



Point Park University Cheer Team Video Submission Guidelines

As part of the Spirit Programs, our team consists of dedicated, athletic student-athletes who serve as ambassadors of school spirit while representing the University at athletic events, competitions, and community appearances.

The following video submission allows us to evaluate your skills, presence, and potential as a member of the Point Park Spirit Program.

Submission Deadline: April 30, 2026

Submit to: spiritprograms@pointpark.edu

Introduction (30 seconds – 3 minutes)

Please introduce yourself and include the following:

- Name
- Age
- Hometown
- Current Team / All-Star Gym
- Brief cheer background

Answer the following questions:

- Why do you want to be on the Point Park Cheer Team?
 - Why do you think you would be a strong candidate?
 - What is your intended major?
 - Are you most interested in game day, competition, or both?
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Skill Demonstration – Required Elements

Jumps (one continuous take):

- Toe Touch
- Pike

Stunting (if applicable; each skill filmed in one take):

- Prep Full Down
- Cupie Pop Off
- Cupie Full Down
- Lib Pop Off
- Lib Full Down
- Switch Lib Pop Off
- Full Down from any body position (heel stretch, scale, arabesque, etc.)
- Toe Touch Basket Toss

If there is a skill you are unable to perform, skip it and demonstrate what you can do safely and confidently.

Skill Demonstration – Optional Elements (Tumbling)

Not required, but encouraged if applicable

Examples include:

- Standing Back Handspring (BHS)
- Round Off BHS / Multiple BHS
- Standing Tuck
- Round Off Tuck
- Round Off BHS Tuck / Layout / Full
- Any standing tumbling series
- Jump to tumbling

Guidelines:

- Film each tumbling pass in one take
 - Show your highest-level skill (no need to include lower-level progressions)
 - If you do not tumble, you may skip this section
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Sideline Presence

Chant:

- Submit one chant/cheer of your choice

- Film in one take

Dance:

- Submit a dance of your choice (minimum of two 8-counts)
- Film in one take

Chant and dance may be from your high school, all-star program, or created specifically for Point Park.

Filming Guidelines

- Videos do not need to be professionally edited
 - Ensure proper lighting
 - Full body must be visible in all clips
 - Make it clear which athlete you are (especially in stunts)
 - Film straight on for the best angle
 - **Attire:** Collegiate appearance
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Submission Notes

Please include only skills you can safely and successfully execute. We are looking for strong fundamentals, technique, and overall presence—not perfection.

March 1, 2026