2020-2021 NSU Cheer Tryouts Information

Due to the unforeseen effects of the COVID-19 Pandemic, we have implemented a NEW Tryout Process for the selection of the 2020-2021 NSU Cheer Team. We are committed to assuring the health and safety of our student-athletes and coaching staff is top priority.

Tryouts for the upcoming season will be in two phases. The initial audition will be based on video submission; qualifying videos will determine the first cut of candidates. An active link to your tryout video MUST be submitted to Coach Armor on June 21, 2020 by 8pm. After videos are reviewed, candidates that advance to the live virtual round will be notified via email on June 24, 2020. If video isn’t submitted prior to the above mentioned deadline, candidates will have to wait until spring for the next season tryout. The final auditions will be a live virtual tryout via zoom. Details regarding virtual auditions will be provided to those individuals who are selected.

Video submission must be emailed to Coach Armor at koarmor@nsu.edu

The Additional Requirements should be emailed along with your video submission to the email listed above.

Additional Requirements: (must be received in order for the Video tryout to be considered)

1.) NSU Spirit Program Tryout Packet
2.) Head Shot and Full Body Photo
3.) Copy of Unofficial Transcript (Current and Transfer Students)
4.) Fall 2020 Class Schedule
5.) Acceptance Letter (Freshman Only)
**Video Requirements**

Skills to Demonstrate:

- Jump: Toe Touch, Hurdler (Right or Left) or Pike, and Jump Combination of choice
- Sideline Cheer of Choice (Note: this is a cheer of your own personal choice)
- Tumbling (Standing or Running)

Helpful Tips:

- No distractions in background during your tryout process.
- Clean, steady, & clear view of you throughout the entire video.
- All video tryouts must be on hard floor or grass (no spring floor)
- Video should be done in a professional manner
- Video must be uploaded in ONE video to YouTube. Please title the video with your Name, Classification, and NSU Cheer Tryout Video
  - Ex: Dana Snow, Senior, NSU Cheer Tryout Video

**Tryout Attire:**

**Females**

- Black Sports Bra
- Black Shorts
- White Cheer Shoes
- Hair: Half-up Half-down (Out of face)

**Males**

- White Shirt
- Black Shorts
- White Tennis Shoes
- Hair: Well Groomed

**Section 1: Introduction**

- Name/Hometown/Classification

- High School/College/All-star program where you have cheered/currently, include number of years
Section 2: Sideline Cheer

• Motion Technique:
  • Please select a sideline cheer or chant that best displays your skills. The cheer should be no more than 30 seconds; it can be an original or school cheer.
    • Be Sharp
    • Loud
    • Creative
    • Show Personality

Section 3: Standing and Running Tumbling

• REMINDER: All skills executed on dead mat and/or grass - NO spring floors.
  • You are not limited to only these skills, show us your best skills.

Note: Tumbling skills are to be performed at participant’s discretion. Demonstrate of any skills should be displayed safely and in accordance to the USA Cheer/AACCA safety guidelines. If you do not have access to a gym/ facility in which you can safely perform the desired skills, please verbally identify you highest skill.

Standing Options (Stick, Stand up clean and sharp):

• Back handspring
• Tuck
• Toe back

Running Options:

• Running Tumbling Pass (show best college level skills)

Section 5: Stunting

• Must identify which position you will be trying out for on Application - Flyer/Top, Main/Side/Backspot.

Optional Note: You are welcome to share any video of yourself performing in the position in which you’re applying. We MUST be able to identify you in that position. Show us the position you are strongest at.
• Stunts shown need to be that of a collegiate level skill (i.e. above prep or half level).
• Top Girls: You must show all body positions (i.e. lib, heel stretch, arabesque, scorpion, etc.

**Plan Ahead:**

Note: The dates below are **mandatory**. Any conflicts, you will either need to make other arrangements or you will need to try out for the team another year.

**Summer: If any dates change, coaching staff will notify as soon as possible.**
- Mandatory Interest Meeting (Zoom): Wednesday June 17, 2020 at 6pm EST
- Tryout video is due: June 21, 2020
- 2nd Round Clinic/Instruction: June 25, 2020 at 7PM
- Final Tryout (Zoom): June 27 and/or 28th
- Preseason NSU Cheer Camp: August 10-23, 2020
- Move in/Report date: August 9th

**Tentative Fall Practice Schedule:**

- Practice
  - Mondays and Wednesdays 6-8:30PM
  - Wednesday and Friday 5:30-8AM

**Tentative Spring Schedule:**

- Practice Schedule depending on home basketball games
  - Mondays and Wednesdays 6-8:30PM
  - Wednesday and Friday 5:30-8AM
- Spring Break – MEAC Basketball Tournament (tournament team will be selected during the season)

**Season Calendar will be provided upon the start of the season. All dates and practice are tentative to change. At any time, community and campus events/appearances can be added to the schedule without advance notice. Any candidate selected must not plan to leave early for breaks or vacations nor away game weekends.**