



Ragin' Cajun Cheerleaders

General Information on requirements, expectations, tryouts & clinics

The University of Louisiana Ragin' Cajun cheerleaders are a **CO ED SQUAD** that represent the University at all home and away football games, home men's and women's basketball games and home volleyball games. Additionally, the squad represents the University at Football Bowl games and post-season basketball tournaments. The cheerleaders attend UCA cheerleading camp during the summer, also represent the University at other non-athletic functions such as Alumni events, student orientations and youth cheer clinics. To be eligible to tryout for the Ragin' Cajun Cheerleaders:

- Must be a currently enrolled student at UL Lafayette, with a current semester gpa of 2.0 minimum; an official copy of your transcript is required.
- For incoming freshman or transfer students, must have applied to University and should be accepted prior to tryouts. A copy of acceptance letter is required. If you have applied, but have not received acceptance to the University prior to tryouts, please contact the spirit squad office.
- Candidates & squad members must present a copy of the front & back of their health insurance card.
- Must be a full time student in the fall & spring semesters, minimum of 12 hours each semester
- Must be willing to establish & maintain high academic & social standards.
- Squad members from out of state will have out of state tuition fees waived, thus paying the in state tuition fees instead.
- Stipends are awarded to squad members in good standing with the squad & the University at the end of the fall & spring semesters. Stipend range from \$500-\$700 per fall/spring semester.
- Summer practices are held in the month of July (prior to camp) & squad members are required to attend UCA College Camp usually mid-late July
- The squad reports for fall practice 2 weeks prior to the first day of school for the fall semester.

Tryout Process, Requirements & Attire:

Tryouts will be conducted in a clinic/judging format. Candidates will be evaluated on tumbling (running & standing), stunting, fight song & cheers (taught at tryout), cheerleading & crowd leading ability & physical fitness/appearance. Judging will be done with the clinic atmosphere. When finalizing the team, candidates who are easy to work with & can be used with different partners are what we look for in candidates. Also considered is if the candidate is coachable & can easily make corrections as well as gets along well with other members/candidates. It is important to understand that this is not your old team and these are not your old coaches. Be **COACHABLE & ADAPTABLE**.

Following is a list of requirements **BUT DOES NOT** guarantee a spot on the team:

- | | |
|---------------------------|---|
| *toss extension | Tumbling: |
| *toss lib | *standing back handspring |
| *toss heel stretch | *standing back tuck |
| *toss shoulders | *round off multiple back handsprings |
| *stunt sequence of choice | *round off back handspring back tuck/layout or full |

***All females must have a minimum standing back handspring on court surface in order to tryout.**

Tryout attire:

Females: Wear sports bra & spandex shorts. We are looking for a neat, collegiate, clean cut appearance. Wear hair & make up as you would on game day. Hair should be half up & half down with a ribbon. Make up should be worn and look natural, with color on your lips. **NO JEWELRY** at all, including necklaces, earrings, bracelets, rings or any other piercings (nose, lip, belly, eye brow, etc). Our school colors are vermilion (red) & white, so please dress accordingly. Refrain from wearing any other University, high school or all-star attire. Any tattoos you may have should not be visible.

Males: Wear a UL t shirts and shorts. A neat, collegiate, clean cut appearance is expected so please be clean shaven. No facial hair & no piercings/jewelry allowed. Any tattoos you may have should not be visible.

Please be aware that your physical appearance & fitness is part of your score. Team members are weighed in at first meeting and are expected to maintain optimal fitness throughout the year. There is no height/weight restriction, however our girls range from 95 lbs - 120 lbs and guys vary in size. This is a typical size range and height does fluctuate from year to year. This criteria is set as a safety guideline for our guys. As long as you are adaptable to stunt with several partners you will be considered. **Coed stunt experience is essential.**

Tryout Process:

All portions of the tryout process are closed to all except judges/coaches & staff. Candidates are encouraged to bring a water bottle/sports drink and snack (if necessary).

Day 1:

Doors open/Check in begins; Candidates encouraged to begin stretching/warming up

Tryouts begin

- Tumbling demonstration- females must have a standing back handspring on court surface in order to tryout; will be asked to demonstrate at this time; males will be asked to demonstrate any standing tumbling they have
- Cuts are made after the tumbling demonstration
- Cheers & fight song material are taught (approx. 30 mins)
- Open stunt session/practice after material is taught (approx. 2 hours)
- Candidates will be given time to work w/stunt partner
- Stunt partners are not assigned; you are allowed to pick your tryout stunt partner
- Once tryout partners are selected, candidates are encouraged to stunt with others as well so that judges can observe versatility

Day 2:

Interviews begin.

- Please wear business casual attire. Interviews are conducted by coach, advisor, Student Union staff, and judges
- After a short judges break, tryout evaluations begin; includes tumbling eval; stunt eval; cheer & fight song evaluation. Another cut may be made after tumbling and stunting evaluation.

Tryouts selections are final. Squad members will be selected based on the above evaluations/interviews and also how the judges & staff feel they will work within the Ragin' Cajun Cheerleading Program.

College Prep Clinics:

- Ragin' Cajun Cheerleaders typically host 3 college prep tryout clinics. One in the fall (usually November) and 2 in the spring. Tryouts are held in April of each year and all candidates **MUST BE PRESENT AT TRYOUTS** to be considered for the squad. **NO VIDEO SUBMISSION ACCEPTED.**
- College prep clinics & tryout information will be released as soon as it is finalized. Please follow us on Twitter & Instagram @RaginCajunCheer and like us on Facebook Louisiana Ragin' Cajun Cheerleaders to keep up with the latest information on our squad.

Good luck & **GEAUX CAJUNS!**

Ragin' Cajuns Spirit Squad Office
Vermilion Hall 2nd floor – 213 Hebrard Blvd
cheer@louisiana.edu
337-482-6939