

2011–2012 UW Spirit Program Tryout Requirements

COED CHEER FEMALES

Stunting Requirements

Required:

- Toss Chair
- Toss Extension
- Walk-in Extension
- Toss Liberty
- Toss Stretch Full Down

Recommended:

- Toss Stunts and Twisting Cradles

Standing Tumbling Requirements

Required:

- Back handspring
- Back Tuck

Recommended:

- Back handspring-back tuck

Minimum Tumbling Pass

Required:

- Round-off back handspring back tuck

Dance Requirements

Required:

- 6 non-repeating eight-counts
- Music and style of your choice
- Include 1 standing tumbling skill in dance
- Single turn
- Kick OR jump

General Tryout Requirements

Required:

- Black shorts or pants
- Black crop top or sports bra
- Any cheerleading shoe

Recommended:

- Full Gameday hair and makeup

COED CHEER MALES

Stunting Requirements

Required:

- Toss Chair
- Toss hands or extension

Recommended:

- Toss Stunts if candidate has NO tumbling elements (liberty, stretch, etc)

Standing/Running Tumbling

Required:

- Back handspring
- Back tuck
- Back handspring-back tuck
- Round-off back handspring or back tuck

Male Motions

Required:

- Basic cheer/Fight Song motions

General Tryout Requirements

Required:

- Black shirt
- Black shorts
- Any athletic or cheer shoe
- Clean shaven