Video Tryout Procedure

A. Before submitting a video tryout, please review the Program Information. Also understand athletes attending the on-campus tryout have an advantage.

B. All candidates choosing to do a video tryout must read all of the following information. Cheerleaders must complete all required forms and have them turned in with the video.

C. Videos and information MUST be received by March 25 of the tryout year. Videos and information will not be accepted after this date. VHS or DVD will be accepted.

D. Please limit video length to 5 minutes.

E. Mail video and information to:

Liberty University Cheerleading Coach-Jennifer Sydnor
1971 University Blvd.
Lynchburg, VA 24502

F. What to Include in Your Video

i. One cheer of your choice
ii. Toe touch
iii. Tumbling skills (running and standing)
iv. Demonstration of ability to perform suggested partner stunting skills or all-girl stunting skills in the position for which you are trying out.
v. Dialogue explaining why you want to become an LU cheerleader
vi. Reason for not being able to attend the actual tryout
vii. If partner stunting give a brief description of stunting partner’s experience including age and years of cheering experience.

G. What To Send With Your Video

i. Copy of the Cheerleading application with the essay page completely filled out
ii. One letter of recommendation
iii. Copy of your current transcript
iv. Copy of acceptance letter or current registration at LU