

IU Southeast Cheerleading Try-outs 2013-2014

Cheer Ltd National Champions Medium All Girl 2009, 2010, 2011,2012

Overall highest scoring Collegiate Team, 2011 and 2012

JamFest Super National Champion All Girl DII, 2010 and 2012

Sunday, May 5th 1:00pm to 4:00pm @ Indiana All Stars, Scottsburg IN

Tuesday, May 7th 5:00pm to 9:00pm @ Indiana All Stars, Scottsburg IN

Requirements

Appearance:

Please be aware this is an important part of the selection process. Each candidate needs to be “game day” ready for both days.

Ladies make sure hair is curled, make- up on, and bows are in. NO GLITTER, ALL PIERCINGS must be taken out for both days.

What to wear: please wear anything red, black, or white for both days. Make sure your selection is tasteful and covers appropriately. Wearing other university/college logos is NOT recommended.

Shoes must be worn at all time during tryouts.

Tumbling:

STANDING TUMBLING REQUIRMENTS: Each candidate must perform the minimum of a standing back handspring series. ** A standing back tuck is highly recommended but not mandatory **

Combinations of jumps to standing tumbling skills are recommended in this section.

Examples include, but not limited to:

- Toe Touch Back Handspring
- Toe Touch Back Tuck
- Double Toe Touch Back Tuck

SERIES TUMBLING REQUIREMENTS: Each candidate must perform a minimum of the following passes:

- Round-off Back Handspring series
- Round-off Back Handspring Back Tuck
- Round-off Back Handspring series to a Tuck
- Speciality Pass, for example: Round-off Back Handspring Layout, Alternate or Back to Back, Front Walk-over to Round-off Back Handspring Back Tuck, Round-off Back Handspring Full

Fight Song:

This is required from all candidates and will be taught at the first day of try-outs. The school song is performed at every basketball game and some appearances. Below you will find the words to the fight song; you will be responsible to know the words on the day of tryouts.

**Indiana, Our Indiana
Indiana, we're all for you!
We will fight for the Cream and Crimson
For the glory of old IU
Never daunted, we cannot falter
In the battle, we're tried and true
Indiana, Our Indiana,
Indiana we're all for you! I-U**

Sidelines:

Candidates will learn 2-4 sidelines at try-outs.

Material should be executed in a collegiate manner, conducive to college athletics.

Candidates should be prepared to use poms and signs during this section of the selection process. This is not required, but we will have all props available during the sideline portion.

Stunts:

The stunting portion of selections will be handled much like a practice setting. The program coaches will place candidates in groups throughout this time.

We are looking for candidates that display the ability to be versatile in stunting positions. Be prepared to move around in groups and try new things. We are also looking for candidates that

display effort and the ability to learn quickly, as well as candidates with strength, technique and core awareness in stunting.

These are minimum skills that we will be evaluating on during the stunting section of try-outs:

- Straight Up Extension
- Straight Up Liberty
- Straight Up Stretch/Scorpion
- Any additional body positions and skills suggested for flyers such as over stretches, tick tocks, etc.

** Above stunts could be asked to full-up, or double-down **

Commitment:

2013 Summer Commitments (**Subject to change)

- You will practice throughout the summer and will receive the schedule at the final selection. The coaches try to schedule a few weekends and a week-long worth of practices before UCA Camp. All summer practices are mandatory.

UCA College Cheer Camp

- July 19th-22nd at the University of Alabama; Tuscaloosa, AL

CAMP IS MANDATORY FOR THE WHOLE PROGRAM

2013-2014 School Year Commitments

- First week of School- WEEK OF WELCOME
- Men's and Women's Basketball games are required (including those that fall over Thanksgiving and Christmas break)
- Alumni Dinner in the fall
- Any scheduled appearances made by the coaches
- Any fundraisers that are scheduled

ALL TIMES ARE MANDATORY, YOU MUST ATTEND ALL PRACTICES AND CAMP THAT ARE SCHEDULED. PLEASE BE RESPONSIBLE AND PLAN AHEAD!

1. **Practice Time: Sundays** (August - October 5:15 p.m. to 8:00 p.m.) starting in October 9:45 a.m. to 12:30 p.m. Sunday's practices will include a timed mile and a fitness test. **Tuesdays** 7:00 p.m. to 9:00 p.m.
2. **Work out/Conditioning Times:** You will be given a schedule in August. Every cheerleader will be required to workout 2x a week for an hour, we will schedule these on an individual basis.
3. **Games:** You are required to be present at all games for the sport you are supporting regardless of when the games may be. Men's and Women's Basketball games are scheduled during Christmas and Thanksgiving break, you will be required to be at these games.
4. **NATIONAL COMPETITION COMMITMENTS:** Competition team will be picked based on skill level in August and learn the routine shortly after. Nationals require a lot of extra practice, time, dedication, and patience. If you are selected for the Nationals team plan on a very little Christmas Break.

Competitions:

- UCA Nationals in January is our goal as long as the funds are available we will attend.
- CHEER Sport, Atlanta- February
- CHEER LTD, Myrtle Beach- March

Fundraisers:

All Fundraisers are **mandatory** and each cheerleader will be required to participate. The amount of money that we raise will be determined by the competition and the amount of competitions we will attend.

Each cheerleader will be asked to get \$250 in sponsorship before August. These sponsorships are required from each member and are due the **first week in August**. All money will help pay for choreography, gym rental, National expenses (travelling, registration, food, etc.) This should be the only time during the athletic year for solicitation contributions.

There will also be other Fundraisers that will be added throughout the year.

We make every attempt to keep costs down. Please **DO NOT** let these expenses weigh in your decision to go through the selection process for the IU Southeast Cheerleading program. We understand very well that individuals may not be able to afford all expenses. We make every attempt to help those needing financial assistance.

IU Southeast Cheer Program Personal Costs:

Bodysuit and Briefs	\$30.00
Camp Clothes 4 shirts and 4 shorts	\$100.00
UCA Camp at the University of Alabama	\$280.00
Game bows and game socks	
Nike Cheer Shoes	
Skills class 8 weeks	\$140.00

** Additional items will be available during the year. These items are not required purchases but are available to each program member and their families.

If you have any questions regarding tryouts please contact Kaelin Abbott @ 812-725-2623