



# **2016-2017**

## **San Diego State University**

### **CHEER TRYOUT INFORMATION PACKET**

Welcome to the San Diego State University Athletic Department, and thank you for your interest in the San Diego State University Cheerleading program. We hope that the tryout process is fun and challenging, and we encourage you to read all of the information contained in this packet. Please note all of the dates, deadlines, times and locations.

**IN ORDER TO BE ELIGIBLE FOR THE SAN DIEGO STATE UNIVERSITY CHEER PROGRAM YOU EITHER NEED TO BE AN ADMITTED STUDENT OR HAVE PLANS TO ENROLL IN CLASSES THROUGH OPEN UNIVERSITY. (If you have been admitted to San Diego State University, please attach a copy of your acceptance letter to this application).**

**GOOD LUCK DURING THE TRYOUTS!**





Expected Graduation Date: \_\_\_\_\_  
**(College Students Only)**

Cheerleading Experience \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Please list **consistent** standing and running\_tumbling skills on a regular cheer floor (no spring floor)

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

Please list abilities as a flyer or base/back \_\_\_\_\_

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

List any and all major injuries and/or health problems: \_\_\_\_\_

\_\_\_\_\_

Medical Insurance Company: \_\_\_\_\_

Policy #: \_\_\_\_\_

Group#: \_\_\_\_\_

**IN CASE OF AN EMERGENCY, PLEASE NOTIFY:**

name

phone #



I have read and understand all of the requirements and regulations regarding the San Diego State University Cheerleading tryouts and I agree to abide by them. I also agree to abide by the decisions of any judges involved in the tryout process, as well as the decisions of the San Diego State University Cheerleading Coaching Staff. The decisions of the San Diego State University Cheerleading Coaching Staff are final and cannot be disputed. I understand my responsibility regarding the time commitment and the financial obligation required. The answers on this application are true to the best of my knowledge. I hereby waive San Diego State University, the Trustees of SDSU, the SDSU Athletic Department, the SDSU Cheer Program, the SDSU Cheer coach, and any judges, interviewers and tryout assistants of any responsibility or liability in the event of any injury suffered during the San Diego State University Cheerleading tryouts.

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Signature \_\_\_\_\_ Date \_\_\_\_\_

IF UNDER THE AGE OF 18 YEARS OLD AT THE DATE STATED ABOVE, A PARENT OR LEGAL GUARDIAN'S SIGNATURE IS REQUIRED:

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Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

**Please attach any supporting documents that to this application (i.e., proof of GPA and proof of medical insurance).**



## **SAN DIEGO STATE**

### **CHEERLEADING REQUIREMENTS**

#### **TRYOUT ELIGIBILITY**

All candidates must be either

- A. CURRENT SDSU STUDENT – Proof of medical insurance and GPA are required as a part of this application.
  
- B. CURRENT HIGH SCHOOL SENIOR OR TRANSFER STUDENT (Candidates who have been accepted to SDSU or enrolling in classes through Open University) – Proof of medical insurance and GPA are required as a part of this application.

**NO INFORMATION REGARDING A CANDIDATE’S ELIGIBILITY WILL BE RELEASED TO ANY PARTY WITHOUT THE WRITTEN CONSENT OF THE RESPECTIVE CANDIDATE.**

#### **MATERIAL/SCHEDULE**

All candidates will be responsible for the following material:

- A. GYMNASTICS
  - a. Standing Tumbling Requirements – standing back-handspring, standing back-tuck, toe touch back tuck, standing back-handspring tuck.
  - b. Running Tumbling Requirements – Layout or Full
  
- B. SIDELINE CHEER - Taught at tryouts
  
- C. FIGHT SONG – Taught at tryouts
  
- D. STUNTS
  - a. Flyers must be able to execute – Extension, liberty, heel stretch, arabesque, scorpion, scale, full downs & double full downs from all stunts.
  - b. All other stunting positions must be able to base or back all stunts above

**The tryout schedule will be held in Peterson Gym, as follows (days and material subject to change):**

- Wednesday, April 13<sup>th</sup>, 2016 – 8:00PM – 10:00PM (First Cut)
- Thursday, April 14<sup>th</sup>, 2016 – 8:00PM – 10:00PM (Second Cut)
- Friday, April 15<sup>th</sup>, 2016 – 7:00PM – 10:00PM (Final Cut, Website Headshots and Fittings)



**VIDEO TRYOUT** – It is required that everyone be present for the final night of tryouts. Submission of a video tryout automatically bypasses the first two days. Candidates who are trying out by video must have their video submission in no later than Monday, April 4<sup>th</sup>, 2016. The following elements are required for a video tryout submission and filmed on a regular cheer floor (No Spring Floor):

1. Jumps
2. Standing Tumbling
3. Running Tumbling
4. Stunting
  - a. There are all stunting positions available. San Diego State University Cheer has Co-ed stunting as well as All-Girl stunting available. If the candidate is a base or back, show yourself basing or backing stunts. It should be clearly indicated who the candidate is within the video. It is recommended to show as many advanced stunt sequences as possible.
5. Interview Portion – the following questions must be answered:
  - a. How did you become a cheerleader?
  - b. Why do you want to cheer at San Diego State University?
  - c. What strong qualities will you bring to the team?
6. A Sideline Cheer of the Candidates choosing – FEMALE CANDIDATES ONLY
7. A 4-8 Count Sideline Dance of the Candidates choosing – FEMALE CANDIDATES ONLY

In order for a video tryout submission to be complete, the following must accompany and/or be included within the submission package:

1. A completed tryout packet
2. A copy of the candidate San Diego State University acceptance letter

**Mail the video to:**

**Jennifer Long – Head Cheerleading Coach  
San Diego State University Cheer  
P.O. Box 3478  
Ramona, CA 92065**

If the candidate's video is strong enough to be considered a finalist, the candidate will be notified after their video has been reviewed by the San Diego State University Cheerleading Coaching Staff. The candidate will be expected to attend in person on Friday, April 15<sup>th</sup>, 2016. At that time, there will be uniform fittings, website head shots will be taken and a mandatory team meeting.



### **ATTIRE/SAFETY AWARENESS**

Candidates should wear bike shorts or cotton shorts (not loose or baggy), T-shirts or bra tops and tennis or aerobic-type shoes to all tryout sessions and final cuts. Hair should be tied back or pinned away from the face.

DO NOT WEAR:

- Nylon shorts or thong leotards
- Jewelry – all jewelry must be removed
- Tattoos must be covered appropriately

While practicing partner stunts, candidates MUST work in groups of FOUR, if coed partner stunting, two performing the stunt and two spotting. If pod stunting, three bases and one flyer. Candidates are to practice ONLY those stunts authorized by the San Diego State University Cheerleading Coaching Staff. Anyone violating these rules will not be allowed to stunt for the remainder of that session.

### **GENERAL POLICIES**

- A. An eligible squad member will receive text books at no cost which upon completion of the semester must be returned.
- B. An eligible squad member will receive two complimentary football tickets and one complimentary men's and women's basketball ticket per home game for his/her guests.
- C. All partner stunts, pyramids or basket-tosses of any kind will be regulated by the San Diego State University Cheerleading Coaching Staff and will comply with the regulations established by the Mountain West Conference. *A SQUAD MEMBER NOT ADHERING TO THE RULES AND REGULATIONS SET FORTH WILL IMMEDIATELY BE DISMISSED FROM THE CHEER SQUAD.*
- D. San Diego State University provides uniforms all members. These uniforms must be returned at the end of the season.
- E. Seniority, behavior and attendance of practice, games and promotions will all be determining factors in choosing who will go to any away games when cheerleaders are requested to be at or any tournaments.

### **TIME OBLIGATIONS**

Summer Practices for the 2016-2017 SDSU Cheer squad

- Practice will begin on **Monday July 11<sup>th</sup>**. The exact schedule will be passed out on the final night of tryouts. Camp will be mid-August. Squad members will then have a week off and resume practices. These practices will be Mondays, Wednesdays and Fridays all year. Times will be announced to the squad once they are chosen.



- Holiday vacations will be determined according to regular season games, playoffs, competitions, tournaments, and bowl games. San Diego State University Cheerleading attends UCA College Nationals during the second week in January. Therefore, the cheerleaders will not have all of Christmas break off.

### **MISCELLANEOUS INFORMATION**

As a member of the SDSU Cheer Squad:

- All squad members will cheer for football and men's and women's basketball. Squad member will also be required to attend University sanctioned fund-raisers, and other special engagements scheduled by the SDSU Athletic Department.
- Your current cheer coach/advisor may be called as a reference.
- The number of candidates chosen will be determined by the natural break in the scores from final cuts.
- Only 20 for all girl and 16 for coed will compete at Nationals. Those not competing at Nationals, will still cheer at all games, perform at all exhibitions and compete at all competitions allowing more than 20 competitors. A maximum of four alternates will be chosen to travel with the competition squad(s) to Nationals; all other alternates will remain at home to fulfill other University commitments unless otherwise cleared through Athletics.

**PLEASE UNDERSTAND THAT BEING AN SDSU CHEERLEADER INVOLVES A BIG TIME COMMITMENT, AS YOU MAY CHEER AT ALL OR PART OF 40 - 60 GAMES AND/OR SPECIAL APPEARANCES, COMPETITIONS/EXHIBITIONS, FUNDRAISERS. ALL CANDIDATES ARE ENCOURAGED TO BE HONEST WITH THEMSELVES AS THEY EVALUATE THEIR COMMITMENTS.**

**I have read and understood all that is contained in this tryout packet for the 2015-2016 cheerleading season.**

**Signature: \_\_\_\_\_ Date: \_\_\_\_\_**