

Tech Cheer Tryout Requirements - 2025

Blue Team required skills:

Stunts

- Walk-in lib
- Toss Cupie
- Full up, stretch, double down
- BLUE sequence. Elite level skill performed to an extended level stunt with a transition into a different extended level stunt. Ending in a cradle.
(examples of elite: rewind, BHS up, FHS up, hand in hand, double up, flipping skills, etc)

Tumbling

- All girls required to have standing tuck, standing BHS tuck, standing 2 BHS to tuck. Can perform more.
- All girls required to have RH BHS layout or greater.
- All guys required to have a standing tuck with the exception of being able to perform a toss cupie and full up with every prospective blue girl. Must show a standing tuck attempt (unspotted).

Red Team required skills:

Stunts

- Walk-in extension
- Toss extension or extended level stunt
- RED Sequence - Any two stunts performed with a transition in between ending in a dismont to a cradle (preferred full down).

Tumbling

- All girls required to have a standing tuck and standing multiple BHS. Would like to see greater.
- All girls required to have a RH BHS Tuck or greater.
- All guys required to attempt a standing tuck.

White Team required skills:

Stunts

- Toss and walk in hands
- Toss and walk in chair

Tumbling

- All girls required to have a standing tuck and standing multiple BHS. Would like to see greater.
- All girls required to have a RH BHS Tuck or greater.
- No tumbling requirements for guys at tryouts.

Tryout Process

Friday:

4:15 - checkin

5:00 - Tryouts begins

Tryout Material Day 1

- Fight song (including walkin stunt and standing tuck)
- Running Tumbling
- BLUE - toss cupie and full up stretch double; RED - Toss extended level stunt (ex: extension, lib, troch); WHITE - toss chair or hands

1st cuts - When finished we will post athletes tryout numbers on social media for those moving into the next round.

Saturday:

9:00-12:00 - Rookie interviews

2:00 - Begin day 2 tryout evaluation

Tryout material Day 2

- Chant
- BLUE - IME and elite stunt sequences; RED - red sequence

Once finished - Call backs

Final Cuts - will be made in person

*team dinner

Sunday Morning:

9:00-11:00 - Team meeting and practice

Summer Dates

Work Weekend #1: May 16th-18th

Work Weekend #2: June 20th-22nd

Work Week: July 11th-16th

Camp: July 17th-20th

Work Weekend #3: August 22nd-24th

Friday, August 29th: practice

Saturday, August 30th: Home football game!

More information

Tryout attire:

Girls - T-shirt or tank top, sports bra, compression shorts with shorts over top, and white cheer shoes. Make up and hair done in "Game Day" fashion.

Guys - T-shirt and athletic shorts with tennis shoes.

*Should be able to freely move with no hindrances to skills being performed. No jewelry and tattoos should be covered. Prefer Tech colors to be worn.

Collegiate appearance - Louisiana Tech Cheerleaders are representative of Louisiana Tech University. As representatives of the university they are expected to carry themselves confidently with kindness, charisma, and poise. As athletes they are expected to be in good physical shape and display a healthy lifestyle through an athletic physique. Collegiate appearance is judged throughout the tryout weekend and placement will be based off of collegiate appearance as well as skills.