Video Tryouts - CHEER

General Requirements:
- Standing back tuck (Jump to Tuck combination preferred)
- Standing back handspring tuck (Jump combination preferred)
- Complete stunting and or tumbling requirements.

Large Coed:
Stunting/Flyer Position:
- Full up
- Rewind
- One of the two stunts above must end in a double down from an advanced body position (heel stretch, scale, etc.)
- Optional stunt (any other stunts or stunt sequences that you can perform)

Tumbling Position:
- Round-off back handspring full.
- Standing tumbling pass that ends in a full.
- Any Trick passes that end in full.

Small Coed/All Girl:
Tumbling:
- Toe touch back tuck.
- Toe touch back handspring tuck.
- Round-off back handspring layout.
- Optional, round-off back handspring full and or any Trick passes that end in full.

Stunts:
- Straight up lib
- Full up ending in advanced body position (heel stretch, scale, etc.)
- Optional stunt (any other stunts or stunt sequences that you can perform)

Your video should have the following in it:
- Your name.
- Where you are from.
- Why you want to be a member of the SFA Cheer Teams.

- Videos are due in the Spirit Office NO LATER than Thursday, April 28th
- You can email your video to: spirit@sfasu.edu
- You can mail your video to: SFA Spirit Teams
  Attn: T.J. Maple
  Box 13021 – SFA Station
  Nacogdoches, TX 75962

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