



FLORIDA STATE UNIVERSITY SPIRIT PROGRAMS

FSU CHEERLEADING

22-23 Tryout Packet

Thank you for your interest in the Florida State Cheerleading program! The cheer program consist of a total of 40-50 athletes and cheer's at all home games for Football, Men's and Women's Basketball and Volleyball. There are travel opportunities for Away football games, as well as, post season tournament travel for basketball and volleyball. Along with attending sporting events, the cheerleaders participate in community service in and around the Tallahassee area and compete at the Conference Championships and UCA Nationals.

We are looking for confident, talented, humble, dedicated, and passionate athletes to be a part of the 22-23 FSU Cheerleading program. Team members are responsible for representing Florida State in the classroom, on the court/field and nationally on the competitive floor. Being a member of our team comes with several exciting opportunities but is also a major time commitment. Please review all the materials thoroughly. If you foresee any date conflicts, please communicate those to the coaching staff prior to accepting a position on the team.

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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22-23 TRYOUT TIMELINE

APRIL 10: REGISTRATION CLOSES AND MATERIAL AVAILABLE ON
WWW.FSUCHEER.COM

APRIL 15: FIRST ROUND VIDEOS DUE

APRIL 20: FIRST ROUND DECISIONS AND ANNOUNCEMENT

MAY 13-15 – FINAL TRYOUTS (IN PERSON)

TRYOUT MATERIAL: (should be filmed in this EXACT order)

FIRST ROUND (VIRTUAL):

- Brief Introduction of self
- Running Tumbling
 - Roundoff BHS tuck,
 - Roundoff backhandspring layout or full
 - elite tumbling pass (must twist to be considered elite)
- Standing Tumbling
 - Standing back tuck
 - 2 BHS back tuck/layout/full
 - Standing elite (must twist to be considered elite ex: cartwheel full or standing full)
- Gameday Chants (Will be available on website by 5:00 pm on 4/10)
- Fight Song (Will be available on website by 5:00 pm on 4/10)
 - Must learn words as well

TRYOUT ATTIRE:

During the entirety of tryouts, attire for females is a black tank top or sports bra with black 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.

INSTRUCTIONS:

1. Register online at www.fsuc Cheer.com by 5:00 pm on April 10th, NO EXCEPTIONS.
 - a. Must be accepted for fall of 2022 at Florida State University and must register as a full-time student (12 credit hours/semester) to be eligible to tryout.
2. Watch Videos online and learn material.
3. Submit Video



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- a. Record yourself doing a short introduction stating your name, hometown, class for 22-23 year and why you want to be a member of the FSU Cheer Team.
- b. Record the following skills in order with no edits (do not stop recording, do not record skills individually, you are being judged on endurance as well as skill).
 - i. If you are using a cheer gym, please use a foam floor and not a spring floor (we ask that at the beginning of your video you show the floor you are using – pick up floor so we can see what is under mat)
 1. Running tumbling
 2. Standing tumbling
 3. Gameday Chants
 4. Fight Song
- c. Video must be uploaded and set as unlisted on a video-hosting site (i.e. YouTube or can use a google link).
- d. Clearly label the online video with first and last name. Please set as “unlisted” and email link & a head shot to Coach Staci Sutton at ssutton@fsu.edu.
 - i. Videos will not be accepted any other way. 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 complete the attached waiver and fill out the online questionnaire.

Virtual tryout decisions will be posted online through our social media outlets. An email will be sent to athletes selected for in person tryouts on April 20th.

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

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 in the form of an acceptance letter).
2. Each 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.



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ACADEMIC REQUIREMENTS

1. All prospective applicants must be accepted into FSU or in the application process.
2. Once placed on the squad, each member is required to maintain a 2.0 cumulative FSU GPA. 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 or as soon as the conflict arises.
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 any summer training with the squad, as well as any other events designated as mandatory.
3. Individuals understand that a non-discussed or approved 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, coaching and support staff, facilities, and cooperate fully with their captains and coach. **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 brought directly to the coaching staff immediately.
2. Cheerleaders both in and out of uniform are always expected to demonstrate sportsmanlike conduct. Members are expected to treat fans, officials, other 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.



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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 with utmost respect along with strength and conditioning equipment. Any issues will result in dismissal from the team.
5. 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.
6. Members are expected to present themselves in a clean-cut and respectful manner at all times when they are representing the cheer program.

Tentative Sumer Schedule:

April 15	First Round (Virtual)
May 13 – 15	Final Tryouts (In person)
July 10 – 16 or 10-19	Practice
July 17 -18 or 21-24	Camp (Location TBD)
Aug 12	Report to campus for practices
August 22	First day of classes

School Year Practices

Fall: M, T & TH – 6pm-9pm, **Spring** T & TH 6-9

Workouts – 3x a week - Days & Times TBD – typically early morning

Football Season – Home Games

FSU vs. Duquesne – 8/27

FSU vs. Boston College – 9/24 – Family Weekend

FSU vs. Wake Forest – 10/1 - Homecoming

FSU vs. Clemson – 10/15

FSU vs. Georgia Tech – 10/29



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FSU vs. Louisiana – 11/19

FSU vs. UF – 11/25

- Arrive 3-4 hours before kickoff for warm ups and pre game appearances

Friday night block parties – ALL home games

- College town typically between 6:00 – 8:00 pm

Volleyball Season – Home Games

Schedule TBD – About 5 games a season

- Arrive 1 hour early

Basketball Season – Men’s & Women’s Home Games

Schedule TBD

- Arrive 1.5 hours early

Nationals Season

December 11-22 – Nationals Practices

Jan 2 - 8 – Nationals Practices

January 13 – 16, 2023 – UCA Nationals – Orlando, FL

Mid to late March – Conference cheer/dance championships

Post-Season Travel

Football ACC Championship Game (Mid December)

Football Bowl Game – Date and Location TBD (December – Jan)

Volleyball NCAA Tournament – Dates and Location TBD (Mid - November)

Women’s ACC Tournament – Dates TBD – Greensboro, NC (first week of march)

Women’s NCAA tournament – Dates and Location TBD (second week of march – first week of april)

Misc. Events & Possible Dates

September 30– Homecoming Parade and Homecoming Live

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

Spring Game 2022 – TBD (Mid April)



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Community Service & Appearances

10 hrs a semester (Fall 8/23 - 12/31, Spring 1/1 – 4/30) mandatory

COACHING INFORMATION

Cheer Coach: Ryan Kline

Work #: 850-345-9839

Email: ryanpkline@gmail.com

Cheer Coach: Dani Palazzo

Work #: 919-559-0941

Email: dpalazzo@fsu.edu

Cheer Coach: Cristina Gold

Work #: 850-459-0509

Email: cgold6@comcast.net

Staci Sutton – Director of Spirit Groups

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

Email: ssutton@fsu.edu

Athletic Trainer: TBD

Work #:

Email: