USD CHEERLEADING

June 6, 2020

Location: Sanford Coyote Sports Center

Session 1:
8:30-9:15am: Check-In
9:15-10:00am: Warm-ups
10:00-12:30pm:
  • Standing Tumbling
    o Women: Back-handspring Required
    o Men: Back tuck encouraged not required
  • Running Tumbling
    o Women: Round off back-handspring, encouraged
    o Men: Round off back-handspring, not required
  • Fight Song
    o Women: Sharp, crisp, collegiate motions
    o Men: Use of sharp, crisp, meg work
  • Sideline Chant (Let's Go, USD)
    o Women: Sharp, crisp, collegiate motions
    o Men: Use of sharp, crisp, meg work

Session 2:
2:00-2:30: CoEd Check-In
2:30-3:00: Warm-Up
3:00-5:00: Stunting
  • Gameday Skills
    o Purdue Up
    o Chair
    o Shoulder Sit Pop-Off
  • Elite Skills
    o Toss Hands
    o Extension
    o Liberty

Session 3:
6:00-6:30: All-Girl Check-In
6:30-7:30: Warm Up
7:30-8:30: Stunting

- Gameday Skills
  - Extension
  - Liberty
  - J-Up
- Elite Skills
  - Full Down
  - Full Up
  - Arabesque/Stretch

June 7, 2019

Location: Sanford Coyote Sports Center

**Interviews:**

- 8:00-12:00pm (We will sign you up)
- 1:00-3:00pm
  - Uniform Try-On & Team Picture
  - Parent & Team Meeting (2:30-3:00)

Other information:

- There will be cuts between each session. Cuts will be posted on social media and sent out to email listed on tryout application.
- You can tryout for both All-Girl and Coed Squads, However, each participant’s placement will be up to the discretion of coaching staff & judges.
- To sign up for tryouts: [http://spiritsquad.eventbrite.com](http://spiritsquad.eventbrite.com)

**Clinics:**

Location: Sanford Coyote Sports Center

**March 28th**

- 12:15-1:00pm: Check-In
- 1:00-3:30pm: Clinic

**June 5th**

- 5:15-6:00pm: Check-In
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6:00-8:30pm: Clinic