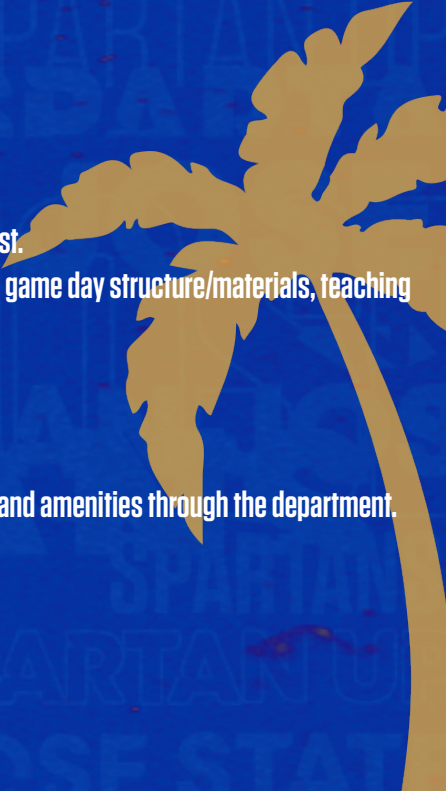


SJSU SPIRIT TEAM'S

FREQUENTLY ASKED QUESTIONS

- **Is San Jose State's Cheerleading team Coed or All-Girl?**
 - Currently, our cheer team is Small-Coed. However, we are always looking to build our Co-ed program and will keep both styles in our repertoire.
 - **How many spots are on the team?**
 - The amount varies per season. We are currently looking for 20-25 cheerleaders and 15-20 dance members but will be open to varying amounts upon tryouts.
 - **Is there a skill requirement?**
 - **TUMBLING REQUIREMENTS MAY BE WAIVED FOR EXTREME TALENT IN STUNTING.** The minimum tumbling skill is a back handspring. Consideration will be given to those with higher tumbling skills. However, we encourage all to tryout.
 - **What's the time commitment as a member of the team?**
 - On average, team members spend 15 to 20 hours per week attending games, workouts, fundraisers, appearances, and practices. All new team members are required to complete 10 hrs of mandatory Athletics Study Hall their first semester. Hours adjust the following semester depending on GPA.
 - **Does your cheer team participate in STUNT?**
 - We currently do not participate in STUNT.
 - **Will there be practices in the summer?**
 - There will be mandatory "Two-a-day" practices (Fall Camp) in the month of August.
 - All practices are mandatory as we will be setting up stunts/dance lines, learning game day structure/materials, teaching traditions, and skill building.
 - practices tend to be during the first or second week of August
 - **What are the perks of being on the team?**
 - We are fortunate to be under San Jose State Athletics and have many resources and amenities through the department.
 - priority registration
 - multiple opportunities to travel throughout the season
 - athletic trainers and strength & performance coaches
 - academic advisors
 - representation on SAAC (Student-Athlete Advisory Committee)
 - access to state-of-the-art Koret Athletic Training Facility.
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- **What does it cost to be on the team?**

- Practice apparel/shoes, uniforms, travel per diem, and game day meals are all funded by the Athletic Department. However, there is a \$1500 fundraising commitment due by Fall Camp. Funding can be earned the following ways:
 - Out of pocket payment
 - Donations
 - Calendar Sale Profits

- **Does SJSU participate in any cheerleading or dance competitions?**

- The program has a history of participating in competition.
- Competition is dependent on the success of fundraising and composition of the team.
- Competition details will be released after the roster is complete and the official season begins.

- **If I make the team will I compete?**

- Competition is based on performance throughout the team's season. Those with strong tumbling and stunting or individual dance skills will be taken into consideration.

- **Do I need to be accepted into the school before I tryout? Is it too late to apply?**

- The official deadline to apply for Fall 2023 was November 30, 2022.
- You will need to have been accepted to San Jose State University in order to tryout. Please contact the coaching staff with any questions regarding admission.

- **When are tryouts, and what do I bring, is there a fee?**

- Tryouts are April 21st -April 22nd.
- Tryout fee is as follows:
 - \$25 for all new recruits, \$20 for potential returners
- ALL forms and items listed in the tryout packet.
- All must have a recent SICKLE CELL TEST, physical, and waivers in order to participate in the tryout.

