

SIERRA COLLEGE

STUNT Team & Expectations

STUNT is the new competitive team sport derived from cheerleading. STUNT removes the crowd-leading element and focuses on the technical and athletic components of cheer; including partner stunts, pyramids, basket tosses, group jumps and tumbling, and a dynamic team performance.

STUNT was developed by USA Cheer with collaboration from groups of Title IX experts as well as known coaches and experts in the All-Star and traditional cheerleading community. USA Cheer is the national governing body for sport cheering in the United States.

As one of the most popular athletic activities for female athletes, cheer offers a base for an exciting and challenging new sport at the collegiate level. While altogether new in format and complexity, STUNT complements traditional cheerleading in a way that is immediately recognizable to participants.

STUNT vs. Traditional Cheerleading:

In STUNT, the crowd leading component is removed and teams are judged on the technical elements of cheerleading (4 quarters in a STUNT tournament: Stunts, pyramids/baskets, jumps/tumbling and a full music only 2:15 routine). There is one set of rules and one scoring system that is followed at every game. Teams compete in a head to head format and judges are in place to evaluate the execution of the predetermined routines and the technique used when performing different skills elements. The scoring and ranking is objective, immediate, and easy to follow.

STUNT is a "Spring Sport" (January-April 2013) but we will begin practices as early as November 2012. For more information on this "new addition" to cheerleading, please take a look at the website: www.collegestunt.org

Please complete the following and bring with you to tryouts in September:

- Completed Registration Form and signed and initialed commitment page
- \$10 check or money order payable to "Sierra College Cheer"

As of right now, all potential candidates do not need to be full time students but they will need to be enrolled at Sierra College for the 2013 Spring semester.

Thanks for your interest in the Sierra College STUNT team. If you have questions, please contact Vanessa Munoz at: vmunoz1@sierracollege.edu

Go Wolverines!

STUNT TEAM TRYOUT COMPONENTS

All participants will be required to stunt, tumble and jump. Even if you are already a member of the Show Cheer team, you will still be required to try out for the STUNT team. The required stunting and tumbling material is listed below. Selection will be based on talent level and overall scores.

Tryouts

September 2012 (Exact Date TBA)

7PM-7:30pm PM Registration, Informational Meeting, Questions, Open Warmup/Stretching

8PM Stunt sequences taught

8:45 PM Open Tumbling

9:30PM Scored Evaluation-Jumps/Stunts/Tumbling

11PM Posted List of New Squad members (also emailed).

Once scoring is tabulated the new squad names will be posted outside of wrestling room on bulletin board.

STUNT Team

Required Material:

Jumps:

Double Toe touch & one additional jump (other than a toe touch)

Tumbling:

Standing Back-handspring and standing back-tuck (back tuck must be by yourself or with a light spot)

Tumbling Series Pass (round off back-handspring minimum)

Stunts:

Two 1 minute sequences will be taught including a variety of stunts

Sierra College STUNT Team Commitments

_____ Sierra College does not pay for uniforms and/or competitions for the STUNT team. As a result, the program is not only a time commitment but a financial commitment as well. The cost of uniforms and competitions is an estimated \$1,000 per squad member. However there will be individual and team fundraisers to offset costs.

_____ There will be no refunds for uniforms if squad member decides to quit or is removed from the squad due to disciplinary/academic reasons. Once uniforms are ordered it becomes the individual's responsibility to pay off the balance.

_____ All financial obligations are due to Sierra College by December 7, 2012. Failure to meet this deadline will result in a financial obligation to the school. Failure to meet this deadline will also result in benching the squad member until all obligations are paid.

_____ Practices, competitions, squad functions (ex. Fundraisers) are mandatory. There are no exceptions to this rule. Should a squad member miss more than three practices or assigned functions, squad member will be removed from team.

_____ Sierra College STUNT team is the first priority. Participation on outside dance teams, all-star teams, or professional teams will not be allowed. Participation on an outside team will result in removal from team. Work schedules must be around practice and games.

_____ Squad members will be treated as adult student athletes. It is the athlete's choice to participate at the college level. Parent phone calls to coaches or intervention from parents/guardians with coaches will not be tolerated.

_____ Decision to participate as a Sierra College STUNT team member is a commitment. If squad member chooses to leave squad at any time, that will result in not being able to participate the next year unless there are extenuating circumstances.

I have read the Sierra College STUNT Team Commitments page. By signing this I understand that I will be held accountable under the rules and commitments set above through the 2012-2013 season.

Name _____

Date _____

Tryout Registration Form

Personal Information

Name: _____

Birthday: _____

Home Phone: _____

Cell: _____

Email Address: _____

Permanent Address: _____ City _____ State/Zip _____

Parents Names: _____

Day Phone: _____ Cell Phone: _____

Experience Information

Are you currently on a cheer or dance team? ____Yes ____No

Please indicate where _____

Cheerleading/ Tumbling/ Stunting

Skills _____

Tryout (circle one): Top Back-spot Base

We understand that personal insurance must cover our son/daughter. We give permission for our child to receive medical attention in the event that we cannot be present or reached for any reason.

Candidate's signature: _____

Date: _____

Guardian's signature (if under 18): _____ Date: _____