



**2018-2019**

**TRYOUT INFORMATION**

**Friday, April 13th - Sunday, April 15<sup>th</sup>**

The following items are the minimum requirements needed for tryout participation:

- ☐ Application Form
- ☐ Application Questions
- ☐ Medical Release Form
- ☐ Copy of Sickle Cell Test Results (*required by the NCAA*)
- ☐ Proof of Medical Insurance
- ☐ Verification of Enrollment
  - **Current CU Students:**
    - Unofficial Transcript
  - **High School Students:**
    - CU Acceptance Letter

\*Contact Head Coach Tori Polsinello if your acceptance is still pending.
- ☐ Copy of Current Physical (within the last 6 months)

# 2018-2019 CLEMSON UNIVERSITY CHEERLEADING TRYOUTS

## **APPLICATION DEADLINE: Wednesday, April 11, 2018**

The application form and questions must be submitted to Spirit Program Coordinator Tori Polsinello by 5:00pm on Wednesday, April 11<sup>th</sup>. All remaining tryout documents (medical release, sickle cell results, verification of enrollment, copy of physical, and proof of medical insurance) may be turned in during check-in on the first day of tryouts. **You will not be able to participate if you are missing any paperwork.**

### Fax

Attn: Tori Polsinello  
864-656-1928

### Mail

Clemson University Athletics  
Attn: Tori Polsinello  
PO Box 31  
Clemson, SC 29633

### Email

[torip@clemson.edu](mailto:torip@clemson.edu)

## **TENTATIVE TRYOUT SCHEDULE Day 1:**

### **Friday, April 13, 2018**

4:30-5:30pm	Check-in at Jervy Gymnasium
5:30pm	Introductions and Tryout Overview*
	<i>*Scoresheets will be reviewed at this time</i>
6:00pm	Sideline Review ( <i>sidelines will be emailed to candidates on Wednesday, April 11<sup>th</sup></i> ) & Standing Tumbling Warm Up
7:00pm	First Round Evaluations Begin ( <i>this session will be closed to the public</i> )
9:30pm	First Round Results Emailed to Tryout Candidates

### **Day 2: Saturday, April 14, 2018**

*All tryout sessions will be closed to the public*

8:00am	Check-in/Stretch
8:15am	Tiger Rag Review
8:45am	Stunting Practice/Tumbling warm up
10:00am	Second Round Scoring Begins
4:00pm	Second Round Results Emailed to Tryout Candidates
5:00pm	Interviews Begin

### **Sunday, April 15<sup>th</sup>:**

*All tryout sessions will be closed to the public*

8:00am	Check-in/Stretch for Group Stunting Candidates
8:30am	Stunting/Tumbling Practice
10:30am	Final Round Scoring (group stunts)
12:15pm	Check-in/Stretch for Coed Stunting Candidates
2:15pm	Final Round Scoring (coed stunts)

**Monday, April 16<sup>th</sup>:** Final results emailed by 6:00pm

## **SKILL RECOMMENDATIONS** *(scores from each round are carried over into the next round):*

### **First Round:**

- Standing Tuck/Full
- Jumps to Tuck/Full (1, 2 or 3 jumps to tuck or full)
- Standing 1 or 2 handsprings to layout or full
- Sideline Chant (*motion technique, motion placement, showmanship, voice/projection*)

### **Second Round:**

- Tuckline with Poms (down and back)
- Stunting Versatility
- Toss Extension, Switch Up Stretch, Pop Off (group), Full Up (group), Toss Hands, Liberty, Pop Off (coed), Toss Hands, Cupie/Awesome, Pop Off (coed)

### **Final Round:**

- Interview
- Best Running Tumbling Pass (minimum- specialty to layout)
- Tiger Rag with Tuck and Stunt
- Elite Stunting
  - Coed Stunting:
    - Toss Lib, Pop Off
    - Toss Target, Stretch or Full up, Stretch, Pop Off
    - Toss Target, Aero Double or Inversion to Aero Double
  - Group Stunting: Quick Toss Heel Stretch, Pop Off
    - Toss Lib, Pop Off
    - Full 1/2 up, Pop Off or Low to High Full Around, Pop Off
    - Inversion to Aero Double or Low to High Tick Tock to Aero Double

## **PARTNER STUNTS:**

It is your responsibility to select your partner/groups during the tryout process. **You may NOT bring your own partner/stunt group to tryouts.** Only candidates trying out will be allowed to stunt.

## **GAME DAY EMPHASIS:**

The primary role of the Clemson Cheerleading Program is to promote crowd involvement at athletic events and appearances. Showmanship, motion technique, and crowd leading ability are important factors in the tryout/selection process.

## **METHOD OF EVALUATION:**

The coaching staff and judges will be looking for well-rounded athletes with a positive attitude, strong work ethic, and strong skill technique during the two days of tryouts. The first round of scoring will be completed by the coaching staff. The second and final rounds of scoring will be completed by the coaching staff and an experienced judging panel. All returning members must re-tryout every year.

## **TRYOUT APPEARANCE:**

Clemson University Cheerleaders are expected to present themselves in a professional and collegiate manner at all times. All candidates trying out must wear athletic attire appropriate for a cheerleading tryout:

- Females: Orange, purple or white tops are required during tryouts. Natural make up should be worn and hair should be in either a pony tail or half-up, half-down with a bow. Cheer shoes are recommended for stunting purposes. Finger nails must be athletic length (short enough to where you cannot see the tips of the finger nails while the individual's palms are facing them). Jewelry of any kind is prohibited.

- **Males:** Orange, purple or white t-shirts are required each day of tryouts. Cheer shoes are recommended, but basketball, running, or cross training sneakers are also acceptable. Facial hair should be well-groomed and non-excessive. Jewelry of any kind is prohibited.

### **TRYOUT TIPS:**

- Submit your application for enrollment to the University by February 15, 2018.
- Review the recommended tryout skills and work on mastering them.
- Practice stunting with multiple groups/partners.
- Familiarize yourself with Clemson University and Athletic traditions.
- Attend one of our college prep clinics. Clinic attendance is not a tryout requirement, but it is recommended to help candidates become more familiar with tryout skills/expectations.
- Do not underestimate the importance of the game day aspects of tryouts (sideline chant, fight song, etc.).

### **TRYOUT FEEDBACK:**

If you would like to set up a meeting to review your scores or receive feedback via email contact Head Coach Tori Polsinello after April 25, 2018. Parents and/or Coaches will not be able to receive feedback or scores of participants who tried out unless written consent from the tryout participant is provided.

### **VIDEO TRYOUTS:**

Candidates are highly encouraged to attend the live tryout. Video submissions will be allowed with permission from the Spirit Program Coordinator for extenuating circumstances **if** the candidate attended a college prep clinic and/or met with the Head Coach prior to tryouts. Contact Tori Polsinello at [torip@clemson.edu](mailto:torip@clemson.edu) for permission to submit a video tryout.

### **ADDITIONAL TRYOUTS:**

Additional tryouts will only be held if positions are not filled at the spring tryout or if positions become available throughout the year. If a second tryout is needed the details will be posted online at [www.clemsonathletics.com](http://www.clemsonathletics.com), select "Inside Athletics" and follow the drop down menu to the "Spirit Squads" tab.

### **LODGING:**

Tryout candidates are responsible for their own lodging during tryouts. The following hotels are located close to campus.

Courtyard Clemson (Marriott)- (864) 654-8833  
 Hampton Inn Clemson- (864) 653-7744  
 Comfort Inn- (864) 653-3600  
 University Inn and Conference Center- (864) 986-6200  
 Holiday Inn and Suites- (864) 654-9410

# 2018-2019

## CLEMSON UNIVERSITY CHEERLEADING

### General Information

#### **TEAM EXPECTATIONS:**

- Uphold and reflect the goals and image of Clemson University.
- Support the Clemson University athletic teams and promote crowd involvement at games and events.
- Serve as an ambassador for the University and Athletic Department.
- Attend all practices, games, workouts, and a select number of community/University events.
- Maintain a positive attitude and strong work ethic.
- Adhere to all academic requirements and team policies.

#### **ELIGIBILITY:**

All team members must be full time students. Incoming freshmen and transfer students must provide proof of acceptance. If you are placed on the waiting list, you may try out for a position on the practice team. Current Clemson students must have a cumulative GPA of 2.0 or higher and be free of any academic or disciplinary probation to be eligible to tryout.

#### **SEASON OVERVIEW/PRACTICE SCHEDULE:**

**April:** Tryouts

**April-July:** Team members are expected to maintain the skills demonstrated at tryouts over the summer and complete various “summer challenges” to display ability level/progress. A game day video will be provided, and all material must be learned before preseason practices begin.

**August:** Preseason practices begin approximately 1-2 weeks before classes begin. Housing arrangements will be made for all team members.

**September-December:** Regular season practices begin. Both teams cheer at football, volleyball, and preseason basketball games. Various University, community, and athletic events occur during these months as well (examples: First Friday Parade, Tigerama, Rock the John, etc.).

**December-January (*Finals/Winter break*):** Attendance at Men’s and Women’s Basketball games as well as travel to post season football events may be required over winter break. No mandatory practices will be held during finals week.

**January-April:** Regular season practices continue. One of the weekly evening practices will be used to prepare for basketball games, the other practice will be designated for team members interested in competing at NCA Collegiate Nationals. Travel for post season Men’s and Women’s basketball will take place in March. Team members who choose to compete will be required to return early from spring break and attend all competition practices and fundraisers.

#### **TEAM DESCRIPTIONS:**

The All Girl and Coed teams are two teams within one program. The primary difference between the teams is their style of stunting. Both teams follow the same guidelines, require the same time commitment, and perform/practice together frequently. Alternates may be selected for one or both teams at the discretion of the Head Coach.

### **Clemson All-Girl Cheerleading**

The All-Girl team attends all home Football games as well as select Volleyball, Women's Basketball and Men's Basketball games. All members are required to represent the spirit program at various University activities, functions, and charitable events. The team practices and attends strength and conditioning workouts 2-3 times a week. The Team consists of 20 members.

### **Clemson Co-ed Cheerleading**

The Co-ed team attends all home Football games as well as select Volleyball, Men's Basketball, and Women's Basketball games. All members are required to represent the spirit program at various University activities, functions, and charitable events. The team practices and attends strength and conditioning workouts 2-3 times per week. The team consists of 20 members.

### **Fall Practice Team**

The Practice Team will consist of 1-2 couples and up to 1 stunt group. These individuals will attend night practices and perform at select Volleyball games and appearances. Members of the Practice Team will not attend summer camp, morning workouts, or football games. They will not receive a stipend, ticket benefits, or athletic gear/awards. At the end of the fall semester practice team members will meet with the coaching staff to discuss their status for the spring semester.

### **All Girl and Coed Team Benefits**

The following benefits will be provided to students who are in good standing with the program for the entirety of the season (August-April):

- The opportunity to represent Clemson University at games, events, and in the community.
- Nike Attire (warm-ups, practice t-shirts, shorts, backpacks, and sneakers).
- Travel opportunities for away Football games, Post-season Football games, and Post-season Men's and Women's Basketball tournaments.
- Ability to see a nutritionist and have a customized nutritional plan developed.
- Use of the Jervey Strength & Conditioning Facility and a customized training program provided by a Strength Coach.
- Access to Athletics Department team physicians and athletic trainers.
- Access to Academic Support Services.
- Option to compete at NCA College Nationals in April.
- Yearly Athletic Awards (awarded to student-athletes who complete a full year commitment and are in good academic standing):
  - 1<sup>st</sup> year= Letterman's Jacket
  - 2<sup>nd</sup> year= Coasters
  - 3<sup>rd</sup> year= Watch
  - 4<sup>th</sup> year= Ring
- Scholarships:
  - 1<sup>st</sup> year team members= \$750
  - 2<sup>nd</sup> year team members= \$1,000
  - 3<sup>rd</sup> year team members= \$1,500
  - 4<sup>th</sup> year team members= \$1,500

### **TRAVEL:**

Travel rosters will be determined by the coaching staff. Skill level, commitment/attitude, stunting position, seniority, and grade point average will be taken into consideration when choosing which team members travel to away and postseason games. Students who are on academic probation and/or do not meet the minimum appearance requirement will not be eligible to travel.

# Clemson University Cheerleading 2018 - 2019 Tryout Application

**Please print**

Full Legal Name: \_\_\_\_\_ CUID Number: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Email Address: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ Home Address: \_\_\_\_\_

**Position** (circle preferred position):    FLYER                  FEMALE BASE                  MALE BASE                  BACKSPOT

**Primary Insurance Company:** \_\_\_\_\_

**Insurance Policy Number:** \_\_\_\_\_

**Emergency Contact:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Please Circle Your Size:**

WARM UP JACKET	XS	S	M	L	XL	XXL
WARM UP PANTS	XS	S	M	L	XL	XXL
T-SHIRT	XS	S	M	L	XL	XXL
SWEATSHIRT	XS	S	M	L	XL	XXL
RUNNING SHORTS	XS	S	M	L	XL	XXL
SPORTS BRA	XS	S	M	L	XL	XXL
BRIEFS/SPANDEX	XS	S	M	L	XL	XXL

Running Sneaker Size: \_\_\_\_\_ Cheer Sneaker Size: \_\_\_\_\_ Skirt/Pant Size: \_\_\_\_\_ Shell Size: \_\_\_\_\_

**College Major:** \_\_\_\_\_

**Fall 2017 Class Standing:**    FR    SO    JR    SR    Other: \_\_\_\_\_

**Expected Graduation Month/Year:** \_\_\_\_\_

**CURRENT CU STUDENTS/TRANSFER STUDENTS:**

Fall 2016 Semester GPA: \_\_\_\_\_

Cumulative GPA: \_\_\_\_\_

**HIGH SCHOOL STUDENTS**

High School: \_\_\_\_\_

Cumulative GPA: \_\_\_\_\_

I \_\_\_\_\_, have read the 2018-2019 Clemson University Cheerleading tryout information and understand the requirements needed for tryout participation and team membership. In submitting this application, I consent that the information provided is true and accurate. I accept and understand that the decision of the judges and coaching staff will be final.

Applicant's Signature \_\_\_\_\_

Date \_\_\_\_\_

# **Clemson University Cheerleading 2018 - 2019 Tryout Application Questions**

- 1. Why do you want to be a Clemson Cheerleader?**
- 2. Incoming students- Why do you want to attend Clemson University?  
Current Clemson Students- What are two of your favorite Clemson traditions? Why are they your favorite traditions?**
- 3. What is your preferred position (base/backspot/flyer) and style of stunting (coed/all-girl)? List the most advanced stunting and tumbling skills you've mastered on grass/non-spring floor.**
- 4. How would a former teammate describe your work ethic? Explain.**
- 5. What qualities do you possess that make you an ideal candidate to represent the Clemson University Cheerleading Program?**



### **Medical Liability Waiver**

I, \_\_\_\_\_, hereby desire to try out for the Clemson University Cheerleading Program that will start workouts in August, 2018. This includes all practices, workouts, conditioning, games, drills and strength training that the team participates in.

I fully understand that prior to trying-out, I must provide the following:

- 1) Proof of a physical examination within the last six (6) months, and
- 2) Results of a Sickle Cell Trait test.

I fully understand and accept that neither Clemson University nor any of its employees can assume responsibility for any injuries that I may receive as a result of trying out for a team, or conditions arising from a pre-existing injury or condition (before coming to Clemson).

If I am selected to join the team, I will receive a physical examination and complete the Clemson University Athletic Department Sports Medicine Forms (including health history and insurance information) for review and clearance to participate.

I know of no physical ailments, injuries, or conditions that would restrict my participation in the Clemson University intercollegiate athletic program.

\_\_\_\_\_  
(Signature)

\_\_\_\_\_  
(Age)

DATE: \_\_\_\_\_

WITNESS: \_\_\_\_\_

DATE OF LAST PHYSICAL: \_\_\_\_\_