

LA Tech Cheer Tryouts

Tryout Goals

	White Squad	Red Squad	Blue Squad
Stunts (toss)	chair	hands level (hands, absorb extension, absorb lib, etc.)	extended level (extension, lib, etc.)
Stunts (walk-in)	hands	hands level stunts (hands, absorb extension, absorb lib, etc.)	extended level stunts (extension, lib, etc.)
Additional Stunts (required for Blue Squad)	n/a	absorb extension with a straight cradle	toss stretch with a twisting cradle (full- or double-down)
Optional Stunt Sequence	n/a	n/a	two extended level stunts with a transition in between, ending in a cradle
Standing Tumbling	back handspring (girls only)	back tuck (girls only)	back tuck (guys and girls), back handspring back tuck (girls only)
Running Tumbling (girls only)	series of consecutive back handsprings (2 or more)	back handspring back tuck	greater than back handspring back tuck

Tryout Process

We will make our first cut Friday night based on the following:

- collegiate appearance
- Fight Song performance including standing tumbling and walk-in stunt
- additional stunts*

We will make our second cut Saturday morning based on the following:

- interview

We will select the squads Saturday afternoon based on the following:

- running tumbling
- sideline performance including toss stunt
- optional stunt sequence.

*If the additional stunt requirement for the Blue Squad is not met on Friday night, you will only be allowed to continue trying out for a spot on the White or Red Squads.

**Having the minimum skills does not guarantee placement on any particular Squad or in the program.