THE UNIVERSITY OF ALABAMA IN HUNTSVILLE
CHEERLEADING TRYOUT REQUIREMENTS

TUMBLING
REQUIRED STANDING TUMBLING
  • Back Handspring

REQUIRED RUNNING TUMBLING
  • Round Off Back Handspring

OPTIONAL
Optional tumbling is not required, but will be a part of the score sheet
All tumbling will be judged by execution and level of difficulty
  • Standing Back Tuck
  • Round Off Back Handspring Series, Hand Tuck, Hand Layout, Hand Full

STUNTING
  • Extension
  • Liberty
  • Switch Up
  • Full Up Extension

JUMPS
  • Toe Touch
  • Right or Left Front Hurdler
  • Connected Series of Three Jumps of Choice

ALL CANDIDATES WILL LEARN A CHEER AND THE UAH FIGHT SONG DURING TRYOUT CLINIC.
CANDIDATE INTERVIEWS WILL TAKE PLACE ON FRIDAY, APRIL 12 DURING THE CLINIC.

TRYOUT APPARELL
  • Plain WHITE Tank Top
  • BLACK Shorts
  • Hair pulled all the way up with BLUE or WHITE bow
THE UNIVERSITY OF ALABAMA IN HUNTSVILLE
CHEERLEADING TRYOUT SCHEDULE

THURSDAY, APRIL 11th - MANDATORY CLINIC
5:30 – 7:30 p.m.
All candidates will work on the tryout cheer and the UAH fight song. Stunting and tumbling will also be worked on.

FRIDAY, APRIL 12th - MANDATORY CLINIC
5:30 – 7:30 p.m.
Candidate interviews will take place. Review and practice of all cheers, stunts, and tumbling.

SATURDAY, APRIL 13th - TRYOUT
10:00 a.m. – 12:00 p.m.
• TRYOUT APPARELL
  ○ Plain WHITE Tank Top
  ○ BLACK Shorts
  ○ Hair pulled all the way up with BLUE or WHITE bow

QUESTIONS?
Contact: Coach Hailey House
cheer@uah.edu