



2020-2021 ODU Cheer Tryouts Information

Due to the unforeseen circumstances, a NEW Tryout Process will be implemented in the selection of the 2020-2021 ODU Cheer Team.

Qualifying videos will determine the first cut of candidates. During cheer's tentative work week, July 27-31, second cuts may be made if needed. A working link to your tryout video **MUST** be submitted to Coach Tara Lynne Cannon on **May 15, 2020 by 7pm**. If you miss this deadline, you will have to wait until the next season or you will have to wait and see if there is an additional tryout.

Video submission must be emailed to Tara Lynne Cannon at

tcannon@odu.edu

The Additional Requirements should be MAILED to:

Tara Lynne Cannon - Spirit Coordinator
436 New Zealand Reach
Chesapeake, VA 23322

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

- 1.) ODU Cheer Team Tryout Packet
- 2.) ODU Spirit Squads Handbook
- 3.) Physical with Sickle Cell test
 - Must be the physical form provided on the website
- 4.) Copy of Insurance Card
- 5.) Head Shot and Full Body Photo
- 6.) Acceptance Letter or Class Schedule
- 7.) Tryout Fee \$40 (cash only)



Video Tryout Requirements

- <https://youtu.be/IV3evpy5drl>
- This link will bring you to the video with the two chants and fight song you will need to learn for your tryout video. Please learn this material and include it in your video where it should be. All videos should flow nicely
- 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 ODU Cheer Tryout Video
 - Ex: Tara Cannon, Senior, ODU Cheer Tryout Video

Tryout Attire:

- Black Sports Bra
- Black Spandex or Black Running Shorts
- White Cheer Shoes
- Hair Half-up Half-down curled

Section 1: Introduction & Interview

- Name/Hometown
- High School/College/All-star program where you have cheered/currently, include number of years

Answer the following Interview Questions (MAX. TIME: 2 minutes)

- What interested you in the ODU Cheer Team?
- What qualities do you have that will benefit the ODU Cheer team?
- How do you plan to balance academics, cheerleading, college life, and social life?



Section 2: Motion Technique (Be Sharp)

- 2 chants shown:
 - ❖ Blue – White - Monarchs Lets Fight
 - ❖ O-D-U – Lets Go Big Blue
- ODU Fight Song (known as Victory) music for this can be found on YouTube

Section 3: Standing 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.
- Standing Back Tuck, and/or standing full (Stick, Stand up clean and sharp)
- Two-to-tuck or better
- Toe back
- Three connected jumps (Variety)

Section 4: Running Tumbling

- 2 Running Tumbling Passes (show best college level skills)
- These need to be two different passes

Section 5: Stunting

- Must identify which position you will be trying out for on Application - Flyer/Top, Main/Side/Backspot and be shown in that position. Show us the position you are strongest at.
- Switch up to lib, heel stretch, scale, arabesque, full down
- One or Two elite stunts (full-up, double up, rewind, BHS up or similar)
- Top Girls: You must show all body positions in the air. Must show double down



Plan Ahead:

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

Summer: If any dates change, coaching staff will notify ASAP.

- Tryout video is due: May 15th
- Mandatory Team Zoom meeting: May 19th at 6:00pm
- July ODU Cheer Camp: July 27th – 31st (Second Cuts may be made at this time)
- Move in/Report date: August 24th

Tentative Fall Practice Schedule:

- Practices on Mondays and Wednesday
- **Mandatory** Football Game on Thanksgiving Weekend
- Shortened Winter Break

Tentative Spring Schedule:

- Practice Mondays and Wednesdays
- Multiple Basketball Games a week
- Saturday/Sunday practices when necessary for Nationals
- Work week during Spring Break to practice for Nationals
 - March 8-13th
- College Nationals: Usually 1st or 2nd weekend in April