



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/Lipscomb 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 other 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/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.

Does Vandy Spirit compete?

While Vandy Spirit does not compete it does still require a significant time commitment.

Do members receive any type of scholarship?

All spirit squad members will receive a monthly stipend; however, the stipend does not cover tuition.

What are the academic requirements?

All members must maintain a 2.5 semester GPA and remain in good disciplinary and academic standing with their University.

Are video tryouts accepted?

Video auditions while accepted are not encouraged. Preference is 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. Any students on the waitlist who make the team are conditionally accepted pending admission decision from the University.

Do all spirit squad members travel?

Vanderbilt Cheerleading sends a small travel party to all football away games including a mascot. Vanderbilt Dance Team may have the opportunity travel to local football games. Vandy Spirit does not travel to any away basketball games except for the men’s and women’s SEC & NCAA tournaments.

What is the time commitment of the program?

Vandy Spirit members practice T/T evenings at 6 p.m. (additional practices may be added depending on week). 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 promotional events throughout the season.

What are the preferred qualifications for each team?

Cheerleading

Tumbling

It is recommended all participants have a standing back handspring or more.

Stunts

Candidates should demonstrate competitive level stunts and will be judged on their execution of skills.

Candidates might be asked to try new stunting positions as we are looking for versatile team members.

Dance

Double and Triple Pirouettes

Grand Jete

Calypso

Leap in Second

Capezio jump/firebird

Toe Touch

Leg Extension (front & side)

Turns in second (at least – 8 count)

Optional skills (ie: tumbling)