

# SFA Cheerleading

## Spring 2010 Pre-Tryout Workshop

**Saturday, April 17, 2010**  
**Check-In: 1:45 p.m.**  
**Work-Out: 2:00 - 4:00 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, April 17, 2010**  
**4:00 p.m.**

Campus Tour will be given for athletes and parents by the Assistant Dean of Student Life, Michael Preston.

**Sunday, April 18, 2010**  
**Check-In: 1:45 p.m.**  
**Work-Out: 2:00 - 4:00 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](http://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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