

CHEERLEADING TRYOUTS

April 2009



Cheer for this NCAA Division 1-AA Team at Long Island's largest outdoor sports and entertainment complex! The James M. Stuart Stadium seats 15,000 fans!

CAA Football Conference

FOOTBALL



Hofstra Arena – A 93,000 sq. ft. first class facility holding over 5,000 fans! Travel with the Men's B-Ball team to the CAA Tournament in Richmond, VA!

MEN'S BASKETBALL



Hofstra Cheer attends UCA College Camp each summer and the team won 1st place in the Chant Division for the past 4 years. The Pride also took home the Most Collegiate Award this past summer!

The competition squad competes at the UCA's College National Championship in Orlando, FL, The small co-ed squad has won the College Championship in 2003, 2006 and 2007!

Hofstra Cheer Highlights: 2003, 2006 & 2007 Small Coed National Champions!

- Scholarships are awarded based on leadership, overall performance and commitment to the program
- University provides all cheer apparel, summer camp, and trip to Florida for competition team
- Entire team performs a Halftime Show at Homecoming!
- Sept. '08 Cheer Team performed with USER at the NFL Kickoff in NYC!
- Host Stunt Clinics & College Prep Clinics!
- Host Annual Cheerleading Competition
- Year end banquet with team voted awards
- Opportunity to appear on Morning TV Shows - WB11 and News 12 Long Island



HOFSTRA UNIVERSITY

CHEERLEADING

Head Coach: Christine Nowierski

Email: HUCheerCoach@aol.com

TRYOUT INFORMATION / REQUIREMENTS

TRYOUT DATES/TIMES RECREATION CENTER

FRI. APRIL TBA 6:00-9:00PM

SAT. APRIL TBA 11:00-2:00PM

SUN. APRIL TBA 11:00-2:00PM

Attendance at all 3 sessions is mandatory! *Housing on campus will be available

TRYOUT LOCATION

Hofstra University's RECREATION CENTER

Located on the North Side of Campus adjacent to the Baseball Field

Please go to www.hofstra.edu for campus directions

ELIGIBILITY

- You must be registered as a full time student at Hofstra University (min. 12credits)
- All undergraduate students must have a GPA of 2.0 or higher
- You must be able to attend camp Aug.1-10, 2009 & Aug.27-Aug.30, 2009 **tentative*
- You must be able to commit to a full year schedule, Aug.-May, which includes camp, practices, games, events, etc.

REQUIREMENTS

- Stunting: Flyers, bases and back spotters are all welcomed to tryout
Men and Women need strong stunting skills (Co-ed/All girl tossed stunts preferred)
Co-ed and All girl stunts needed for tryouts will be taught at the first session
- Tumbling: Standing back handspring and Round off back handspring *required*
Standing tuck, handspring tuck, Round off series, tuck, layout and full preferred
- Single toe touch jump, sideline and fight song (taught at tryouts)

WEEKEND ATTIRE

- Females: Sports bra/tank/fitted t-shirt, athletic shorts, cheer sneakers preferred, hair off the face, game day make-up, NO jewelry
- Males: Fitted T-shirt, athletic shorts, sneakers, well groomed

TRYOUT PREPARATION

- Please contact coach to confirm your attendance at tryouts and review requirements
- Prepare to be in good physical condition to perform your skills and reduce risk of injury
- Attend Hofstra Cheer Open Practice Sessions:
Fri. Nov.7th 4-6pm, Sun. Nov.9th 7-9pm, Fri. Dec. 12th 4-6pm
- Attend College Prep Clinic in March, April 2009 (suggested, not mandatory)

TRYOUT PROCESS

1ST Session: Introduction to Hofstra Cheer, All material will be taught

2nd Session: Personal Interview, Material Review, Tryout Demonstration

3rd Session: Participants will tryout in groups of 3

*Judging will be based on demonstration of skills, overall impression, & personal interview

HOFSTRA UNIVERSITY CHEERLEADING

2009-2010 INFORMATION SHEET

**All cheerleaders interested in Hofstra Cheer please complete this form and email it to HUCheerCoach@aol.com or bring it with you when you attend an Open Practice Session.*

FIRST NAME: _____ LAST NAME: _____

HOME ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

HOME PHONE: _____ CELL PHONE: _____

EMAIL ADDRESS: _____

2009-2010: Freshman Sophomore Junior Senior

Interested in Competition Squad _____ Interested in Game Squad Only _____ Both _____

SKILLS EXPERIENCE:

TEAM / COMPETITION EXPERIENCE: (i.e. Varsity, All Star, Competed at HS Nationals, etc.)

GYMNASTICS : (Please list your standing/running tumbling skills)

STUNTING: (For women only, please circle) – FLYER BASE BACK SPOTTER

LIST ALL GIRL/CO-ED STUNTING SKILLS:
