



# Stephen F. Austin State University

## Cheerleading Tryout Packet

### 2014 - 2015

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Spirit Programs  
Office of Student Affairs Programs

STEPHEN F. AUSTIN STATE UNIVERSITY

“Coming together is a beginning. Keeping together is progress. Working together is success.” ~ Henry Ford  
SFA Cheerleading – Teammates Friends Family Champions

# Stephen F. Austin State University Cheerleading Tryout Information

## Dates and Times (*These dates are mandatory*):

- Friday, May 2, 2014 – 5:30 – 6 p.m. Registration and Check-In
  - Friday, May 2, 2014 – 6 – 8:30 p.m. Cheer Clinic (will learn and perform fight song)
  - Saturday, May 3, 2014 – 11 a.m. – 1 p.m. Large Coed open practice with mascots
  - Saturday, May 3, 2014 – 1– 3 p.m. Small Coed open practice with mascots
  - Saturday, May 3, 2014 - 5:00 p.m. Tryouts (both teams)
- \*\*Final Teams will be posted May 6<sup>th</sup>, by 5 p.m.

## Location:

All aspects of SFA tryouts will be held on the SFA Campus in the HPE Complex.

## Attire (for entire weekend):

- Females – Plain black or purple sports bra, black spandex shorts, cheer shoes, and hair fixed half up and half down and fashioned out of your face, and ribbon/bow of your choice. For Saturday evening and Sunday practices, hair will need to be curled.
- Males – Plain black or purple T-shirt, black gym shorts, cheer/athletic shoes, no hats and clean shaven.
- All potential cheerleaders are expected to portray a collegiate image when trying out for SFA. Body piercings and jewelry of any kind, extreme hair styles and/or colors are not acceptable at tryouts or during the year as an SFA Cheerleader. All cheer candidates must remove all piercings and other jewelry prior to arrival at tryouts.
- For Saturday evening and Sunday practices, uniforms will be used for tryout purposes.

## General Requirements for Tryouts:

### ★ Large Coed:

- Standing back tuck (jump to tuck combinations preferred)
- Standing back handspring tuck (jump combination preferred)
- Fight song taught at tryouts (w/tuck)
- FEMALES: All females are required to try out with a minimum of a round off back handspring layout
- Toss to hands liberty
- Complete the stunt **and/or** tumbling position requirements

### ★ **PLEASE NOTE: Female flyer applicants may be asked to demonstrate basket skills during the tryout process.**

- Stunting Position -
  - Full up stunt
  - Two handed rewind
  - Optional stunt, which can be a combination or sequence of two stunts.
  - One of these two stunts must double down from two hands from an advanced body position that shows flexibility.
- Tumbling Position -
  - Round off back handspring full
  - Standing tumbling pass that ends in a full
  - An additional tumbling pass with two or more elite skills that ends in a full.

### ★ Small Coed:

- Toe touch back tuck (multiple jump combinations preferred)
- Toe touch handspring tuck (multiple combinations preferred)
- Round off back handspring layout
- Fight song taught at tryouts (w/ tuck)
- Toss liberty
- Full up stunt that must end in an advanced body position that shows flexibility, and doubles down.
- Optional stunt, which can be a combination or sequence of two stunts.

## Eligibility to Tryout (all paperwork is due by **May 2, 2014**):

- Cheerleader Application & Application Agreement
- \$25 Cheer Application Fee (non-refundable)
- Close-up Photograph
- Three Letters of Recommendation
- High School or Transfer School Transcripts
- Waiver of Liability, signed by a parent if you are less than 18.
- SFA Letter of Acceptance
  - Must be accepted to SFA as a full-time student or must have applied and submitted your transcripts and test scores for admissions.

***\*RETURNING CHEERLEADERS: You will be expected to perform at a higher standard than other candidates if you have been a part of the SFA Cheer program for at least one year. In addition to the standard tryout requirements, you will be judged on attitude, work ethic, integrity and the character that you displayed over the course of the previous year.\****

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# Stephen F. Austin State University Cheerleading Video Tryout Information

**ALL VIDEOS MUST BE RECEIVED BY: Thursday, May 1, 2014**

**Videos that arrive past this deadline will be accepted at the discretion of the head coach.**

*This method of trying out for SFA is accepted, but not highly recommended.*

Please follow this order when making your video:

- **General Information**

- The cheerleading application and all other required paperwork needs to be sent along with all video tryouts. Videos should be clearly labeled. This includes both the video tape/DVD and the case.
- All videos need to follow all the criteria outlined for video tryouts. Accepted formats:
  - VHS
  - DVD
  - YouTube Videos
  - Emailed Videos

- **Personal Interview**

- You will need to address the following in this interview:
  - A brief background, including where you are from and any cheerleading experience
  - Why are you choosing to attend SFA?
  - For what team and position are you trying out (ex. Small coed main base)?
  - Why you would like to be a member of the cheerleading program at SFA and what you can bring to the Spirit Program?

- **Sideline Chant**

- Perform any chant of your choice. All of the SFA cheers and chants can be found at the following website: [www.youtube.com/watch?v=AM-ICdB38OM](http://www.youtube.com/watch?v=AM-ICdB38OM). You may choose to perform one of ours, or your own, but please make sure that your chant is appropriate for the SFA Lumberjacks.
- Chant may include incorporations, but be sure it also highlights motion technique and sharpness as well as crowd involvement skills and spirit.

- **Fight Song**

- You will need to learn and perform the SFA Fight Song with skills. There is a standing tuck for both teams. For Large Coed, you will need to perform a toss chair and a walk up extension. For Small Coed, you will need to perform a half opposite leg liberty and a half up extension.
- The SFA Cheer Fight song can be found on the Spirit Teams website.
- Need to show a toe touch and a pike jump individually, highlighting flexibility and technique
- Also perform any combination jumps

- **Standing tumbling (NO SPRING FLOORS)**

- Minimum requirement for Large Coed - Standing tuck and standing handspring tuck
- Minimum requirement for Small Coed - Toe touch tuck and toe touch handspring tuck
- Minimum requirement for Large Coed tumbling position - Standing pass that ends in a full
- Include all standing tumbling you can perform (jumps to tuck, jumps to handspring tuck, and standing twisting skills ex. standing full, handspring full, etc.)

- **Running tumbling (NO SPRING FLOORS)**

- Minimum requirement for Small Coed - Round-off back handspring layout
- Minimum requirements for Large Coed:
  - Females - Round-off back handspring layout.
  - Tumbling Position - Round-off back handspring full, and an additional tumbling pass with two or more elite skills that ends in a full
- Include a maximum of three tumbling passes showing your best tumbling ability

- **Stunts**

- Minimum requirement for Large Coed - Toss to hands liberty
- Minimum requirements for Small Coed - Toss liberty, and full-up stunt ending in an advanced body position that doubles down
- Minimum requirements for Large Coed Stunt Position - Full up stunt, and a two-handed rewind. At least one of these stunts must go to a two-handed advanced body position and double down
- Include a maximum of three additional stunts showing your best stunting ability into and out of each stunt

- **Dance**

- Include a minimum of four (4) 8 counts of dance (preferably set to music)

- **(Optional) Basket toss**

- Show a maximum of three (3) tosses exhibiting your best basket tossing ability

**Review and make sure all the skills outlined in the General Tryout Requirements have been met. All stunts and tumbling requirements must be included on tryout videos in order for candidates to be eligible for the teams. Also, please use common sense when putting together tryout videos. Treat it as an interview and use professionalism.**

**This pertains not only to the way you act, but the music and background you choose as well.**

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# Stephen F. Austin State University Cheerleading Tryout Application

<b>Please check ALL that apply:</b>							
<input type="checkbox"/>	Male	<input type="checkbox"/>	Large Coed	<input type="checkbox"/>	Coed Base	<input type="checkbox"/>	Main Base
<input type="checkbox"/>	Female	<input type="checkbox"/>	Small Coed	<input type="checkbox"/>	Tumbler	<input type="checkbox"/>	Side Base
<input type="checkbox"/>		<input type="checkbox"/>	Both Teams	<input type="checkbox"/>	Flyer	<input type="checkbox"/>	Back Spot

Tryout Application Checklist			
FORM		FORM	
<input type="checkbox"/>	Tryout Application & Agreement	<input type="checkbox"/>	Photograph of Athlete (close-up attached to application, and action shots if desired)
<input type="checkbox"/>	3 Letters of Recommendation (at least one coach, teacher, and personal reference; more than 3 are acceptable)	<input type="checkbox"/>	School Transcripts (high school or transfer)
<input type="checkbox"/>	Tryout Fee (\$25 non-refundable)	<input type="checkbox"/>	Copy of SFA Acceptance Letter

Please attached close-up  
Photo here

**Personal Information (please print clearly)**

Full Name: \_\_\_\_\_ Age: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Email Address: \_\_\_\_\_@\_\_\_\_\_

Home Address: \_\_\_\_\_

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

Home Phone: \_\_\_\_\_ Mobile Phone: \_\_\_\_\_

**Background and Experience Information (please print clearly)**

High School: \_\_\_\_\_ Class of: \_\_\_\_\_ GPA: \_\_\_\_\_

College(s) Attended: \_\_\_\_\_

Major: \_\_\_\_\_ Cumulative GPA: \_\_\_\_\_

Years in college: \_\_\_\_\_ How many years in college remaining? \_\_\_\_\_ Current number of hours enrolled: \_\_\_\_\_

All-Star Affiliation: \_\_\_\_\_

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

Other Interests: \_\_\_\_\_

For safety and athletic training purposes, please list any prior orthopedic injuries, with dates of injury, and any unusual physical conditions that our staff should be aware of:

\_\_\_\_\_

\_\_\_\_\_

Please have all paperwork completed and turned in no later than May 2, 2014.

**For Office Use Only:**

<input type="checkbox"/>	Application	<input type="checkbox"/>	Application Fee	<input type="checkbox"/>	Letters of Rec.	<input type="checkbox"/>	Acceptance Letter
<input type="checkbox"/>	Application Agreement	<input type="checkbox"/>	Transcripts	<input type="checkbox"/>	Picture	<input type="checkbox"/>	Waiver of Liability

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## Cheerleading Application Agreement

(please print clearly)

Please have all paperwork completed and turned in no later than May 2, 2014.

I, \_\_\_\_\_, submit this application to the SFA Spirit Program for a position in the SFA Cheerleading Program. For the 2014-15 season, my academic classification will be \_\_\_\_\_. By submitting this application, I understand and agree to the following:

- I will be a full-time student, taking a minimum of 12 credit hours for undergraduate or nine hours for graduate students at SFA for the entire 2014-15 fall and spring semesters.
- I must maintain a 2.0 GPA and will hereby release my academic transcripts to the Spirit Coordinator.
- I understand that I must be in good standing with Stephen F. Austin or my high school and not on any type of academic or disciplinary probation.
- I must turn in the following paperwork to the spirit coordinator no later than May 2, 2014:
  - Cheerleading Application
  - Cheerleading Application Agreement
  - \$25 Application Fee (non-refundable)
  - High School or Transfer School Transcripts or SFA Unofficial Transcript and class schedule
  - Three Letters of Recommendation
  - Waiver of Liability, signed by parent if under 18 years of age
  - Copy of SFA Acceptance Letter
  - Close-up picture
- I understand that not having all of these will disqualify me from trying out for cheer team position.
- If selected, I understand that I am required to be covered by personal primary medical insurance throughout my time as a cheerleader at SFA.
- I have no health or physical defects, which would hinder my ability to perform as an SFA Cheerleader or which might cause performing as an SFA Cheerleader to be unsafe to my health or the health and well being of my team mates.
- The physical demands of being an SFA Cheerleader require that I maintain a high level of physical fitness and that I pass a complete physical examination administered by SFA medical staff.
- If selected and I accept a cheer team position, I understand I will be required to attend all scheduled practices, classes, performances, summer camp, sporting events, pep rallies, team meetings, parades, alumni functions, and other functions or duties designated by the spirit coordinator and head coach.
- I understand I am agreeing to a FULL YEAR commitment (fall AND spring semesters).
- Being an SFA Cheerleader is a major personal commitment of my non-academic time and cannot be placed secondary to any other non-academic activity. I understand that, with the exception of academics, my commitment to the SFA Spirit Program takes FIRST priority over all other activities (sorority, fraternity, clubs, organizations, work, etc.). Furthermore, I understand that last minute appearances/events may arise in which the cheerleaders must be present.
- I am responsible for the care and upkeep of all components of the cheerleading uniform, and must keep all components of this uniform in acceptable condition. SFA will be responsible for all the financial obligations regarding these items, minus a rental/upkeep fee for which I will be responsible.
- The SFA Cheerleaders play an important role in representing the university and its athletic program. As such, I will always know that I am an official representative of SFA, its students, faculty and staff members, alumni, and cheer program. I will always conduct myself in a manner to uphold that character, tradition, integrity, and spirit of Stephen F. Austin.
- I understand and agree to be financially responsible for all items needed that will not be provided to me by SFA.
- I agree to follow all safety guidelines deemed necessary by the spirit coordinator, head coach and AACCA.
- I understand that I must maintain an email account and check it DAILY.
- I understand that I must obtain a note from a family or school physician to be excused from any assigned function, unless approved in advance by the spirit coordinator. (If for any reason a cheerleader is unable to attend a function to which they are committed, he/she is responsible for finding another team member to replace them).
- I understand and accept that failure to meet any of the requirements listed above will result in my disqualification from consideration for an SFA cheer team position.
- **I accept and understand that the decisions of the judges/coaches will be final.**

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date