SLU Cheer Team: The Saint Louis University Cheer Team's primary goal is to support Saint Louis University along with its students, activities, and athletic teams. Our program focuses on helping our 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 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. There will be a required camp attendance in August.

Practice Schedule:
Monday 7:00-9:00 PM
Tuesday 7:00-9:00 PM
Thursday 7:00-9:00 PM
Subject to change based on availability of space & coaches/athletes schedules

Cheer Tryouts:
What to wear

- Women: Black, Blue, or white Sports bra and form-fitting tank top
- Black form-fitting shorts/pants or black tennis skirt
- Cheer Shoes
- Hair ½ up half down with a bow
- Gameday Makeup
- Men: white, blue, black, or gray shirt and shorts

Do Not Wear

- **Jewelry**
- **Fake nails**
- **SLU attire**

Cheer Tryout Schedule: The schedule is tentative
April 26th

9:00 a.m.	Check-in/open stretch
9:30-11:15 AM	Stunting
11:15-11:45 AM	Tumbling
11:45 - 12:30	Chat + Fight Song review
12:30 - 1:30 PM	Lunch (on your own)
1:30 - 2:30 PM	Material Review
2:30 - 3:00 PM	Tumbling Tryout
3:00 - 4:30 PM	Stunt Tryout
4:30 - 6:00 PM	fight song and chant tryout

Cheer Skills
Requirements: Most of the following

- Gameday Appearance
    - Energized, powerful performance ability
    - Voice projection
    - Tight motions
    - Crowd involvement
    - Pick up choreography and be able to implement quickly
- Stunt Technique
    - Versatile and able to stunt with a variety of different stunt groups
        - Extension pop-off
        - Lib
        - Extension corkscrew
        - Full down from extension
        - Full down from single-leg stunt
        - Shoulder Stand
- Tumbling
    - Standing back handspring
    - Round-of back handspring ‘
    - Standing back tuck
    - Round off back handspring series
    - Any higher level tumbling

Questions or to schedule a video tryout please contact:
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