



Liberty University Cheerleading Tryout Information

TRYOUT DATES: March 30, 31, and April 1

PRIOR TO CHEERLEADING TRYOUTS:

- If you plan to try out for the Liberty Cheerleading team, you must register before March 16, 2012. This means you must send the below information BY MARCH 16, 2012 to Coach Sydnor. Please email Coach Sydnor to let her know you are sending information and that you desire to register for tryouts.
- You will receive an email from Coach Sydnor when your information has been received.
- Please bring copies of all of the below information and bring it with you to tryouts.
- If you are unsure if you have everything prepared for tryouts, please email Coach Sydnor (cheer@liberty.edu) or visit <http://www.libertyflames.com/index.cfm?PID=15008> for the walk-on tryout information. You do not have to register with the NCAA clearinghouse.

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

1. ALL PARTICIPANTS MUST HAVE HAD A CURRENT SPORTS PHYSICAL (WITHIN THE PREVIOUS 6 MONTHS BEFORE THE TRYOUT DATE) CLEARING YOU FOR SPORTS ACTIVITIES. IF YOU DO NOT HAVE THIS PHYSICAL YOU WILL NOT BE ABLE TO TRYOUT. Please make sure you use our physical form (downloaded from the website). Upon making the squad each cheerleader will need to have another physical done by Liberty University Health Services unless it was already done with this office and is current (within the last 6 months-required by the NCAA). It is recommended all cheerleaders have the physical done at Liberty University Health Services prior to tryouts. (Please note: if you are required to have a physical done at Liberty University Health Services after making the team and you are NOT on scholarship, you will be asked to pay for the physical. Also, if you are interested in getting your physical performed here when you arrive, please make arrangements to have this done **well in advance**.)
2. All participants (regardless of race) will need to have **PROOF of a sickle cell test**. We must have the paperwork in hand from the actual sickle cell trait test, not a doctor's note. (This is a requirement of the NCAA.)
3. All participants must send a **copy of their medical insurance card** or proof of medical insurance with a policy number.
4. If a participant is not 18, he/she MUST have a parent/guardian sign the **sports medical waiver** (downloaded from the website at the link above). NO ONE under the age of 18 will be allowed to tryout without a parent/guardian signature. NO EXCEPTIONS.
5. All participants must send a copy of your **transcript**. If you are a rising freshman or sophomore, please bring your high school transcript. If you are a rising junior or senior in college, please bring your college transcript.
6. *(GPA requirements: Incoming freshman – 1.8; sophomore – 1.9; juniors and seniors – 2.0)*
7. All participants must be full time students or already accepted to Liberty for the upcoming school year. Please send a copy of your **proof of acceptance or current registration**.
8. All participants must send a completed copy of the **Liberty University Cheerleading Application** (downloaded from the website). Please include the required references and letter of recommendation.

ON-CAMPUS TRYOUT PROCEDURE:

- A. Tryouts are closed to the public. No spectators are allowed.
- B. Tryouts will be held in the Schilling Center gym (in the case that the location is changed, it will be posted at the gym.)
- C. Cheerleaders interested in a video tryout must read and follow the video tryout procedure. Please understand, athletes attending the actual tryout have an advantage.

D. WHAT TO WEAR:

1. Girls

- a) Day 1: Hair should be all the way up with a white ribbon/bow; appropriate cheerleading shoes; NO JEWELRY; navy shorts with bloomers underneath; red nicely fitted shirt (plain; no decoration); Look neat.
- b) Day 2: Hair should be all the way up with a white ribbon/bow; appropriate cheerleading shoes; NO JEWELRY; red shorts with bloomers underneath; white nicely fitted shirt (plain; no decoration); Look neat.
- c) Day 3: Same as day one EXCEPT hair will be half up with white ribbon/bow; Look neat.

2. Guys

- a) Day 1: Clean shaven; navy shorts; red shirt
- b) Day 2: Red shorts; white shirt
- c) Day 3: Same as day 1

3. No decoration on clothing please

4. Neat appearance is expected. No gaudy or inappropriate clothing is allowed.

E. SCHEDULE

1. DAY 1: FRIDAY MARCH 30, 2012; 3:00-8:00pm

- a) 3:00 – Check-in for returning cheerleaders
- b) 3:30 – Check-in for new cheerleaders
- c) 4:00 – There will be a cheerleading team meeting for all athletes interested in trying out for the squad for the upcoming year. Team expectations and other information about the program will be discussed. Safety practices will be reviewed.
- d) Clinic: Participants will learn collegiate material. This will include jumps, tumbling, partner stunting, the fight song, and two sidelines.
- e) There may be a first cut after this session which will be posted a half hour prior to the start of the morning session.

2. DAY 2: SATURDAY MARCH 31, 2012; 10:00am-6:00pm

- a) All participants will start with a one mile run that will be timed.
- b) Girls will be evaluated on strength, flexibility, jumps, tumbling, stunting, and knowledge of the fight song and sidelines.
- c) Guys will be evaluated on tumbling, stunting, and knowledge of sidelines.
- d) Personal interviews will be conducted with some or all of participants.
- e) 1st/2nd cuts will be made and will be posted a half hour before the following session.

3. DAY 3: SUNDAY APRIL 1, 2012; 1:00pm

- a) Participants will demonstrate learned material in small groups for a panel of judges.
- b) Final cuts will be made.
- c) The final team will be posted following tryouts on this day by 5:00pm. Participants will be required to attend a short meeting after posting of the team. Failure to attend this meeting will result in dismissal from the team. Meeting location is TBD.

What Are We Looking For?

Please review the below information about what specifically we are looking for in each team. Further information explaining our program structure, expectations, practices, and policies, can be found in on our program information link. If you have questions, please email Coach Sydnor at cheer@liberty.edu.

- White Squad:
 - Strong game day cheerleaders with incredible work ethic and a good attitude.
 - Cheerleaders with a humble attitude who view the importance of TEAM over themselves individually.
 - Outgoing personality; can easily talk to administration, fans, and donors.
 - Positive self-image and a heart of integrity; cheerleaders that have a high level of concern for the image of our program, our school, and our Lord.
 - All positions – bases, back spots, flyers, and males.
 - Standing back handsprings and a minimum of a round-off back handspring.
 - Cheerleaders who are willing to fill in for red squad if there is a need.
- Red Squad:
 - Strong game day cheerleaders with incredible work ethic and a good attitude.
 - Cheerleaders who desire to compete at the national championship, and who will stay committed to our mission.
 - Cheerleaders with a humble attitude who view the importance of TEAM over themselves individually.
 - Outgoing personality; can easily talk to administration, fans, and donors.
 - Positive self-image and a heart of integrity; cheerleaders that have a high level of concern for the image of our program, our school, and our Lord.
 - Almost flawless motions.
 - Standing back tuck.
 - Running pass with a layout or full.
 - Standing back handsprings to a flip.
 - Bases: can two-man stunt basic skills; can base a full-up; not afraid to throw and catch elite level skills.
 - Flyers: can fly on a two-man stunt group, and all-girl group, AND partner stunt; can pull a good heel stretch with a full down to feet and a double down to cradle.
 - Males: toss to platform stretch with a full down to feet