

# ARKANSAS

## SPIRIT SQUADS

### POM SQUAD QUALIFYING VIDEO SUBMISSION REQUIREMENTS

**2021-2022 Razorback Pom Squad Video Submission Requirements Applicants are required to submit the following:**

- **Video Tryout Application**
- **University of Arkansas Acceptance Letter**
- **Full body picture in uniform**
- **Qualifying video with skills listed below**

**Brief Introduction:** State your name, hometown, and why you are interested in being a member of the Razorback Spirit Squads

**Females:** *Tryout Attire is a white sports bra, black dance shorts, dance shoes, hair should be down*

- Brief Introduction
- Perform Fight Song – without poms; posted online at a later date
- Tag Routine – posted online at a later date
- Creative Routine (1:15-1:30) with the following technical elements in any order:
  - Minimum 6 fouette' turns with a triple out
  - Quad pirouette
  - Extension or leg hold turn to demonstrate flexibility and control
  - Calypso
  - Jete Leap
  - Leap in second
  - Aerial (or demonstration of aerial progression)

**DEADLINE TO SUBMIT QUALIFYING VIDEO IS: Monday, March 1<sup>st</sup>, 2021**

Submit video to: [spirit@uark.edu](mailto:spirit@uark.edu) | Subject: Your name – Pom Qualifying Video