

The Northwestern State Cheerleaders are the premiere spirit group for the University. The NSU cheerleaders serve several roles at the University. They have the opportunity to cheer at all home football, basketball, and volleyball games and all away conference football games. They also represent the University at various alumni and community functions and events. There is a lot of work involved to maintain skills required by the program.

Cheerleading is a full year commitment. Freshman Cheerleaders receive a \$700 scholarship per semester in addition to other scholarships they may already have. Second year cheerleaders receive \$800/semester, Third year- \$900/semester and fourth year receive \$1000 each semester that they participate on the squad. All applicants must have a cumulative 2.0 in order to audition at the time of audition. High school seniors or transfer students must provide a transcript or other proof of the cumulative GPA prior to the audition.

Northwestern State University Cheerleading is a UCA team. The cheerleaders attend UCA camp in San Marcos, TX during the summer and compete at UCA College Nationals in Orlando, FL in the winter. The team competes in the Division I- Large Co-ed Category.

The NSU cheerleaders and the program follow the safety guidelines set and recommended by the American Association of Cheerleading Coaches and Advisors (AACCA) at all times. All applicants are expected to also follow these guidelines at all times during the clinic and selection process.

Requirements

- Collegiate Image
- Interview
- Stunts (Co-Ed) –All stunts performed at try-outs MUST be with a Northwestern Cheerleader or a male/female that is auditioning as well.
 - Toss to hands Extension/ Toss Extension (*Toss Extension preferred*)
 - Toss to hands Liberty/ Toss Liberty (*Toss Lib preferred*)
 - *Stretch Full-Down is encouraged.*
 - Optional Stunt (The stunt is a requirement for tryouts, but it is labeled optional stunt because it is a stunt of your choice) (*Advanced stunt preferred*)
 - A stunt of your choice with the veteran cheerleader's name pulled.
- Crowd-Involvement Cheer
- Fight Song
- Tumbling
 - Standing Back Handspring **AND** Standing Back Tuck
 - Two (2) running tumbling passes consisting of round-off back handspring back tuck or >

Cheer

The cheer will be taught at the mandatory clinic on April 16-17, 2016. In the cheer, judges are looking for the ability to connect and lead the crowd in a game situation. Judges are looking for genuine enthusiasm and energy as well as overall ability to communicate positively to the crowd. The judges will be looking for your comfort level both in the face, as well as in your body. Eye contact and facial expressions will be evaluated in this section. **We are looking for natural and NOT forced facial expressions.** Motions will also be evaluated at this time; they will need to be sharp and clean.

Fight Song

Motions to the fight song will be taught at the mandatory clinic on April 16, 2016. This is a portion that will demonstrate the applicant's ability to keep a rhythm with the official fight song of Northwestern State University. In the fight song there will be a stunt not to exceed a toss liberty.

Tumbling

Standing and running tumbling are required for females. All applicants are asked to demonstrate a standing back handspring and a standing back tuck. Athletes have the option of performing up to 2 running tumbling passes allowing a specialty pass. Tumbling is highly encouraged for males.

Judges are looking at several elements in this section including approach, execution, and landing. In both back handsprings and back tucks it is ideal for athletes to land on both feet without knees, hands, or elbows, etc. touching the ground during or after skill. Running tumbling will be evaluated with 1-2 tumbling passes. One pass must consist of nothing less than round off consecutive back handsprings. Scores of this section will be evaluated not solely on difficulty, but also execution.

Collegiate Image

Collegiate Image is defined as the "All-American" look. Individuals are expected to be in excellent physical condition and be well groomed. A good collegiate image also includes an individual's poise, confidence and charisma with respect to individuals encountered at any event. Visible piercing(s) and/or tattoos are not allowed while in uniform or while at or on a University function. At try-outs and any time in the practice room or during the selection process no jewelry or suggestive attire will be allowed.

Clinic Attire for Saturday - 9am - noon, 1:30 - 5pm

Female athletes can wear sports bras, t-shirts, tanks, spunks, and/or athletic shorts. All females are required to wear cheer shoes. All clothing needs to allow for free movement and athleticism. Spunks are required for female athletes even if worn under shorts. No jewelry is to be worn. Male athletes can wear t-shirts, gym shorts, and tennis shoes.

Try-Out Day (Sunday) - 8am until

Females need to wear a sports bra top allowing the judges to see your torso. Spunks (Nike pros, volleyball shorts, etc.) are required. In other words the judges need to see your body type and how physically fit you are. Females must wear cheerleading tennis shoes. The uniforms the cheerleaders wear during the year do show these areas of the body. Males need to wear a t-shirt, athletic shorts, and tennis shoes.

*****some materials are likely to change*****