

2024-2025 LSU Cheerleading Tryout Application

Tryouts will be held on **April 20-21 with an optional stunt session on April 19, 2024** at Carl Maddox Field House in the Spirit Facility. The field house is located at Nicholson Dr, Baton Rouge, LA 70803. All candidates must submit a registration form on the LSU Spirit Squads website by **April 18, 2024**, to be eligible to tryout. Please note all medical forms are due by **2 PM, April 18, 2024**.

The required forms for tryouts include:

1. Completed application on LSU Spirits Squads website
2. Three professional references which you must submit (names and contact info) when you complete the tryout application online
3. If you have applied, please attach any documentation received from the LSU Admissions Office regarding your enrollment process in the designated location on the website application (1st time freshman and transfer students)
4. Copy/photo of your LSU ID (current LSU students) sent to mparten@lsu.edu
5. All medical forms include a prior medical history form, a physical examination including an EKG and Sickle Cell test, and a front and back copy of your insurance card.
 - a. When you complete the tryout registration application on the LSU Spirit Squad page, you will be prompted to fill out a **prior medical history form**. Download the medical history form, fill it out, and email or scan a photo of it to our Athletic Trainer, Shawn Eddy, at reddy1@lsu.edu along with a copy of the front and back of your **insurance card**.
 - i. The **subject line** should say "CHEER TRYOUTS" followed by first and last name.
 - ii. Once you have done this, a copy of the **physical examination form** that is required will be provided by LSU Athletic Training via email– only after submitting the Medical History Form.
 - b. **If you have been to a 2024 LSU Cheer Spring clinic** and have already turned in a medical history form and insurance card, please email Shawn Eddy at reddy1@lsu.edu and request the physical examination form.
 - c. The physical required at tryouts by LSU athletics includes a **Sickle Cell Test** and a **EKG**.
 - d. Once the physical is complete, it will also be emailed to Shawn Eddy at reddy1@lsu.edu.
 - e. **ALL MEDICAL FORMS (including physical) and INSURANCE CARD MUST BE RECEIVED by Shawn Eddy via email BY 2 PM on APRIL 18, 2024** to be eligible to participate in tryouts.
6. Inquiries about submitting a **tryout video** should be made to mparten@lsu.edu via email only by 5:00 PM on April 15, 2024. Please include "LSU CHEER TRYOUT VIDEO" as the subject to inquire about the **possibility** of a video tryout submission. Exceptions may be made if circumstances permit a tryout video upon the discretion of the coaching staff. There are certain guidelines that will need to be followed but only will be given upon email inquiry. Thanks!

Tryout Schedule:

All times and activities are subject to change based on the needs of LSU coaches and judges. Athlete cuts will be made as needed throughout the weekend.

Friday, April 19 (Optional session) 5:00-7:00 PM CST

Location: Carl Maddox Field House in the Spirit Facility. The field house is located at Nicholson Dr, Baton Rouge, LA 70803.

Activity: Optional stunt session for participants to prepare for the stunting portion of tryouts

Saturday, April 20, Day 1 Evaluations (Required Session) 8:00 AM- 5:00 PM CST

Location: Carl Maddox Field House in the Spirit Facility. The field house is located at Nicholson Dr, Baton Rouge, LA 70803.

Activity: Tumbling, Fight Song, Fitness Test

Sunday, April 21, Day 2 Evaluations (Required Session) 8:00 AM - 5:00 PM CST

Location: Carl Maddox Field House in the Spirit Facility. The field house is located at Nicholson Dr, Baton Rouge, LA

AFTER FINAL CUT: 2024/2025 LSU Cheer Team meeting (*will be finished by 6:00 PM on April 21st*)

Tryout Information Continued:

*All skills must be performed with the candidates trying out. **No outside stunt partners will be allowed.**

* **Team selection extends beyond skill prerequisites.** Additional pivotal considerations encompass game day competency, precise motion technique, coachability, a collaborative ethos, authentic school spirit, and adaptability. These factors collectively contribute to assembling a team that excels not only in individual capacities but also in cohesive collaboration and resilience in the face of challenges.

* **NO one will be allowed into the tryout facility besides participants trying out for LSU Cheer.** No family, friends, alumni, or parents will be allowed on the premises of the facility unless specifically notified by LSU Coaches or LSU Athletics staff. **This is a closed tryout.**

Female Attire:

- Traditional Game Day makeup is recommended
- Hair should be neat and pulled back out of face
- Purple, Gold, black, white or gray fitted tank top and athletic shorts will be worn, spandex shorts and sports bra as needed
- White no-show socks.
- Must wear cheer shoes, bring tennis shoes for workout portion
- For returning LSU athletes, NO LSU official issued practice gear
- NO JEWELRY including stud earrings

Male Attire:

- Neatly groomed or clean shaven
- Purple, Gold, black, white or gray workout gear can be worn
- White no-show socks
- May wear any type of athletic tennis shoe
- NO JEWELRY including necklace chains

Skills Requirements:

CoEd Female:

- **Tumbling: preferred:** Standing Tuck, Standing 2BHS layout, Running layout, Running full and 2BHS to full
- **Stunting: preferred:** Toss Extension, Toss Lib, Heel Stretch, Full Up, Double Down. Additional elite skills and dismounts.

The elite stunt section of the tryout will allow no outside partners. Males and Females will pair up on their own (one male, one female) and create a stunt sequence to show to the judges. The sequence should include a minimum of two stunts and a double down dismount. Transitions and additional skills are at the participants discretion.

- **Gameday:** Each female is expected to know the fight song motions, words, toss extension, and tuck choreography as featured in the video provided below:

[Hey Fightin' Tigers Tryout Version](#)

CoEd Male:

- **Tumbling:** No tumbling required but a standing tuck and additional skills are **preferred**.
- **Stunting: preferred:** Toss Extension and Toss Lib, additional elite and super elite skills

The elite stunt section of the tryout will allow no outside partners. Males and Females will pair up on their own (one male, one female) and create a stunt sequence to show to the judges. The sequence should include a minimum of two stunts and a double down dismount.

Transitions and additional skills are at the participants discretion.

- **Gameday:** Each male is expected to know the fight song motions, words, toss extension, and choreography as featured in the video provided below:

[Hey Fightin' Tigers Tryout Version](#)

Important Dates:

If selected for the 2024/2025 LSU Cheerleading Squad, please note the following mandatory dates:

- July 13-July 16, 2024: July Practice Weekend
- July 17-July 21, 2024 UCA College Camp at University of Alabama
- Mid-late August exact dates TBD: Pre-Season Practices
- August 26, 2024: First Day of Fall Semester Classes

If team members do not meet the skills requirements of the team upon returning to team practices in July, it is up to the coaches discretion to allow the athlete to remain on the 2024/2025 roster.

Program Information:

- All team members must undergo a comprehensive physical examination conducted by our sports medicine team before participating in any team activities
- If chosen, attendance is mandatory for all practices, events, camps, games, classes, and other assigned functions by the Athletics, Marketing, and Coaching Staff.
- If selected, you are required to attend all essential team activities, including practices, workouts, games, promotional events, fall and spring travel, and any events that may occur during weekends, student breaks, and holidays.
- If chosen, you agree to adhere to safety guidelines established by USA Cheer, LSU Athletics, Coaching Staff, and UCA camp staff.
- If selected, practices occur four times per week during the semester for about 2-3 hours each, with additional team workouts 2 times per week.
- For nationals team members, daily practices take place during Thanksgiving and winter breaks, with a brief break for holidays.

- The commitment spans a full year, from tryouts to the following year's tryouts.