

University of South Florida Cheerleading

2009-2010

PRE-TRY OUT CLINIC:

WHEN: Sunday, March 22 from 1:00-4:00pm; Registration begins at 12:30pm

WHERE: The Corral of the USF Sun Dome

WHO IS ELIGIBLE: Any cheerleader who is in the process of getting ready for a college try out

COST: \$20 per participant (cash or check payable to USF) & a signed liability waiver

WHAT IT CONSISTS OF: The purpose of the clinic is to get cheerleaders ready for a college try out. The clinic will be geared toward the upcoming USF try outs; but can still be beneficial to cheerleaders looking at other colleges and universities. Skills for college try outs will be covered as well as important information about interviews with the coaching staff, how to present yourself, and the types of cheerleaders that college coaches are looking for. The clinic is not required, but strongly recommended for those cheerleaders who will be trying out at USF.

TRY OUTS:

WHEN: Friday, April 3, 2009 – Sunday, April 5, 2009

WHERE: The Corral of the USF Sun Dome

WHO IS ELIGIBLE: All current, full time USF students & all accepted, incoming freshmen

The University of South Florida Cheerleading Program will be having try outs for the 2009-2010 season in April. This try out is for all current, full time USF students; as well as all accepted, incoming freshmen. The try out will be for all spots on both the all girl and co-ed squads for the entire 2009-2010 season. The coaching staff will be looking to select a maximum of 32 all girl cheerleaders and 24 co-ed cheerleaders for the season.

The schedule for the weekend will be as follows:

Friday, April 3 – 5:30-6:00pm – Registration (if you have pre-registered plan to arrive at 5:45pm; if you have not pre-registered plan to arrive at 5:30pm)

6:00-10:00pm – Try Out

Saturday, April 4 – 9:00am-6:00pm (there will be a break for lunch)

Sunday, April 5 – 9:00am-1:00pm & 4:00-6:00pm (the afternoon break will be for lunch and final squad decisions to be made by the coaching staff)

The schedule is subject to change and any adjustments to it will be posted online. Please keep in mind that different rounds of cuts may occur at any time. Final decisions will not be made and/or announced until Sunday. All cheerleaders are expected to arrive on time to registration with completed paperwork. The necessary paperwork includes:

- Completed try out application form (download off the website)
- Photocopy of the front and back of your current, valid medical insurance card
- Signed liability waiver (download off the website)
- Photocopy of your student ID (for current students) & a photocopy of your acceptance letter for incoming freshmen
- Current photo (candid shots are fine)

Please note that pre-registration is **STRONGLY** recommended. You may submit your paperwork prior to try outs by mailing it to the following address:

Liisa Soncrant

Attn: USF Cheerleading

2404 Clareside Dr.

Valrico, FL 33596

Please plan for your paperwork to arrive no later than Tuesday, March 31, 2009. Those submitting their paperwork early will receive an email confirmation once it has been received. Please allow proper time for your paperwork to arrive in the mail. No cheerleader will be allowed to participate in the try out without having all completed paperwork turned in.

Proper cheerleading attire should be worn at all times during the try out process. It is suggested that everyone wear either USF apparel OR something that is neutral. Ladies should wear cheerleading shoes, t-shirt, bloomers, and cheer shorts. Gentlemen should wear comfortable, athletic shoes, t-shirt, and shorts. Feel free to bring a sweatshirt and/or warm ups if you tend to get cold easily.

The try out will consist of the coaching staff making selections for both the all girl and co-ed squads for the upcoming season. A maximum of 32 all girl cheerleaders and 24 co-ed cheerleaders will be selected at the try out. The recommended skills for each of the squads is listed below. Please keep in mind that these are simply guidelines; the coaching staff will be looking to selected to most talented athletes to be a part of the USF Cheerleading Program.

All Girl Skills:

- Triple Toe Touch Back Tuck
- Front Hurdler Back Tuck
- Running tumbling pass on the cheer mat (not a spring floor)
- Running tumbling pass on the hardwood (fulls are illegal on this surface)
- Full up (can be any type of full up, j-up, jump in, etc... and can end in a stunt of your choice)
- Stretch Double Down
- Arabesque goo

Co-ed Skills:

- Standing Back Tuck*
- Running tumbling pass on the cheer mat (not a spring floor)*
- Running tumbling pass on the hardwood (fulls are illegal on this surface)*
- Walk-in Hands
- Toss Hands/Extention

*Tumbling is required for females. While tumbling is strongly recommended for males, a lack of tumbling skills can be off-set by strong stunting skills.

Additionally, all cheerleaders trying out for either squad will be required to learn and perform a variety of game material; as well as other cheerleading skills not listed above.

Prior to trying out all cheerleaders should be aware that becoming a USF Cheerleader is a very large commitment. The season spans a full year, from April through the following April; and anyone trying out should be prepared to make that commitment. Cheerleaders are expected to participate in practices, games, fundraisers, and appearances throughout the year; including during University and holiday breaks. All squad members will participate in summer fundraising, participate in pre-camp work week, attend UCA College Camp, and arrive back on campus early in the fall to prepare for the first football game. Schedules will be provided to cheerleaders as soon as possible. Any cheerleader unable/unwilling to make this commitment should not try out.

If you have any further questions about try outs and/or the USF Cheerleading Program please contact Head Coach Liisa Soncraut at usfcheerleading@msn.com