



2020-2021

Video Tryout Instructions

Updated 3/19/20

VIDEO TRYOUT DEADLINE

Tryout videos must be received by **Friday, April 17, 2020** at 5:00 PM. In addition to the video, all candidates must submit the tryout application form and questions that are part of the tryout packet- [Tryout Application](#)

Email videos to torip@clermson.edu using google drive, dropbox or youtube (use unlisted setting).

VIDEO TRYOUT REQUIREMENTS

Tryout videos must include the following material. Please contact Head Coach Tori Polsinello (torip@clermson.edu) if you are unable to video the required skills before the April 17th deadline.

- 1) Short Introduction (name, hometown, major, previous cheer experience).
- 2) Tiger Rag with standing tuck and toss extension with poms (**on grass or non-spring floor**).
- 3) Sideline: Clemson, Tigers, Let's Go xxx (prancing) and Take it in Tigers (non-prancing)
**Male motions- same motions, but no footwork- keep legs shoulder width apart.*
- 4) Standing Tumbling (**on grass or non-spring floor**):
 - a. Standing Tuck or Standing Full
 - b. Tuck Line down and back (with at least 3 people) or 2 standing tucks back to back (shrug on 1 for each)
 - c. 3 Jumps to Tuck or Full.
 - d. Standing 1 or 2 Handsprings to Tuck, Layout, Full or a specialty standing pass to Layout or Full.
- 5) Running Tumbling: 1 Pass **on non-spring cheer floor or grass** (*showcase your best pass*).
- 6) Stunting (pick one option below or submit both to be considered for either team):
 - a. Group Stunting
 - Toss Extension/Quick Toss Extension with 2 different flyers/bases
 - Switch Up Heel Stretch, Pop Off
 - Full up, Pop Off
 - Toss Heel Stretch, Pop Off
 - Full 1/2 up, Pop Off or Low to High Full Around, Pop Off
 - Inversion to Stretch, turn, Aero Double

b. Coed Stunting

- Toss Extension with 2 different flyers/bases
- Toss Hands, Heel Stretch, Pop Off with two different flyers/bases.
- Toss Hands, Cupie, Pop Off
- Toss Liberty, Pop Off
- Toss Target, Stretch or Full up, Stretch, Pop Off
- Toss Target, Stretch, turn, Aero Double or Inversion to Stretch/Aero Double

SCORING

First and second round skills will be scored on Saturday, April 18th. All candidates will be emailed Saturday evening by 6:00pm with the first and second round results. Candidates advancing to the final round will be assigned a Facetime Interview time for Sunday, April 19th. Final Round skills will be scored and added to the first/second round scores on Sunday as well. Team selections will be emailed on Monday, April 20th by 6:00pm.

Email Head Coach Tori Polsinello with any questions torip@clemsn.edu