



FLORIDA STATE UNIVERSITY SPIRIT PROGRAMS

2020-2021 FSU CHEER Tryout Packet

Thank you for your interest in becoming a member of the FSU cheerleading team! The FSU cheer program consists of a Co-Ed & All-Girl Cheerleading Squad. The cheer teams are a part of the Athletics Department Spirit Groups, which also consist of the Golden Girls dance team, Batgirls and Cimarron mascots. Our spirit program members serve as ambassadors for Florida State University at all times. Our cheerleaders and dancers help promote spirit at several athletic events including Football, Men's Basketball, Women's Basketball & Volleyball, as well as, other events for our school and community.

We are looking for confident, talented, humble, dedicated, and passionate athletes to be a part of the 2020-2021 FSU Cheerleading program. Team members are responsible for representing Florida State in the classroom, on the court/field and we will select 25 females to represent the program on the national level for competition. Being a member of our team comes with several exciting opportunities but is also a major commitment. Please review all the materials thoroughly. If you foresee any date conflicts, these conflicts need to be discussed prior to the tryout date.

You will find more information on this process listed in this packet. This is a life-changing opportunity and we are excited about the possibility of having you in our program. Please do not hesitate to reach out to us with any questions you might have.

Go NOLES!

STACI SUTTON
Director of Spirit Groups
Florida State University



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20-21 TRYOUTS

TRYOUT MATERIAL:

Google link will be emailed to all registered athletes with waivers on file. Registered athletes will have until Sunday, May 17 at 5:00 pm to submit videos and can be submitted at any point prior. It is imperative that you have knowledge of this material, as it will be reviewed by a panel of judges. We are looking for cheerleaders who have great memory, great crowd appeal with strong and sharp motions.

TRYOUT ATTIRE:

During the entirety of tryouts, attire for females is a black tank top or sports bra with black athletic shorts. Males are a black t-shirt (plain is preferred or limited writing) and black athletic shorts. Females should have hair pulled out of face (half up half down with a ribbon is preferred). Males and females should be “gameday ready” during tryouts. For examples, please refer to our social media accounts.

FIRST ROUND OF TRYOUTS will be virtual ONLY for 20-21 Season

TIMELINE

May 15, 2020

- 5:00 pm Registration for tryouts will close
7:00 pm Participants numbers and material link will be sent through email.
*if you do not receive a number/link via email by 7:00 pm, please email
ssutton@fsu.edu

May 17, 2020

- 5:00 pm Videos must be submitted

May 25, 2020

- 5:00 pm Decisions of who advances to the next round will be announced by tryout number via Social Media and an email will be sent to participants with more details.

Tryout First Round Instructions

1. Must register online at www.fsucheer.com by 5:00 pm on May 15th, NO EXCEPTIONS. You MUST be accepted for FALL 2020 at Florida State University as a full-time student. You will be required to enroll as a full-time student (12 credit hours/semester) once selected. The video must be uploaded and set as unlisted on a video-hosting site (i.e. YouTube). Clearly label the online video with full name and email address. Please set as “unlisted” and email link & head shot to Coach Staci Sutton at ssutton@fsu.edu. Videos will only be accepted this way or via google drive. If you do not receive a response from your email link, it was NOT received. Please give Coaching Staff 24 hours to reach out, confirming submission. The FSU physical packets will not be required for virtual tryouts but you will need to ensure that you



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complete the waiver and fill out the online questionnaire. If you are selected for the on-campus portion of tryouts in August, the physicals will be needed then.

2. Record yourself doing a short introduction stating your name, hometown, classification for the 20-21 school year (Freshman, Sophomore, Junior, Senior) and why you want to be a member of the FSU Cheer Team. Make sure that the judges can clearly hear you on your video. If there is too much outside noise, feel free to film it in a different location.
3. While recording the next section, it CANNOT be edited. It needs to be one continual video in the following order below. Entire video needs to be filmed outside on turf/grass/hard cheer mat or inside of a gym on a hard cheer mat. If you are filming inside on a foam floor, you must include a video of the side of the floor prior to your skills video begins. When filming running tumbling, please try to get from start to finish of the skill. If you do not have the following skills you can just move onto the next thing listed. PLEASE do not attempt a skill that you cannot do 5 out of 5 times. Spotting will not be accepted.

a. VIDEO ORDER:

- i. Introduction – can be filmed separate

Following skills need to be filmed continuity, please perform in this exact order, if you do not have a skill then move on to the next thing on the list. If you are tumbling on a foam floor at a gym, please show us the side of the floor prior to your first running skill

- ii. Roundoff back handspring back tuck
- iii. Roundoff back handspring layout or roundoff back handspring full (***if you have a full you do not need so show the layout***)
- iv. Elite running pass – must end in full
- v. Standing Tuck
- vi. Standing back handspring back tuck
- vii. Standing elite – must end in a full
- viii. Cheer
- ix. Chant
- x. Fight Song

First round decisions will be posted online, through our social media outlets by listing your tryout number assigned to you. Instructions on the next round will be emailed to the individuals that have made it to the in-person tryouts.

Facebook: Florida State Cheerleading, Instagram: fsucheerleading, Twitter: @fsu_cheer



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GENERAL RULES & REGULATIONS

MEMBERSHIP

1. Each student must be a full time (12 hours) FSU student or an incoming FSU student (proof of acceptance must be provided by using your EMPLID which can be found online at my.fsu.edu).
2. Each returning member of the squad must tryout each year.
3. Your membership begins the day you make the team and does not end until the day you turn in your uniforms.
4. Members will be chosen to travel based on talent level, attitude, injury, punctuality and overall adherence to the rules.
5. SAFETY FIRST! The squad will always adhere to the safety guidelines and rules set by the university and AACCA.

ACADEMIC REQUIREMENTS

1. All prospective applicants must have a 2.5 GPA in order to try out for a spirit group.
2. Once placed on the squad, each member is required to maintain at least a 2.0 cumulative FSU GPA in order to remain in the program. If a member falls below the required GPA they will be dismissed – there is no probation time. Grades are checked at the end of each semester by the Director of Spirit Groups.

ATTENDANCE

1. The FSU cheer team is a major personal commitment of one's non-academic time and should not be placed secondary to his/her non-academic activities. Necessary arrangements with sororities, fraternities, employers, etc., concerning required activities and expectations of one's time, must be made prior to the selection of the squad.
2. Accepting a position on team implies a commitment to attend **ALL** practices, games, and events that one is assigned to attend. Individuals selected for the team understand they are required to attend summer camp and work-week with the squad, as well as any other events designated as mandatory.



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3. Individuals understand that a non-discussed absence from any mandatory event, practice or game constitutes grounds for dismissal.

CONDUCT AND APPEARANCE

All members are expected to be respectful of one another, including their coaches, and cooperate fully with their captains and coaching staff. **INSUBORDINATION IS GROUNDS FOR DISMISSAL.**

1. FSU cheerleaders should treat their role as a job for the University. All decisions made by coaching staff and captains are in light of the University's needs and should be respected by all members of the team. Any questions, comments or concerns should be immediately brought to the coaching staff
2. Cheerleaders both in and out of uniform are expected to demonstrate sportsmanlike conduct at all times. Members should treat fans, officials, other cheer teams, student athletes, staff and administration with the highest level of respect and courtesy.
3. Consumption of alcoholic beverages and the use of tobacco products are NOT PERMITTED prior to an event or while in uniform or in any other attire, which identifies you with the spirit/cheer program.
4. **Members are required to follow the designated strength and conditioning program at all times.** Members are expected to maintain and/or improve in their overall fitness and skill level from the time of the selection. If not, they understand that they can be suspended or dismissed from the team. In addition, all members are to treat strength staff, equipment and facilities with utmost respect. Any issues will result in dismissal from weight room privileges and possibly from the team.
 - Any team member failing to maintain the necessary strength or skills in order to be a competitive and healthy member of the team may be replaced, suspended, or dismissed. A nutritionist is available to help you maintain a **healthy** body weight at all times.
5. Members are expected to present themselves in a clean-cut and professional manner at all times when they are representing the cheer program. Some examples included but are not limited to:
 - Tattoos must be covered
 - Men must be clean-shaven with closely cropped hair



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- Only one pair of earrings are permitted on women (the pair that is provided to you); no earrings are allowed on men
- Uniforms and practice attire are to be kept clean and neat
- Women will be asked to wear the “look” provided by the program’s makeup artist while in uniform
- **Dramatic changes in appearance MUST be approved in advance (hair color/length)**
- Profanity or sexually explicit comments are never to be tolerated in person and on social media
- Women must keep their hair at a safe and healthy length
- Public displays of affection will not be tolerated while in uniform

FSU CHEERLEADING 20-21 SCHEDULE

Due to COVID-19 all dates below are subject change

Summer Camp/Summer Dates

Pre-School Year practices

August 2	Potential Report Day/Potential 2 nd round auditions
August 16	Practices Begin/potential 2nd round auditions
August 17- 21	Practice 6 pm-9 pm
August 23	Football fanday
August 24	School Begins

School Year Practices

Gameday Practices for Sept: M/T/TH- 6:00 pm – 9 pm

Gameday Practice Oct – December 4 – T/TH – 6:00 pm – 8:00 pm

Game day Practices Spring: T & TH – 6pm - 8pm

Nationals Practice: Fall: M – 6:00 pm – 9:00 pm; T/TH – 8:00 pm – 9:00 pm

Workouts: Fall: 2x a week - Days & Times TBD; Spring: 3x a week – Days & Times TBD



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Due to Covid19 spear it day, family weekend and homecoming may not take place at the games.

Football Season – Home Games

FSU vs. Samford - 9/12/20 (Spear-It Day)

FSU vs. Clemson - 10/10/20

FSU vs. Wake Forrest 10/17/20 (Family Weekend)

FSU vs. Pittsburgh – 10/31/20

FSU vs. Boston College –11/14/20 (Homecoming)

FSU vs. Florida – 11/28/20

- Arrive 3-4 hours before kickoff
- Appearances & sidelines

Due to Covid19 block parties may not take place.

Friday night block parties – ALL home games

- Friday before home games coed and all girl will rotate
- 7:00pm-9:00pm

Football Season – Away Games (away games are divided between all-girl and coed and we will travel 6-12 per game)

FSU vs. West Virginia – 9/5/20 - Atlanta, GA

FSU vs. Boise State – 9/19/20 – Boise, ID

FSU vs. NC State – 10/3/20 – Raleigh, NC

FSU vs. Louisville – 10/24/20 – Louisville, KY

FSU vs. Miami – 11/7/20 – Miami, FL

FSU vs Syracuse – 11/19/20 – Syracuse, NY

- Departure is the day prior to the game and return will depend of travel means.



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- If you fly, you'll come home the next day
- If you bus, you'll return immediately after the game

Volleyball Season – Home Games

Schedule TBD – About 5 games a season

- Arrive 1 hour early

Basketball Season – Home Games

Schedule TBD

- Arrive 1.5 hours early

Nationals Season

September 25 - Nationals team selections

September 26-27 – Nationals choreography

October 5th – Practice begin for nationals Mondays 6-8 – T/TH – 8-9 pm

December 14 - 21 – Lockdown practices

December 28 – 30; Jan 3 - 14– Lockdown practices

January 15th-18th, 2020 – UCA National Competition in Orlando, FL

Post-Season Travel

Football ACC Championship Game

Football Bowl Game – Date and Location TBD

Volleyball NCAA Tournament – Dates and Location TBD

Women's ACC Tournament – Dates TBD – Greensboro, NC

Women's NCAA tournament – Dates and Location TBD

Misc. Events & Possible Dates

Due to Covid19 homecoming may not take place

November 12th –Pow Wow – may cancel

November 13th – Homecoming Parade – may cancel



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Fall Clinic –November 1st

Spring Clinics – 4 total in Feb (2), March & April

Spring Game 2021 – TBD

Spirit Banquet and Basketball Banquet – TBD

Community Service & Appearances

10 hrs per semester (Fall - 12/31, Spring - 5/5) mandatory

COACHING INFORMATION

All Girl Coach: **Jenna Haynes**

Work #: **208-901-5248**

Email: jennac.haynes@gmail.com

Athletic Trainer: **AK Smith – potential to change**

Work #: **850-570-7328**

Email: ams13aw@my.fsu.edu

CoEd Coach: **Ryan Kline**

Work #: **850-345-9839**

Email: ryanpkline@gmail.com

Spirit Director/Nationals Team Head Coach: **Staci Sutton**

Work #: **850-644-8457 or 850-251-9093**

Email: ssutton@fsu.edu