



CHEERING IN COLLEGE

DO YOU HAVE ATHLETES THAT WANT TO CHEER IN COLLEGE?

START EARLY

- Set GOALS and revisit them every few months
- Freshman and Sophomores can start thinking about it now
- Discuss skills you need and if you have free time let them work on them at your practice.



GO TO A GAME

- Watch how they cheer and what they cheer for.
- What is the game day atmosphere like?
- What skills do they do at the game – tumbling, stunting etc
- Do they look like they are having fun
- Competition is such a small part, see what day to day is like.



COLLEGE PREP CLINICS

- - Start attending early – 9th & 10th grade so you can see what you like
- - All clinics are helpful even if you think you want to go to another school.
 1. More opportunity to work on skills
 2. Great to learn new things and new ways
 3. Maybe less travel
- - Great to meet people
 1. Meet coach and current members
 2. Meet friends to stunt with
 3. Know people for tryouts

BE APPROACHABLE

1. Smile and talk to others
2. Be willing to try new parts
 - New positions, different side etc.
3. Pay attention to details
 - Arm placement and swing
 - How they dismount etc.





LOOK THE PART

- Its not tryouts but if you want to be noticed look like current members
 - How they wear hair
 - What they practice in
- Wear school colors – don't wear a high school, all star or another college shirt
- If they don't wear sports bras don't wear one
- Pay attention to the details

SOCIAL MEDIA

- ❑ Follow schools you like
 - 1) Know when clinics are
 - 2) See how they practice
 - 3) Get idea of environment
- ❑ Learn about the school not just the cheer team
- ❑ Make sure “athlete” posts are appropriate – would they want you to be on their team.
- ❑ Good for others to see your skills



REACHING OUT TO COACHES

ATHLETE SHOULD REACH OUT NOT COACH OR PARENTS

- Coach can be first contact but then refer to athlete to meet or talk with coach

GO TO WEBSITE BEFORE REACHING OUT

- make sure you go over info there first.

EMAIL THE COACH

- this is the best and most professional way

PLAN TO MEET OR MEET AT AN EVENT

- introduce yourself

TRY AND ASK ALL QUESTIONS IN 1 EMAIL

WHAT IF YOU CAN'T FIND THE COACH/TEAM INFO?

- ❑ Go to athletics website
 - Look for key words, spirit group, spirit team, cheerleading
 - Go to marketing – they work closely
 - Find out who is over them – sometimes in middle of a search
- ❑ Ask on Social Media who is in charge

STUNT – THE SPORT

- A) What is it?
- B) Ask about this group – usually has different coaches
- C) More of a sport
- D) Great for all star athletes

