

Dear Prospective VSU Cheerleader,

Thank you so much for your interest in the cheerleading program here at Valdosta State University. VSU cheerleaders are part of the exciting and competitive Athletic Department at Valdosta State. VSU cheerleaders not only provide sideline support at Blazer Football and Basketball home games, but they also compete in NCA's Collegiate National Championship held annually in Daytona Beach, Florida. In addition, both squads participate in a variety of activities and community service programs designed to promote student spirit and participation both on campus and throughout the community. Cheerleaders are also required to uphold a minimum grade requirement and are currently having success in the classroom with a 3.23 cumulative team grade point average.

VSU cheerleaders will be hosting two tryout clinics: February 27, 2010 and March 27, 2010 from 1PM to 5 PM. All prospective collegiate cheerleaders can choose to attend one or both of the tryout clinics. The tryout clinic is designed as a practice to get prospective VSU cheerleaders prepared for what to expect at tryouts. Prospective VSU cheerleaders will be able to stunt, tumble, etc. with members of the current squads. For a clinic registration form and/or for more information, please visit our website listed below. **Tryouts for the 2010/2011 squads will be held on May 1, 2010.** Tryouts will be held at the VSU P.E. Complex and will begin at 10AM and end at approximately 6PM. Tryout videos are accepted with a valid excuse for not being able to attend. Please contact Head Coach Dantè Tennant for more info.

THE COED SQUAD

COED will consist of 25+ male and female cheerleaders. This squad competes in Small Coed Division II (16 girls & 4 guys). Most stunts will be performed "All-girl" style with a main base, secondary base, and a back. In the NCA Collegiate National Championship, the COED squad claimed their first NCA Collegiate National Title in 2009; the coed team also received a full paid bid to attend NCA Nationals in 2010. Below are a list of requirements and the practice schedule for the COED squad.

THE ALL-GIRL SQUAD

The All-Girl team will consist of 25+ female cheerleaders. The All-girl team competes in the Division II All Girl Division at the NCA Collegiate National Championship; they placed 3rd in 2008 and again in 2009. Below is a list of requirements and the practice schedule for the All-girl squad.

TRYOUT MATERIAL FOR BOTH SQUADS:

Both teams will learn:

- The fight song and/or band dance
- 2 chants

TUMBLING:

- Standing tuck (on a gym floor)
- Toe tuck
- Jump sequence to tuck (sequence TBD at tryouts)
- Standing back handspring tuck
- MINIMUM of a round off back handspring tuck
- Layouts and fulls strongly suggested

STUNTS:

GUYS

- Back spotting (All-girl style) or main/secondary basing
- Toss to hands, extension, lib

STUNTS:

GIRLS (performing your respective part i.e. base, back, flyer)

- Double down out of all body positions

PRACTICE SCHEDULE:

- Monday 3-5:30 PM
- Wednesday 3-5:30 PM
- Friday 3-5:30PM
- Tuesday and Thursday workouts, time TBD (workouts are for an hour in the weight room with the strength and conditioning coaches)

Benefits of being a VSU Cheerleader

- Supported by the Athletic Department
- Student-athlete status
- Priority registration for classes
- Access to tutors
- Access to Athletic Training Room
- Strength & Conditioning coaches
- Complimentary tickets to all home football and basketball games
- Meal stipend when traveling

For more information on the VSU Cheerleading program, you may visit <http://www.vstateblazers.com/cheer>. Please feel free to contact us at cheerleading@valdosta.edu at anytime. Thank you so much.

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