



# **SACRAMENTO STATE**

## **CHEER & STUNT 2020/2021**

### **Tryout Packet**

Welcome and thank you for your interest in the Sacramento State University Cheerleading program.

We hope that the tryout process is fun and challenging, and we encourage you to read all the information contained in this packet. Please note all the dates, deadlines, times and locations.

IN ORDER TO BE ELIGIBLE FOR THE SACRAMENTO STATE UNIVERSITY CHEER PROGRAM YOU NEED TO BE AN ADMITTED STUDENT. (If you have been admitted to Sacramento State University, please attach a copy of your acceptance letter to this application).

**GOOD LUCK DURING TRYOUTS!**

## CHEERLEADING REQUIREMENTS TRYOUT ELIGIBILITY

All candidates must be either

- A. CURRENT SAC STATE STUDENT – Proof of medical insurance and GPA are required as a part of this application.
- B. CURRENT HIGH SCHOOL SENIOR OR TRANSFER STUDENT (Candidates who have been accepted to Sac State) – Proof of medical insurance and GPA are required as a part of this application.

MATERIAL/SCHEDULE All candidates will be responsible for the following material:

### A. GYMNASTICS

- a. Standing Tumbling Requirements – standing back-handspring, standing backtuck, toe touch back tuck, standing back-handspring tuck.
- b. Running Tumbling Requirements – Tuck, Layout or Full
- c. Exceptions may be made for exceptional stunting

### B. SIDELINE CHEER – Must learn online BEFORE tryouts (link on website)

### C. FIGHT SONG – Must learn online BEFORE tryouts (link on website)

### D. STUNTS

- a. Flyers must be able to execute – Extension, liberty, heel stretch, arabesque and a full up.
- b. All other stunting positions must be able to base or back all stunts above
- c. Male candidates must be able to do an unassisted toss hands

**\*RETURNING CHEERLEADERS:** You will be expected to perform at a higher standard than other candidates, being that you have been a part of the Sac State Cheer program for at least one year. In addition to the standard tryout requirements, you will also be judged on attitude, work ethic, integrity, and the character that you displayed over the course of the previous year.\*

### ***MANDATORY DATES FOLLOWING TRYOUTS (There will be no exceptions, so please plan accordingly.)***

- May 1st & 2nd- Open gym for Tryouts
- May 3rd - TRYOUTS
- June 30-July 3rd- Training Week(MANDATORY)
- Pre Camp Practice - August 3-5
- Camp at UCSB - August 6-9
- One Week before School Starts - Report to practice
- Thanksgiving week - Tuesday November 24th
  
- Christmas break - Last practice December 20th & return December 28th
- All practices will be held on Tuesday, Thursday, and Sunday
- All dates are REQUIRED

# Video Submission process for Sac State Cheer

## 2020/2021 season

**This method of trying out for Sac State, if you are unable to tryout in person is accepted but not highly recommended. Please follow this order when making your video:**

### **General Information**

- The cheerleading application and all other required paperwork needs to be sent along with all video tryouts. Videos should also be clearly labeled.
- All videos need to follow all the criteria outlined for video tryouts. Accepted formats:
  - YouTube Video link or a dropbox emailed link

### **Personal Interview**

- A brief background, including where you are from and any cheerleading experience
- Why you are choosing to attend Sac State
- For what team and position you are trying out (ex. All Girl main base)
- Why you would like to be a member of the cheerleading program at Sac State
- What can you bring to the spirit program?

### **Sideline Chant**

- Perform tryout chant.
- Chant must include incorporations, but be sure chant also highlights motion technique and sharpness as well as crowd involvement skills and spirit

### **Fight Song**

- You will need to learn and perform the Sac State Fight Song with skills. There is a standing handspring or tuck for both teams.
- For Coed, you will need to perform a toss extension. For All Girl, you will need to perform an extension.
- The Sac State Fight Song

### **Tumbling (NO SPRING FLOORS)**

- Standing/Running Tuck
- Include all standing tumbling you can perform (back, jumps to back, handspring back, and standing twisting skills ex. standing full, handspring full, etc.)

### **Stunts**

- Include a maximum of 3 additional stunts showing your best stunting ability into and out of each stunt

### **Jumps (females only)**

- A Toe Touch and one optional such as a herkey or pike

### **Optional Basket toss**

- Show a maximum of three (2) tosses exhibiting your best basket tossing ability

**Review and make sure all the skills outlined in the General Tryout Requirements have been met. All stunts and tumbling requirements must be included on tryout videos in order for candidates to be eligible for the teams. Also, please use common sense when putting together tryout videos. Treat it as an interview and use professionalism. This pertains not only to the way you act, but the music and background you choose as well. All submissions must be done by Friday 5/10/2019 and sent [sacstatecheer@gmail.com](mailto:sacstatecheer@gmail.com) along with your tryout application, agreement and application fee!**

# TRYOUT INFO

**WHEN:** Sunday, May 3, 2020 at 10:00 am

**WHERE:** Hornet Gym

**FEES:** Tryout fee of \$25 \*Must be paid in CASH. Due the morning of tryouts

**Program Fee: \$750 program fee (\*\$600 vets)**

program fee covers team apparel & summer training (uniforms are provided but may be purchased for an additional fee)

**\$350 FIRST payment(DUE May 3rd if you make the team)**

**Remaining balance due end of June**

**\*Large Team event fundraisers will be held to raise travel funds for both teams.**

**\*Team members competing in Orlando will be asked to contribute approximately an additional \$1000. Fundraising will start in August and continue until December.**

**WHAT TO WEAR:** Black Shorts and Black Sports Bra. Make sure to look presentable.

**Girls:** Hair out of face up with white ribbon.

**Guys:** Clean shaven and hair fixed

**WHAT TO LEARN:** Fight Song and Sideline cheer (Videos posted in drop down link under Tryout link)

**WHAT TO BRING:** Signed Medical release waiver, Copy of acceptance letter to Sac State, Tryout Fee in cash, and First payment(if you make the team)

**We will be holding tryouts for the Sac State Cheer Program. A competition and Gameday team will be selected in September from the existing cheer team. The STUNT Team will consist of the entire program. The # of athletes selected will be determined the day of based upon the tryout selection process. We will announce the team the same day as tryouts - if you make the team we'll have a mandatory meeting post tryout for important team requirements & uniform fitting. We would like to thank you for your interest in our program and wish you the best of luck.**

## Cheerleading Application Agreement

I, \_\_\_\_\_, submit this application for a position in the Sac State Cheerleading Program. By submitting this application, I understand and agree to the following:

- I will be a full-time student, taking a minimum of 12 credit hours for undergraduate or 9 hours for graduate students at Sacramento State for the entire 2019-2020 fall and spring semesters.
- I must maintain a 2.0 GPA and will hereby release my academic transcripts to the Spirit Coordinator.
- I understand that I must be in good standing with Sac State or my high school and not on any type of academic or disciplinary probation.
- I must turn in the following paperwork to the Spirit Coordinator no later than the Sunday the day of tryouts.
  - ☐ Cheerleading Application & cheerleading agreement signed
  - ☐ \$25.00 Application Fee (cash - non-refundable) \$300 1<sup>st</sup> payment to UFSS if selected for the team
  - ☐ Waiver of Liability, signed by parent if under 18
  - ☐ Copy of Sac State Acceptance Letter or Proof of Application
  - ☐ Close-Up Picture – headshot size 4x6
- I understand that not having any of these will disqualify me from trying out for cheer a team position.
- If selected, I understand that I am required to be covered by personal primary medical insurance throughout my time as a cheerleader at Sac State.
- I have no health or physical defects, which would hinder my ability to perform as an Sac State Cheerleader or which might cause performing as an Sac State Cheerleader to be unsafe to my health or the health and wellbeing of my teammates.
- The physical demands of being the Sac State Cheerleader require that I maintain a high level of physical fitness and that I pass a complete physical examination administered by the medical staff.
- If selected and I accept a cheer team position, I understand I will be required to attend all scheduled practices, classes, performances, summer camp, sporting events, pep rallies, team meetings, parades, alumni functions, and other functions or duties designated by the coaches and/or spirit coordinator.
- I understand I am agreeing to a FULL YEAR commitment (fall AND spring semesters).
- Being a Sac State Cheerleader is a major personal commitment of my non-academic time and cannot be placed secondary to any other non-academic activity. I understand that, with the exception of school, my commitment to the Sac State spirit program takes FIRST priority over all other activities (sorority, fraternity, clubs, organizations, work, etc.). Furthermore, I understand that last minute appearances/events may arise in which the cheerleaders must be present.
- I understand that as a freshman, I am not able to rush a sorority in the fall semester if I were to make the cheer team.
- I am responsible for the care and upkeep of all components of the cheerleading uniform. I will be responsible for all the financial obligations.
- The Sac State Cheerleaders play an important role in representing the University and its athletic program. As such, I will always know that I am an official representative of Sac State, its students, faculty, staff, alumni, and cheer program. I will always conduct myself in a manner to uphold that character, tradition, integrity, and spirit of Sac State.
- I understand and agree to be financially responsible for all items needed that will not be provided to me while cheering at Sac State.
- I agree to follow all safety guidelines deemed necessary by the Coaches and AACCA.
- I agree to abide by the spirit by laws as well as the code of conduct for athletes –all of which will be provided to me during summer training upon making the team.
- **I accept and understand that the decisions of the coach (s) will be final.**

Signature

Date