



## **Saint Louis University** **SLU Cheer & Dance Teams**

**SLU Cheer and Saintsations Dance Team:** We are two separate teams united by school spirit! Beyond the occasional crossover you will be independent teams with the same common goal - to support Saint Louis University along with its students, activities, and athletic teams. Our program also focuses on helping spirit squad members grow in their talents, while teaching responsibility, teamwork, and discipline. All members will follow the same constitution that aligns with the expectations and values of the athletics department.

**Membership:** When you are offered a position on the SLU Cheer or Dance team you are committing to an active role in building an even stronger spirit program. Your season begins day one of tryouts and ends day one of tryouts for the following season. Our heaviest time commitment is during basketball season. After basketball season our practices are lighter in preparation for the new season.

### **Tentative Practice Schedule:**

Monday 6-9pm

Tuesday 6:30-8:30pm

Thursday 6:30-8:30pm

*Subject to change based on availability of space & coaches/athletes schedules*

### **Cheer Tryouts:**

What to wear

- Women- black sports bra and black form fitting shorts
- Men - black shirt with black shorts
- Plain white cheer shoes (women)
- Hair half up (women)
- **Do not wear any SLU attire**

### **Cheer Tryout Schedule:**

**April 22, 2017**

9 a.m. Check-in/open stretch (sign up for an interview time during check-in)

9:30 -11:00 a.m. Tumbling & Stunts

11 a.m. - Noon Fight Song

Lunch Break

1 - 2 p.m. Interviews (Interviews will be one at a time)

2:15 p.m. **Tryouts/Callbacks**

(Callbacks require that everyone stay at tryouts for the full duration unless released with permission from the coaches)



## **Saint Louis University**

### **SLU Cheer & Dance Teams**

#### **Cheer Skills (female)**

##### ***Requirements: Most of the following***

Pick up changes quickly and able to implement quickly

- Toss to hands for coeds
  - Base: can execute ability or potential to perform stunt
  - Flyer: can execute ability or potential to perform stunt
- Walk-ins for coeds
  - Base: can execute ability or potential to perform stunt
  - Flyer: can execute ability or potential to perform stunt
- Chair sits
  - Base: can execute ability or potential to perform stunt
  - Flyer: can execute ability or potential to perform stunt
- Stunt group position
  - Flyer: single leg stunt to full down
  - Side base: has the ability to lift a stunt without turning or making the stunt uncomfortable for the other members
  - Main base: has the ability to lift a stunt without turning or making the stunt uncomfortable for the other members
  - Back spot: is the strongest member of the stunt group and is able to keep a stunt from falling.
- Tumbling
  - Running: Roundoff backhandspring
  - Standing: Back handspring
- Jumps
  - Toetouch
  - Right and left hurdler
  - Pike
- Ditties
  - Can perform given ditties in specified time
- Chants/gameday appearance.
  - Loud projection, powerful, and energized performance

#### **Cheer Skills (male)**

##### ***Requirements: Most of the following***

- Toss to hands for coeds
  - Base: can execute ability or potential to perform stunt



## **Saint Louis University** **SLU Cheer & Dance Teams**

### **Cheer Skills (male - continued)**

- Walk-ins for coeds
  - Base: can execute ability or potential to perform stunt
- Chair sits
  - Base: can execute ability or potential to perform stunt
- Stunt group position
  - Side base: has the ability to lift a stunt without turning or making the stunt uncomfortable for the other members
  - Main base: has the ability to lift a stunt without turning or making the stunt uncomfortable for the other members
  - Back spot: is the strongest member of the stunt group and is able to keep a stunt from falling.
- Tumbling
  - Running: Roundoff backhandspring
  - Standing: Back handspring
- Chants/gameday appearance.
  - Loud projection, powerful, and energized performance

### **Dance Tryouts:**

What to wear

- Saturday clinic - sports bra and form fitting shorts/pants
- Sunday tryout - black sports bra and black form fitting shorts/pants
- **Do not wear any SLU attire**

### **Dance Tryout Schedule:**

#### **April 22, 2017**

9 a.m.	Check-in/open stretch (sign up for an interview time during check-in)
9:30 a.m. - Noon	Dance Choreography & Technique Lunch Break
1 - 2 p.m.	Fight Song
2 - 3 p.m.	Interviews (Interviews will be held one at a time)
3 - 4:30 p.m.	Material Review
4:30 - 5:30 p.m.	Mock tryout and Q&A

#### **April 23, 2017 (if needed)**

10 a.m. - TBA      Tryouts/Callbacks

(Callbacks require that everyone stay at tryouts for the full duration unless released with permission from the coaches)



**Saint Louis University**  
**SLU Cheer & Dance Teams**

**Dance Skills**

***Requirements: Most of the following***

- Performance ability
  - Energized, powerful performance ability, always on
  - Pick up choreography quickly and able to implement quickly
- Dance Technique
  - Double/Triple Pirouette
  - Single/Double Coupe Turn
  - Turns in Second
  - Flexibility - All Splits
  - High Kicks, Tilt Kick
  - Split Leap, Center Leap
  - Turning Disc
  - Calypso

*Video Tryouts: You must get approval from coaches prior to submitting a video tryout. Video must include all elements on the tryout scoresheet and be presented in a professional manner. Video tryout will be followed up with a phone or in-person interview. Please contact Stephanie Dankenbring at [dankenbringsl@slu.edu](mailto:dankenbringsl@slu.edu) if you would like to request a video tryout.*

**Questions - Please contact Stephanie Dankenbring [dankenbringsl@slu.edu](mailto:dankenbringsl@slu.edu)  
or 618-806-7169**