



Stephen F. Austin State University

Large Coed Tryout Explanation

Overview

Welcome to the 2010-2011 SFA LARGE COED Tryouts! The Stephen F. Austin Lumberjacks are the 10-Time NCA Division I Collegiate National Champions, including the last 6 in a row. SFA also currently holds seven of the top ten UCA Partner Stunt positions and multiple NCA Partner Stunt Titles as well as received a full paid bid to the NCA Collegiate Nationals at camp this past year. We are very glad that you have decided to tryout for the team, as you have decided to tryout for the best!

Scholarship

The scholarship for the large coed is to be determined by the coach per semester (up to \$1,600 per year). All athletes that are out of state will be guaranteed enough scholarship to waive any out of state fees that will be incurred in order to attend SFA. The university will also cover all cheerleading related expenses including nationals, uniforms, travel, etc, however each individual will be asked to contribute money for camp and will be expected to participate in fundraising throughout the year.

General Tryout Info

Stephen F. Austin does not hold a traditional cheerleading tryout. There are no judges and there are no points allotted during your tryout. The scholarships will be awarded to the students that the coaching staff feels are best able to represent the university in all forms and functions and that can also help to win another national championship. Remember, if you have an exceptional ability in one area it can make up for a lack in another area. Please also note that this year, there will be a \$20 tryout fee. This will help balance out the costs for renting the facilities we use for our tryouts.

The selection process will consist of a clinic and tryout: Saturday, May 1, 2010 at 11:00 a.m. and 4:00 p.m. there are workouts that are required for everyone trying out for either the small or large coed cheer squads.

Large coed tryouts are held the following day, Sunday May 2, 2010 starting at 9:00 a.m.

SFA tryouts are much more relaxed and laid back than any other school I have been to, and the athletes should feel at ease and relaxed as well. The reason we do our tryouts this way is so that we get a chance to watch everyone work together, we get to see a person's attitude, work ethic, and their ability to work with the people around them, not just the skills that they can demonstrate one time at a tryout.

Saturday will be run like a large practice. The coaches will be taking notes on your abilities. Sunday you will come out individually. The schedule will run as follows:

Saturday

1. We will start with group stretching. Old team members will lead everyone so we can all warm up together.
2. We will then move to jumps, where jumps such as toe touches, pike jumps, and front hurdlers will be performed by every individual.
3. We will do toe backs and pike backs in groups of fifteen or more.
4. We will look at standing fulls, jump to fulls, standing two to fulls and standing one to fulls.
5. At this time we will open up both of the diagonals for running tumbling. All tumbling performed at this time must follow AACCA guidelines. An example would be that no tumbler will be allowed to perform any double twisting elements during our opening tumbling time. If you have any questions regarding these rules, please feel free to contact Head Coach, Trisha O'Connor at occonnortrish@sfasu.edu.
6. The rest of the morning session will be set aside for stunting. You will want to practice three different stunts that you feel best show your stunting abilities that follow the tryout requirements listed below. You will show these three stunts on Sunday. For girls it is important to show flexibility and double downs. We are looking for potential, so please do not be intimidated if you do not have the skills of some of the rest of the girls. For guys we are looking at strength and stunting technique.
7. The entire afternoon session will be devoted to stunting, so that everyone will have enough time to work on the stunts they want to do on Sunday.
 - A word of advice from the coaching staff: Clean skills are more impressive than skills that are shaky and unperfected. Do not try to move on to more difficult stunts until you are able to perform the basics with perfection. Difficulty will get you fewer points than a clean and perfected skill.

Sunday

1. Every cheer team candidate will perform their individual this day.
2. You will tryout in groups of five.
3. The first five will come onto the mat and perform a standing back and a toss to hands lib.
4. You will then move to the back of the mat facing the coaches and perform your first tumbling pass, followed by the rest of your group members, and you will do your best running tumbling pass across the floor.
5. You will then do all standing tumbling that you want to show, to the best of your abilities. (ex. toe back, pike back, double/triple to back, standing full, two to fulls and one to fulls, etc).
6. You will then show your three stunts with the person you worked with the day before.
 - The large coed "Purple Team" will be posted shortly after the tryouts end. The Small Coed "White Team" tryouts will begin at 3:00, so if you do not make the Purple team then you may tryout for the White Team.
 - Directly after the Purple team tryouts end, there will be a mandatory new team meeting. During this meeting we will discuss the upcoming year and fill out all necessary paperwork.

Overall Team Requirements

- Standing Tumbling:
 - Everyone is required to throw a standing back
 - Those requiring spots will be allowed
 - Any other standing tumbling the participant wishes to perform will be evaluated as well.

- Stunts:
 - Everyone is required to perform a toss to hands lib

*** Anyone wishing to tryout for both specialty positions is more than welcome to perform requirements for both specialty stunting and specialty tumbling. ***

Specialty Stunt Requirements

- Stunt # 1:
 - Must be a full-up stunt.

- Stunt # 2:
 - Must be a two arm rewind stunt
 - Flyer must double down from one of these stunts, which must be an advanced body position, and performed with two arms by the base.

- Stunt # 3:
 - Will be an optional stunt. This optional stunt may be a sequence of two stunts.

*** Coaching Staff will be looking for skills that have been mastered by participants. More difficult stunts that have not been mastered will not be evaluated as well as a stunt that is performed with cleanliness and perfection. ***

Specialty Tumbling Requirements

- Tumbling Pass # 1:
 - Must be a round-off back handspring full.

- Tumbling Pass # 2:
 - Will be an optional pass. This optional pass may be a sequence of as many skills the participant wishes to perform.

*** Anyone with the ability to perform a running tumbling pass ending in a full is encouraged to exhibit these skills before the coaching staff during their tryout. ***

ANY SKILLS THROWN THAT ARE NOT WITHIN THE AACCA LEGALITIES WILL NOT BE JUDGED, AND PARTICIPANT WILL BE ASKED TO LEAVE THE TRYOUT.