

Schedule for Biola Cheerleading 2008-2009 Try-outs

Try-out sessions will be held March 14th & 15th at Biola University Gymnasium

Friday, March 14th- 6:30pm-10:30pm

Dance choreography & sideline material will be taught. Tumbling evaluation.

Saturday, March 15th - 12:00pm-7:00pm

Tryouts-Jumps, sideline, dance & stunt technique evaluation.

For weekend accommodations – Be sure to ask for Biola Rates

Holiday Inn Select

14299 Firestone Blvd.

La Mirada, 90638

800-972-2576

www.ichotelsgroup.com/h/d/sl/1/en/hotel/laxlm;jsessionid=E4KQZMF11YCOUCTGWAJJCJ0QK

Marriott/Residence Inn La Mirada – Be sure to ask for Biola Rates

14419 Firestone Blvd.,

La Mirada 90638

714-523-2800

www.marriott.com/hotels/travel/snalm-residence-inn-la-mirada-buena-park/

Tryout Skill Requirements

Stunts

Liberty- with a full down or double down Cradle

Heel Stretch-with a full down or double down cradle

Arabesque-with a full down or double down cradle

Optional stunt- with a full down or double down cradle

Tumbling

We would prefer to see a minimum of a standing back-handspring and a round-off back-handspring.

More advanced skills and front tumbling preferred. Tumbling is not a requirement, but it is ***highly*** valued.

Try-Outs Check List

1. Signed liability waiver & photocopy of Insurance card
2. Completed application & 1 Letter of Recommendation from previous coach
3. \$30.00 Application fee
4. Proper work out attire - sports bras are required with t-shirt or tank top over it.
5. Cheer shoes recommended & hair pulled back. NO JEWELRY.

If you live out of state or are absolutely unable to attend try-out weekend at Biola, there may be a video try-out option available to you. Videos must be received no later than April 15th 2008. If you are trying out via video, you will need to include the following on your try-out video:

1. 3 Jumps-one of which must be a toe-touch
2. 1 cheer & 1 sideline chant
3. Tumbling skills; a minimum of a Back Hand-spring and Round-off BHS is ideal. Be sure to show us your best skills! We want to see the most advanced tumbling you are capable of.
4. Stunting ability
5. Bases- show us your versatility and strengths.
6. Flyers-Liberty, Heel stretch, Scorpion, Scale, Arabesque, Full-twisting cradle and/or double twisting cradle.
7. 4-6 eight counts of dance. Music selection & motions should be of appropriate taste & tempo.