

LSCC CHEERLEADING TRYOUTS

September 9, 2015

6:00pm

West Campus Arthur Shores Fines Arts Building E

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.