

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 cheerleading 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