

La Tech Cheerleading Tryout Process and Requirements

Friday Night

- Collegiate appearance
- Fight song
- Standing tumbling
- Additional Stunt

First cuts. Participants making it to the next round will have their number posted on our social media following completion of Friday night.

Saturday Morning

- Interview

Second cuts.

Saturday Afternoon

- Running tumbling
- Sideline
- Blue team sequence (only done by those that have done the blue team required skills in the previous round)

Final cuts and announcement of the team will be made following completion of Saturday afternoon tryout.

Requirement Breakdown

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.

Fight Song - Fight song will be taught at the last clinic before tryouts or can be learned at any time through the Louisiana Tech Cheer youtube channel. Standing tumbling and stunt must be performed.

Blue Team: Walk in Lib and Standing tuck (both guy and girl)

Red Team: Walk in Hands or extension (both guy and girl; prefer extension) **AND** standing tuck (required by girl; optional for guy)

White Team: Walk in chair (both guy and girl) **AND** standing back handspring (required by girl; prefer a standing tuck)

Standing Tumbling - A standing tuck will be required in the fight song (for ALL of **Blue team** candidates and all **Red team girl** candidates) Additional standing tucks will be required immediately following completion of the fight song. **Blue team girl candidates** will be required to complete a standing backhandspring tuck at this time (optional for **Red team girl candidates**).

Additional Stunt - 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. Individuals trying out for White team are not required to perform an additional stunt.

Blue Team: Toss Cupie **AND** Full up to stretch with a twisting cradle (prefer double-down)

Red Team: Absorb to extended level stunt ending in a cradle (prefer extended level stunts).

Examples: Absorb extension with straight cradle, absorb lib with a full-down, low to high with a funny cradle, toss lib with cradle dismount, toss extension full down, etc.

Running Tumbling - Required by all girls trying out for any La Tech Cheer team. Optional for male candidates.

Blue Team: Greater than roundoff back handspring back tuck (ex: multiple bhs, whips, layouts, fulls)

Red and White Team: Roundoff back handspring back tuck

Sideline - Sideline will be taught at the last clinic before tryouts. Must be completed with stunt requirement.

Blue Team: Toss Extension

Red Team: Toss Hands

White Team: Toss Chair

Blue Team Sequence - Those that qualified to be a **blue team candidate** after Friday night will perform a sequence. The sequence must consist of two extended level stunts with a transition in between, ending in a cradle. We are looking for difficult, clean stunts that do not struggle to stay in the air (prefer elites).

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.

Friday night tryouts will begin at 5:00. Checkin will begin at 4:15.