



UNIVERSITEIT VAN PRETORIA
UNIVERSITY OF PRETORIA
YUNIBESITHI YA PRETORIA

TuksCheerleading Auditions Semester 1

Date: Wednesday 02 March 2016

Venue: Rugby Field F, UP Sports Campus

Time: 17:00—20:00

Dress code: Sports gear

TuksCheerleading is a great way to get involved with TuksSport. The squad performs at all major TuksSport events and matches. The TuksCheerleading squad are two-time medallists at the annual Varsity Cheerleading Champs.

Tuks Cheerleaders are brand ambassadors to TuksSport.

TuksCheerleading

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Captain

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TuksSport



@TuksSport



TuksCheerleading

www.up.ac.za/tukssport

Please note the following with regard to auditions

Female students will be tested on applicable skills and their overall fitness level. Females will then be scored on their dance ability which will be out of 4, with 1 being no ability and 4 being exceptional.

Female Skill requirements (10/15 advisory to be eligible for performance group selection)

Side Split
Middle/Stride Split
Heel Stretch
Scorpion
Needle
T-line/ Arabesque
Bow & Arrow
Forward and Back Roll
Cartwheel
Front or Back Walk over
Front or Back Tuck
Straddle Jump
Herkie Jump
Pike Jump
Any additional skills in tumbling, jumps, basing or flexibility

Female Fitness requirements (6/8 advisory to be eligible for performance group selection)

Sit Ups (40)*
Jack Knives (20)*
Crunches (40)*
Side Crunches (30 each side)*
Side Plank (60 sec hold each side)
Normal/centre Plank (90 sec hold)
Push Ups - Normal (10) , Wide (10), Diamond (5)
Triceps dips (10)
Leg Lifts - Front (10 each leg) , Stride (10 each leg)
Squats - Normal (20) , Jumps (15)
* Number 1 - 4 should be completed within 120 seconds.
* Number 7 must be done with a maximum rest of 5 seconds between each set of pushups.
* Number 9 should be done as a slow and sustained movement, not as a kick.

Male students will be tested on applicable skills and overall their fitness level. Males may then choose to be judged on dance ability on the same scoring criteria as the females, or defer from participating.

Male Skill requirements (6/9 advisory to be eligible for performance group selection)

Front and Back Roll
Front Tucks
Back Tucks
Stradle Jump
Herkie Jump
Pike Jump
Pitching Base
Pyramid Basing
Any additional skills in tumbling, jumps or basing skills.

Male Fitness requirements (8/10 advisory to be eligible for performance group selection)

Sit Ups (40)*
Jack Knives (20)*
Crunches (40)*
Side Crunches (30 each side)*
Side Plank (90 sec each side)
Normal/Centre Plank (120 sec)
Pushups - Normal (20) , Wide (20) , Diamond (20)
Handstand Pushups (10)
Triceps dips (15)
Pull Ups – Over Grip with L sit (7) , Under Grip (13)
Jumping Squats (25)
Weighted Lunges (15 each leg)
* Number 1-4 should be completed within 120 seconds.
* Number 7 must be done with a maximum rest of 5 seconds between each set of pushups.
* Number 10 will have an extended pause between each set of pull ups, but you may not release from the bar once a set is started. Your jaw must also fully reach over the bar for the repetition to be valid.
* Number 12 will have the participant carrying a person with a weight roughly equal to their own.

