5:00 pm – 7:00pm)

**Try-Outs** – Thursday, September 27, 2007 (6:30 pm – 9:30 pm)

The main purpose of the Try-Out process is to select the best overall individuals for Longwood University's Cheerleading program.

When selecting cheerleaders we are looking for individuals that demonstrate proper technical skills, ability to communicate, experience, confidence, leadership, commitment to the program, and poise. These are the individuals we feel are ready and prepared to contribute to the program immediately.

### **TRY-OUT REQUIREMENTS:**

1. A great attitude and commitment
2. Full Time Registered Student with Longwood University
3. All cheerleading members must have a 2.0 GPA to tryout.
4. Good standing with the University (no flags on student records)
5. Try-Outs will consist of:
  - A group of 4 (for stunting purposes)
  - A short dance that will be taught during clinic
  - A cheer that will be taught during clinic
  - A sideline routine that will be taught during clinic
  - 2 jumps (one must be a toe-touch/Russian)
  - 2 stunts (one must be a heelstretch), both single legged and a full down cradle dismount
  - Tumbling is desired but not required. If you do tumble you will need to perform a tumbling sequence of your own
6. Fill out and sign all necessary waivers and forms to be returned on the first day of tryouts.
7. **Each student must be cleared by sports medicine prior to try out activities.**