

FLAGLER COLLEGE



CHEERLEADING TRYOUTS

SKILLS TAPE REQUIREMENTS

If you are unable to attend tryouts in person or live out of state, you may tryout by video tape. Please label the tape with your name, address, and phone number. Tapes must be postmarked by March 16th. The tape should include:

- 1) An introduction—please tell us who you are, where you are from, why you chose Flagler College, and why you hope to be a part of the cheerleading squad.
- 2) Jumps—toe touch and another jump of your choice (choose from side hurdler, front hurdler, pike, or double toe-touch)
- 3) Stunting—please first identify which part of the stunt group you will be performing. Please make sure that you have the camera angled so that we can see you and the whole stunt group (example—if you are a back base, have the camera tape from the side of the group). You may include up to three stunts.
- 4) A basketball chant
- 5) A cheer that includes at least one jump and strong motions
- 6) A dance that consists of at least six eight counts
- 7) Any tumbling that you have

ATTIRE: Please wear cheerleading shorts with bloomers underneath and a racer back tank. They can be red, white, or gold. Please make sure that you are well supported. There is a judging category on appearance, so you should pick attire that is recommended, appropriate, and appealing. The only jewelry allowed is one stud earring in each ear. Makeup should be natural, hair must be pulled back, clean shoes, ankle socks, and nails must be natural and short (not visible over fingertips from palm side).

STUNTING: Please execute stunts in which you are comfortable doing. Cleanliness of a stunt always scores higher than difficult stunts that are sloppy.

Tumbling: Execution should be clean and safe. Remember, if you do not tumble it will not necessarily eliminate you from making the team.