

ERAU Cheerleading

September 2025 Video Tryouts

Thank you for your interest in ERAU Cheerleading!

Video tryouts will be the only tryout for the 2025-2026 team.

Below are the requirements for the video tryouts:

All candidates must submit their video and tryout paperwork by 5:00pm on Friday, September 5, 2025. Please email your video to Coach Mea Felps-Darley at darleym@erau.edu. To ensure the entire video comes through please send it via a YouTube link.

All candidates will be notified via email on **Saturday, September 6, 2025 (by noon)** if they have been selected as a member of the 2025-2026 ERAU Cheerleading Team.

- If you are selected, you will need to be available on **Sunday, September 7, 2025, at 6:00pm EST** for an in person meeting in the ICI Center Gym.
- During this meeting, we will be walking you through uniform fittings, as well as going over very important information for the season ahead.

Please feel free to contact me if you have any questions at darleym@erau.edu. Good luck and remember to smile!

Go Eagles!



Mea Felps-Darley
Head Coach, ERAU Cheerleading

VIDEO REQUIREMENTS

Female Candidates

*Wear ERAU colors (blue, gold & white).
Hair and make-up as you would for a game day.
No Jewelry or visible tattoos.*

INTRODUCTION:

Please state the following:

- Name
- Where you are from.
- Major (or intended major)
- Number of years cheerleading.
- Why you feel you would make a great addition to the ERAU Cheerleading program.

TUMBLING

- **Standing:** Handspring, Tuck, or Full
- **Standing:** Handspring(s), to Tuck, Layout, or Full
- **Running:** Round-off back-handspring(s) to Tuck, Layout, or Full

Would prefer all tumbling on a regular cheer floor. If you do not have access to one, spring floor is fine, as long as you only video skills you can execute on a regular cheer floor consistently.

STUNTING

Please show skills in the position you are strongest in (base, back-spot, flyer). Co-ed is allowed.

- **Extension-** Show both a pop down and cradle dismount.
- **Lib-** Show pop down, cradle and a full down dismount.
- **Additional Stunts-** Show any stunts and dismounts that showcases your skills.

If you are not able to get a group to stunt at this time, please send any and all videos you have from this past season, in or out of routines, that can give us as much footage as possible showing your stunting. Please make sure to accurately indicate where you are in these videos.

If you do NOT have the tumbling or stunting skills listed, please skip those sections.

CHANTS

Show TWO chants of your choice. Use the ERAU mascot (Eagles) and colors (blue, gold & white) in the chants.

We will be focusing on motions, voice projection and how you engage the crowd.

JUMPS

- Toe Touch
- Jump of your choice.

DANCE

Show a minimum of a 4-8 count sideline dance of your choice.

We will be focusing on motions and how you engage the crowd.

VIDEO REQUIREMENTS

Male Candidates

*Wear ERAU colors (blue, gold & white).
Hair as you would for a game day.
No Jewelry or visible tattoos.*

INTRODUCTION

Please state the following:

- Name
- Where you are from.
- Major (or intended major)
- Number of years cheerleading.
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TUMBLING

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Would prefer all tumbling on a regular cheer floor. If you do not have access to one, spring floor is fine, as long as you only video skills you can execute on a regular cheer floor consistently.

STUNTING

Please show skills in the position you are strongest in (base, back-spot, flyer).

Group Stunts

- **Extension-** Show both a pop down and cradle dismount.
- **Lib-** Show pop down, cradle and a full down dismount.
- **Additional Stunts-** Show any stunts and dismounts that showcases your skills.

CO-ED

- **Extension-** Toss and/or walk-up hands extension. Show pop down dismount.
- **Lib-** Toss hands to lib and/or toss lib. Show pop down dismount.
- **Additional Stunts-** Show any stunts and dismounts that showcases your skills.

If you are not able to get a group to stunt at this time, please send any and all videos you have from this past season, in or out of routines, that can give us as much footage as possible showing your stunting. Please make sure to accurately indicate where you are in these videos.

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