Vandy Spirit Frequently Asked Questions

- **What are the eligibility requirements?**
  All squad members must be current or conditionally accepted students of Vanderbilt University (or Belmont University for Dance Team). All required tryout documents must be submitted by the deadline in order to be eligible for tryouts.

- **What skills and qualities are you looking for?**
  We are looking for candidates who are friendly, outgoing, motivated, dedicated and are able to represent the University and spirit program as an ambassador. Candidates should be academically successful, coachable and work well with mother members and coaches. It is equally important that candidates’ have the ability to perform up to the standard and level of the squad.

- **Do Vanderbilt cheerleading and dance team have height/weight requirements?**
  We do not have any specific height and weight requirements. Personal health and fitness are an important aspect of the program and candidates are expected to maintain a healthy physique and mind throughout the season.

- **Do members receive any type of scholarship?**
  All spirit squad members (including full time mascots) will receive a monthly stipend; however, the stipend does not cover tuition.

- **What are the academic requirements?**
  All members must maintain a semester GPA of 2.5 and remain in good disciplinary and academic standing with the University.

- **Are video tryouts accepted?**
  Video auditions while accepted are not encouraged. Preference will be given to in person candidates. Please contact the spirit coordinator for more information.

- **“I am on the waitlist, can I still tryout for the team?”**
  Yes! We realize that many students are awaiting decision from the University and we encourage you to tryout. Please note that preference will be given to fully admitted students; however, we will keep an alternate list for any wait list candidates.

- **Do all spirit squad members travel?**
  Vanderbilt cheerleading sends a travel party to all football away games, including a mascot. Vanderbilt dance team may have the opportunity to travel to some local events. Vandy spirit does not travel to any away basketball games, except the men’s and women’s SEC tournaments.

- **What is the time commitment of the program?**
  Vandy spirit members practice 2-3 times a week (only necessary for additional preparation) in the evenings. Squad members are expected to participate in all home athletic events, including football, both men’s and women’s basketball and other events. Members are also expected to participate in non-athletic marketing, fundraising and/or promotion events throughout the season.
What are the preferred qualifications for each team?

**Cheerleading**

**Tumbling**
- Female candidates must have a standing back handspring.
  - We will take members who do not have tumbling if they excel in other categories.
- No requirement for male candidates.

**Stunts**
- Candidates should demonstrate competitive level stunts and will be judged on their execution of these potential skills:
  - Hands (aka: elevator, prep)
  - Hands press extension
  - Extension
  - Liberty
  - Body positions
  - Full ups
- Candidates might be asked to try new stunting positions as we are looking for versatile team members.

**Dance**
- Double and treble pirouettes
- Grand jete
- Switch leap
- Calypso
- Leap in second
- Tilt jump
- Toe touch
- Leg extension