LSCC Cheer Video Tryout Information

Please upload your video privately on You Tube and e-mail the link to nivaroberson@gmail.com. Make sure it is clear which person is trying out on the video. At the beginning of your tryout tape, introduce yourself and indicate which position you’re trying out for (flyer, base, back spot, etc.). Please include the highest level of skill you possess in the video (only if done safely).

Requirements

What to wear:
- Black shorts
- White fitted tank top with black or white sports bra
- White tennis shoes
- Hair pulled back into ponytail with white bow

Males may wear black or navy shorts with white polo type shirt

Sideline Chant: Run or tumble out and perform sideline chant using the letters L-S-C-C. Looking for energy, enthusiasm, and your ability to lead a crowd and look confident.

Cheer: Create a cheer that includes a back handspring (a toe touch may replace back handspring if needed)

Stunt: Two required stunts and one optional stunt must be performed.

✓ Required stunts: (You may enter into the stunt any way you desire)
  - Extension with cradle
  - And
  - Liberty with j down

✓ Optional Stunt:
  - Full-up stunt (extension or liberty)
  - Or
  - Two basic stunts with a transition

✓ Position Requirements:
  - **Base:** must have correct technique and strength to build various stunts; must be able to perform various levels of stunt; must be able to main base and side base.
  - **Back Spot:** must have correct technique of back spotting; must be able to spot and cradle from any level of difficulty.
  - **Flyer:** Must have correct technique and strength to build and execute various stunts; must be able to express confidence and lead a crowd from a stunt; must be willing to try various levels of stunting and executions; must be able to perform one legged elite stunts and transitional stunt sequences.

Dance: Perform an (8) 8-count cheer dance including a double toe-touch. Looking for execution of rhythm, motions and jumps during dance.

Tumbling: A back handspring is required, but a back handspring with a light spot will be accepted. Show your highest level of tumbling skills. Flyers may perform a gymnastics trick in a basket toss to receive points for tumbling.