



# Stephen F. Austin State University

## Video Tryout Requirements

Mail to:  
Trisha O'Connor  
PO Box 13021 - SFA Station  
Nacogdoches, Texas 75962

Please start out with a short introduction of yourself and what position you are trying out for on the team.

Include the following requirements in the following order on your video:

- ★ One Sideline chant (may include incorporations)
- ★ Jumps - Include toe touch and a pike jump as well as jumping skills combined with tumbling (ex. toe back, double toe back, pike back, etc.)
- ★ Standing tumbling - Include all standing tumbling you can perform (back, handspring back, and standing twisting skills ex. standing full, handspring full, etc.)
- ★ Running tumbling - Include a maximum of 3 tumbling passes showing your best tumbling ability (NO SPRING FLOORS)
- ★ Stunts - Include a maximum of 5 stunts showing your best stunting ability into and out of each stunt.
- ★ Dance - Include a minimum of four (4) 8 counts of dance (does not have to be set to music).
- ★ (Optional) Basket toss - Show a maximum of three tosses exhibiting your best basket tossing ability.

**Review and make sure you have met all the skills outlined in the General Tryout Requirements for the team you are trying out for. All stunts and tumbling requirements must be met in order for candidates to be eligible for the teams.**

Please be sure to label the top, side and sleeves of your video.

Video tryout tapes should be received no later than April 23, 2010.

Please also include your \$20 tryout fee with your video.

If you need any additional information, please do not hesitate to contact me. Thank you for your time and interest in the SFA Spirit Program.

Sincerely,

Trisha O'Connor  
Spirit Coordinator / Head Cheer Coach  
oconnortrish@sfasu.edu