

SFA Cheerleading

Fall 2009 Recruit Weekend

Saturday, October 10, 2009

Check-In: 11:45 a.m.

Work-Out: 12:00 - 2:00 p.m.

Cheer Clinic: Will be divided into two groups.

Work on tumbling and stunting for tryouts.

Start with stretching as a group.

Group 1: Will go to tumbling strip to work on tumbling.

Group 2: Will stunt with current SFA Cheerleaders and each other.

Groups will switch at halfway point.

Saturday, October 10, 2009

6:00 p.m.

SFA Football vs. McNeese State

All clinic attendees will get free admission to this game.

Sunday, October 11, 2009

Check-In: 11:45 a.m.

Work-Out: 12:00 - 2:00 p.m.

Cheer Clinic: Again we will be divided into two groups and follow same schedule as day 1.

*****Clinic practices will all be held in the HPE Complex in the big gym on the SFA Campus*****

What to Wear:

Girls: Sports bra, t-shirt and spandex, and be sure to have your hair up out of your face.

Guys: T-shirt and work-out shorts.

Be sure to wear appropriate cheerleading shoes.

Other Important Information:

- Pick up tryout application and be sure to have everything completed and turned in no later than April 23, 2010.
- Procedures for applying for Admission at www.sfasu.edu or (936) 468-2504.
 - Submit Undergraduate admission application (\$25 application fee and no application deadline)
 - Submit Official High School Transcript with class rank (Only if you are an incoming freshman or have less than 15 transferable college hours)
 - Submit Official ACT and/or SAT scores (Only if you are an incoming freshman or have less than 15 transferable college hours)
 - Submit Official College Transcript for each college you have attended (If applicable)

Coach Information:

Trisha O'Connor - Spirit Coordinator / Head Cheerleading Coach

Stephen F. Austin State University

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