



CHEERLEADING
2020-2021
TRYOUT INFORMATION

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

Application Form (online submission)

Application Questions (online submission)

Medical Release Form (email to torip@clemson.edu)

Verification of Enrollment (email to torip@clemson.edu)

- **Current CU Students:**
 - Unofficial Transcript
- **High School Students:**
 - CU Acceptance Letter
 - *Contact Head Coach Tori Polsinello if your acceptance is still pending.

Video of Required Tryout Skills

2020-2021 CLEMSON UNIVERSITY CHEERLEADING TRYOUTS

APPLICATION DEADLINE: Friday, April 17, 2020

All application materials must be submitted by 5:00pm on Friday, April 17th.

Mail

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

Email

torip@clemson.edu

TRYOUT SCHEDULE

Day 1: Saturday, April 18, 2020

9:00am- Virtual Tryout/Season Overview with Coach Tori

6:00pm- Final Round Candidates Announced (via email)

Day 2: Sunday, April 19, 2020

9:00am- Facetime Interviews with Final Round Candidates begin

1:00pm- Final Round Scoring Begins

Monday, April 20th: Final Round Results Emailed by 6:00pm

RECOMMENDED SKILLS *(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/specialty to layout or full
- Sideline Chants (*motion technique, motion placement, showmanship, voice/projection*)

Second Round:

- Running Tumbling Pass (minimum- specialty to layout)
- Tuckline or Back to Back Standing Tucks
- Stunting Versatility (*all straight pop dismounts*)
 - Groups: Toss Extension, Switch Up Stretch, and Full Up
 - Coed: Toss Extension, Hands Liberty, and Hands Cupie

Final Round:

- Interview (informal- practice attire can be worn)
- Tiger Rag with Tuck and Stunt
- Elite Stunting

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.

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 (t-shirt or tank top, shorts, cheer/running sneakers).

TRYOUT TIPS:

- Submit your application for enrollment to the University by February 15, 2020.
- 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 24, 2020. 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.

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/spirit

2020-21

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 18-24 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 18-24 members.

Alternates/Practice Team

The need for alternates/practice team members will be determined by the coaching staff at tryouts.

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):
 - 1st year= Letterman's Jacket
 - 2nd year= Coasters
 - 3rd year= Watch
 - 4th year= Ring
- Scholarships:
 - 1st year team members= \$750
 - 2nd year team members= \$1,000
 - 3rd year team members= \$1,500
 - 4th 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.

Medical Liability Waiver

I, _____, hereby desire to try out for the Clemson University Cheerleading Program that will start workouts in August, 2020. 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 (12) 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: _____