**University of Virginia Cheerleading Tryout Information**

**Tryout Dates and Location**

Dates: April 3-5, 2020
April 3: 6-8:30 p.m.
April 4: 10 a.m.-3 p.m.
April 5: 9:30 a.m-2:30 p.m.

Location: Slaughter Recreation Center

The Co-Ed and All-Girl teams will be selected during the tryout weekend. Video tryouts will not be accepted. Tryouts are closed to friends and family.

**Required Documents**

Required tryout documents may be downloaded on the UVA Cheerleading website. These documents must be completed and presented on the first day of tryouts in order to participate.

* Medical Identification Form
* Tryout Participation Waiver
* Physician's Affirmation of Physical Fitness to Participate
* A copy of the front and back of your insurance card.

**Tryout Fee**

A tryout fee of $30 cash or check made payable to UVA Cheerleading is required.

**Tryout Requirements**

**Tumbling**

* Standing tumbling (women): back handspring required; standing back tuck preferred
* Running tumbling: round-off tuck and tumbling passes that consist of at least 2 back-hand-springs

**Fight song, band dances and sidelines**

* This material will be taught during the first day of tryouts.

**Stunts**

* Coed Team:  Toss extension and liberty
* All Girl:  Stretch full down and full up extension pop down
* Candidates will be placed in stunt groups by the coaching staff and evaluated the entire weekend. Demonstrating versatility with stunting is encouraged. Candidates will be asked to work with more than one group or partner.

**Appearance**

Tryout participants should present themselves in a professional manner.

* Women: Please come prepared in game day makeup and hair. Do not wear jewelry.
* Men: Please come prepared clean shaven with trimmed hair. Do not wear jewelry.

**What to Wear**

Please wear orange, navy, gray or white. All athletic t-shirts must be tucked in for both males and females. Hats are not permitted. Athletic tennis shoes must be worn at all times during the tryout process. It is suggested that females wear sport tanks during the tryout process but it is not mandatory.

**Questions?**

Please contact Head Coach and Spirit Coordinator Kelley Haney at klc4z@virginia.edu