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

- **First Round Material:** Must be submitted on or before April 2, 2021.
  - Application Form (online submission)
  - Application Questions (online submission)
    - Link to Form and Questions- [2021-22 Tryout Application](#)
  - Teacher/Coach Recommendation (online submission)
  - First Round Skill Video and Introduction
    - Tryout material video will be posted March 12th
  - Medical Release Form (email completed form to torip@clemson.edu)
  - Verification of Enrollment/Acceptance (email to torip@clemson.edu)
    - Current CU students- unofficial transcript
    - High School Seniors/Transfer Students- Copy of Acceptance Letter

- **Final Round Material:** Must be emailed to torip@clemson.edu on or before April 30, 2021.
  - Proof of Medical Insurance
  - Copy of Sickle Cell Results (required by the NCAA)
  - Copy of Current Physical (within the last 12 months)
TRYOUT MATERIAL DEADLINES

Incomplete/late applications or videos will not be considered for the 2021-22 season.

First Round Requirements due on Friday, April 2, 2021:
Items to be submitted on-line:
• Application Form and Questions- https://forms.gle/iAgkX7k8duSqrgRGA
• Coach/Teacher Recommendation Form
Items to be emailed to torip@clemson.edu
• Introduction and First Round Skill Video
• Medical Release Form
• Verification of Enrollment/Acceptance
  ➢ Current CU students- unofficial transcript
  ➢ High School Seniors/Transfer Students- Copy of Acceptance Letter

Final Round Material: Must be submitted on or before April 30, 2021:
• Proof of Medical Insurance
• Copy of Sickle Cell Results (required by the NCAA)
• Copy of Current Physical (within the last 12 months)

TRYOUT TIMELINE

First Round Evaluation: February 20th-April 2nd
The first round tryout evaluation will be completed as materials are received. Evaluation feedback and notification of advancement will be provided 1-2 weeks after a candidate's first round materials are submitted.

Second Round Tryout Evaluation: April 15th-18th
The second evaluation will take place virtually and will consist of an interview and fight song assessment.

Final Round Tryout Evaluation: May 1st-2nd
The final evaluation will take place in-person (if possible) or virtually.

Final Round Results: Emailed May 3rd by 6:00pm

OPEN POSITIONS WITHIN PROGRAM:
Due to the skill restrictions in place as a result of COVID-19, current team members, in good standing with the program, will not be required to re-tryout for the 2021-22 season. All current team members will undergo a coach’s evaluation and interview prior to being re-awarded a roster spot for the 2021-2022 season. Incoming tryout candidates will fill remaining open positions.

TRYOUT TIPS:
• Submit your application for enrollment to the University by February 15, 2021
• Review the recommended tryout skills and work on mastering them.
• Showcase stunting versatility.
• Familiarize yourself with Clemson University and Athletic traditions.
• Attend one of our virtual college prep clinics. Clinic attendance is not a tryout requirement, but it is recommended to help candidates become more familiar with our program.
• Do not underestimate the importance of the game day aspects of tryouts (sideline chant, fight song, etc.).
SKILL REQUIREMENTS (scores from each round are carried over to the next round):

**First Round: All skills must be completed on grass, turf or non-spring mat.**

- 3 consecutive Standing Tucks or Standing Fulls (set 1, swing 3, land 5, stand 7, repeat)
- Jumps to Tuck or Full (1, 2 or 3 jumps of your choice to tuck or full)
- Standing 1 or 2 handsprings to layout or full, or specialty standing pass to layout/full
- Running Tumbling (best 2 passes)
- Sideline Chants (1 prancing, 1 non-prancing)
- Band Dance
- Basic Stunts (all straight pop dismounts, all 3 stunts required)
  - Groups: Toss (Quick Toss) Liberty, Switch Up Stretch, and Full Up
  - Coed: Toss Extension, Hands Liberty, and Hands Cupie

**Second Round (virtual):**

- Interview (this portion is not scored)
- Fight Song assessment (with standing tuck and poms)

**Final Round:**

- Elite Stunting
  - Coed Stunting:
    - Toss or Hands Liberty, Pop Off
    - Choose one sequence from options below:
      - Platform Stretch, turn Aero Single or Double Down
      - Full up or Inversion to Platform or Immediate Stretch, turn Aero Single or Double Down
  - Group Stunting:
    - Toss Extension, Low to high Full Around, Pop Off
    - Back Handspring or Rewind to Stretch, turn Aero Single or Double Down
- Basic Stunting Versatility (basic stunts performed with multiple groups/partners)
- Tumbling Progressions
- Game Day Material Review

**METHOD OF EVALUATION:**
The coaching staff will be looking for well-rounded athletes with a positive attitude, strong work ethic, and strong skill technique throughout the tryout process. The first and second rounds will be evaluated by the coaching staff. The final round will be evaluated by the coaching staff and alumni judging panel. All scores carry over to the following round. There are limited positions available based on stunting position. Candidate scores will be compared by position.

**TRYOUT ATTIRE:**
Tumbling and Stunt Skill Videos- Any athletic attire (cheer/running sneakers, t-shirt, tank top, shorts, etc.).

Game Day Material Videos/Assessments- Orange, purple, white, gray or black athletic attire. Hair in a pony tail or half up/half down.

**TRYOUT FEEDBACK:**
Feedback will be provided to candidates after the first and final rounds.

**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 on-line at [www.clemsonathletics.com](http://www.clemsonathletics.com).
2021-22

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 18-26 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
The need for alternates will be determined by the coaching staff at tryouts.

COMMITMENT/BENEFITS
- Candidates offered a position for the 2021-2022 season will have until May 17, 2021 to sign a one-year commitment form.
- No candidates will be offered a multi-year agreement. A new commitment form must be offered by the coaching staff and signed by the student each season.
- If a team member chooses to terminate his/her commitment mid-season or that is removed for disciplinary actions/team violations he/she will not be eligible to rejoin the team and will forfeit any remaining portion of the financial aid award provided.
- No financial aid awards, additional services, etc. are guaranteed year over year. All applicable items received, as well as financial obligations, will be denoted in the yearly commitment form.
Medical Liability Waiver

I, ____________________________, hereby desire to try out for the Clemson University Cheerleading Program that will start workouts in August, 2021. 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: ________________