2014 Cheerleader Tryouts General Information Sheet

1. Please email cheer@latech.edu by Monday, April 28th, 2014 if you are planning on trying out. Please include name, age, and contact information. Do not email your application. A hard copy must be mailed with payment and all attachments by the deadline. Deadlin for application is noon on Wednesday, April 30th, 2014. Turn all applications in to the Student Life Office located in Keeny Hall room 333 or mail them to Attention: Tech Cheer- P.O. Box 3035, Ruston, La. 71272.

2. Tryouts will be held in the Blue Gym of the Lambright Intramural Center.

3. Clothing: Girls- Wear a sports bra and shorts. Please wear bloomers under your shorts. We want to see a neat collegiate appearance. Wear your hair and make-up like you would on game day. Hair should be half up/ half down with a ribbon. Our school colors are red and blue, so please dress accordingly. You need to wear a Louisiana Tech University shirt. No other university shirts, all- star programs, or high school clothing is permissible. Your hair needs to be half up/half down with a ribbon. Guys- Wear a Louisiana Tech t-shirt and shorts. We want to see a neat collegiate appearance, so please be clean shaven. No facial hair allowed for try-outs.

4. Friday, May 2nd 2014- 5 p.m.- Until: Cuts will be made during or after the tryout. Interview times for Saturday will be given after cuts are made. Interviews are done by the judging panel, program advisors, and the coach. You are asked to dress professionally (church attire).

5. Saturday, May 3rd 2014- 8 a.m. - noon: Interviews will be held in Tolliver Hall. Please wear professional attire. 1p.m.- Until: Cuts will be made after the tryout. Physical fitness component times will be given after cuts are made.

6. Sunday, May 4th 2014- 10 a.m.- noon: Warm up/stretching/review time. 1 p.m.- Until: Open Portion of try-outs to community in Blue Gym. The time for posting the new team will be given at tryouts. All team members will have a mandatory meeting/practice 30 minutes after try-outs are officially over. This practice will be a 1-2 hour practice and will be closed. No parents, coaches, or friends will be allowed at this practice. Once the 2014-2015 team has been selected you must provide a check or money order for $150.00 made payable to Louisiana Tech Foundation before leaving. This will be applied to your cost of camp gear and will be further explained at the first practice. The new team will also receive fundraiser information at this practice and be measured for uniforms.

7. Your application is not complete without the following attachments: a recent picture, a $35 application fee (cash or money order only), proof of insurance (make a copy of your insurance card and attach it to the application), physician release form signed by physician, a copy of your unofficial transcript (from the registrar), letter of recommendation from previous cheer coach if first time to tryout. If you are a freshman or first time Tech student you also need to provide proof of acceptance/enrollment. If you choose to pay your fee with a money order, please make it payable to Louisiana Tech Foundation.

8. For new freshmen, ACT scores will be used as an indicator of academic ability.
Students who are not yet enrolled at Louisiana Tech must be accepted for admission prior to tryouts.

9. Students who are currently enrolled at Louisiana Tech University or have college credits from another university must have an overall GPA of 2.3.

10. You will be weighed at tryouts as part of an overall fitness assessment, and you will be expected to maintain an optimal fitness level throughout the year. Our program for Louisiana Tech does not have a weight or height restriction, our girls range in size from 95 pounds to 120 pounds and our guys vary in size. This is a typical size range and height does fluctuate from year to year. This criteria is set as a safety guideline for our guys. Cheerleading is an intense activity with high impact on joints. Our program stresses physical fitness for safety for both girl and guy. As long as you are adaptable to stunt with several partners you will be considered. **Coed stunt experience is essential.**

11. Cheerleading tryouts are closed to the public Friday and Saturday. No parents, coaches, etc. are allowed to watch tryouts until Sundays open portion. There will be a $3.00 charge to watch try-outs on this day.

12. Tryouts will be conducted in a clinic/judging format. Candidates will be evaluated on tumbling (running and standing), stunting, fight song (taught at the tryout), cheerleading and crowd leading ability, and fitness and physical appearance. Judging will be done within the clinic atmosphere. When choosing the team, we consider physical fitness, who is easy to work with and can be used with different partners. We are also considering if the person is coachable and can easily make corrections as well as gets along well with other members of their team. It is imperative to understand that this is not your old team and the coaches are not your old coaches. Be coachable and adaptable. Being able to learn and try new things is essential to being part of this team. Below is a list of requirements but does not guarantee a spot on the team.

**Toss stretch full-down**
- Toss lib (platform or pull on the way up)
- Toss Lib back to hands, stretch full-down
- Two overhead stunts ending in a cradle
- Ex: Walk-in High torch front cradle pop out back to absorb lib full-down
- Toss shoulders
- Walk-in Extension

**Standing Tuck- without any prior motion (No All-stars start)**
- Standing Back-handspring back tuck
- Round-off back-handspring back tuck
- Round-off back-handspring lay-out
- Running tumbling pass with more difficulty than Round-off back-handspring back tuck/layout (Round-off two back-handsprings and a back tuck will not be sufficient enough)
- Physical components set at try-outs (This usually consists of running, push-ups, sit-ups, etc.)

13. Tryouts are subjective and selections by the coach and advisors are final. Squad members will be selected based on the above evaluations and how they will work within the Louisiana Tech Cheerleading program.