



## **Cheer Video Tryout- Application Requirements:**

Please review this document for a checklist of what should all be included on your video submission for tryouts:

### ***-Standing Tumbling:***

- Back Tuck
- Optional Skill

### ***-Running Tumbling:***

- Two Best Passes

### ***-Stunts:***

- Best Toss Skill (Liberty, Stretch, Arabesque, Scorpion)
- Best Walk-Up Skill
- Optional Skill (First)
- Optional Skill (Second)

*Note: Optional skills should show off your hardest skills: (ball-ups, full-ups, full downs, flips, etc...)*

### ***-Sideline Cheer***

### ***-Dance***

### ***-Game Footage and/or Competition Footage***

Make sure you have included all listed. All video submissions should be sent to [Cyndi.Mellin@indianhills.edu](mailto:Cyndi.Mellin@indianhills.edu).