

VIDEO TRY-OUT PROCESS

Please adhere to the following guidelines when submitting a video:

- DVD or Digital copies will be accepted.

✉ **MAIL TO:**

HBU Student Life – CHEER TRYOUTS
ATTN: CHELSEY CROSBY
7502 FONDREN RD
HOUSTON, TX 77074

✉ **EMAIL TO:**

CHELSEY CROSBY
ccrosby@hbu.edu
Subject: Cheer Tryout 2017

All video submissions must include these skills in the following order:

Brief introduction

Material:

- One chant incorporating tumbling
- Dance

Tumbling:

- Standing Back Handspring
- Optional standing tumbling skills
- One running tumbling pass

Jumps:

- Toe touch
- Hurdler (Your choice)
- Pike

Stunting:

- All stunts below may be performed from the hands level, as a toss, a full-up, or a rewind:
 - Liberty
 - Stretch full- down or double down
 - Optional stunt to stunt sequence