



Dear Tryout Candidate,

Thank you for your interest in the Men's and Women's Cheer Squad and Mascot Tryouts at the University of Missouri St. Louis. The University offers outstanding programs both on and off the field. You must have applied for admissions to UMSL to participate in the tryouts for 2011-2012 and completed the cheerleading application and recommendation. You will be evaluated on your skills in both standing and running tumbling, jumps, stunting and over all cheering intonation, precision, energy/enthusiasm.

The Cheer Squad serves as one of the most visible student groups on campus, and we take PRIDE in the role of University ambassadors, not only at the athletic events, but also the state of Missouri and the community in which we live. We will continue to excel not only as cheerleaders, but also as visible, vital members of the University of Missouri St. Louis community.

The Cheerleading clinic will be April 16 & 17, 2011. We start promptly with registration and check in at 9:00am. All of the items needed to tryout are in the Tryout information sheet included in this packet. The information contained in this packet is everything you need to know to participate in the Cheer clinics and Tryout for the University of Missouri St. Louis Cheer Squad. If you have any questions related to University of Missouri St. Louis Cheerleaders, please do not hesitate to contact me by the methods listed below.

Sincerely,

Mrs. S. Ray
Head Cheerleading & Mascot Coach
(314) 516-5661 (Main)
(314) 516-5304 (Fax)
rays@umsl.edu
www.umsltritons.com

"Working together to achieve excellence"

Requirements:

- ✓ Registration and check in begin April 16th at 9:00am

- ✓ A snapshots of yourself
- ✓ All paper work must be turned in and completed in order to participate in clinics
 - ✓ Be On Time For Clinics and Tryouts

Cheerleading Practice Rules

Practice Rules

1. Bring Water, a towel, a light snack for breaks, and whatever you need. **Snacks, water brakes are taken only during designated brakes**
 2. Be kind. There is no room for personal conflicts. Do not bring them to practice.
 3. A snapshot of yourself.
 4. Warming Up is not optional --- you must participate in order to cheer.
 5. Wear Tennis shoes with socks at all times.
 6. Potential squad members only at each practice.
 7. No talking between cheers.
 8. Hair must be worn away from the face. No large plastic or metal hair decorations.
 9. No jewelry.
 10. Fingernails must be cut near to the finger tip.
 11. No gum, candy or soda during practice.
 12. Wear clothing that is non-restrictive.
 13. Phones are to be kept off during clinics and tryouts. If you need your phone on for an emergency contact the Coach before clinics begins.
 14. **No texting during Clinics and Tryouts**
 15. You are required to sweat and work hard. We need all your energy, all your expressions.
 16. If you decide to not give 100% because you do not feel like it or not in the mood, you will be asked to leave.
 17. We will always have exercise/workout before we begin. This will help your endurance.
 18. You might feel intimidated or frustrated during clinics. **Do not give up!** Step out take a breather if necessary and get back to work. In the end it will all be worth it.
 19. NO videotaping of clinics or tryouts
 20. NO family or friends allowed inside during clinics or tryouts
 21. Safety will always be first. If you jeopardize your own safety or the safety of others, you will be asked to leave.
 22. Only those who have filled out the proper paperwork will be allowed to participate.
- *In order to be counted as attending, you must participate in all facets of the clinic.

Everyone is required to complete a consent form and submit it on the morning of tryouts. Anyone under the age of 18 at the time of tryouts will be required to have a

parent or guardian's signature. The consent form is listed in this packet.

Tryout participants will be judged on the following elements

- Tumbling (minimum standing back handspring)
- Jumps
- Stunting
- knowledge of cheerleading skills
- flyers double down cradles
- flyers one legged stunts
- bases double down cradles
- bases one legged stunts
- Precision in cheer motions
- Confidence, Spirit and Extreme Enthusiasm
- Cheer “Leading” Ability
- Fight Song Routine
- Performance Routine
- Physical Fitness

ENTRANCE: Tryout participants will spirit and/or tumble on the hard wood floor as if they were spiriting and/or tumbling out for a basketball time out. Participants will be scored on skill and confidence. You are not required to tumble; however, it is a bonus for those that can.

SPIRIT: Participants will be expected to spirit to their position. SMILE, exude confidence, use sharp motions, and feel free to throw random skills (kicks, jumps, handsprings, tucks, etc., and have extreme energy.

TUMBLING: Participants are encouraged to perform safe skills that they have mastered prior to tryouts. The University of Missouri St. Louis Cheerleading staff will NOT provide spots at tryouts.

FIGHT SONG & PERFORMANCE ROUTINE: Participants will be taught a performance routine, and the routine of the University of Missouri St. Louis fight song. You will be judged on ability to quickly execute a routine, confidence, energy, tight and clean motions, distinctive and precise moves, smiling, pom usage, and your ability to spirit off the floor and/or throw a

standing tumbling (handspring or tuck) at the end of the routine without hesitation.

CHEER: Participants will be judged on crowd leading ability. The judges will be looking for confidence, sharp motions, extreme energy, strong voice and spirit during and after the cheer.

JUMPS: Participants will be expected to throw 3 consecutive jumps. The “Herkie”, “Toe Touch” and/or “Side Hurdler”, “Double Nine”, “Pike”. Participants will be scored on proper technique and the height of the jump. Motion technique should be strong during the jump approach and toes should be pointed.

FITNESS: The University of Missouri St. Louis Cheerleading Squad will be expected to run a mile in 8 minutes once practice starts, and team members will regularly run, stretch and workout 30 minutes before each practice. Triton Cheerleaders will participate in regular cardiovascular activities and lift weights in order to demonstrate exceptional fitness. As athletes, team members are expected to maintain a healthy BMI (Body Mass Index).

COLLEGIATE APPEARANCE: Participants should look their best! During tryouts female participants should wear hair (any style) away from your face, a red bow and make-up. Participants can feel free to pick a style (curly or straight) that best suits them. Make-up should include natural colors, applied heavily (performance make-up). All participants are expected to wear **UMSL logo (only)** during clinics and try out, a sports bra, tank top, T-Shirt, and dark cheer shorts or fitted spandex shorts. All tattoos should be fully covered, all jewelry must be removed (covering piercing with tape is not acceptable), and all fingernails **must** be short and safe. Male participants must be well groomed and wear **UMSL logo (only)** a T-Shirt and dark athletic shorts.

OVERALL ENERGY, ENTHUSIASM, SMILES, CONFIDENCE! Being a spirit cheerleader requires a lot of energy and confidence!! Participants should be enthusiastic, have extreme energy, confident and smile throughout the clinics and tryout process!

OVERALL IMPRESSION: Participants will be scored on their overall impression including confidence, posture, knowledge of material, facial expressions, attitude during clinics and tryouts, memorization, rhythm, and energy level.

- *The judges will consist of visiting coaches from other Universities, and the National Cheerleaders Association.*
- *UMSL cheerleaders cheer at home M & W Basketball, Volleyball, M & W Soccer games, and appearances at Baseball, Softball, as well as other School events, functions, community events and other sporting events.*
- *Each cheerleader is required to follow the eligibility guidelines set forth by the University of Missouri St. Louis Athletic Program.*

TRYOUT PREPARATION TIPS

TRYOUT TIP #1: Skills (gymnastics, stunting, etc.) are very important to being on the Cheerleading Squad, as with any college program; HOWEVER, being a good “cheerleader” is also very important. We look for people that have the whole package; therefore, tryout participants should make sure that their motions facials expressions and energy are strong.

TRYOUT TIP #2: Come to the clinic with a great attitude and professionalism. Be very attentive to your instructors. Not at anytime should there be side conversations, or “horseplay”. Listen to the instructions completely until you ask a question. Lastly always be willing to try a little harder, and stay in a stunt a little longer.

TRYOUT TIP #3: While we do not have a weight or height restriction, we recommend you be in exceptional physical shape (you should be running, weight training, etc. before, during and after tryouts).



CHEERLEADING TRYOUT CONSENT FORM

(Please print clearly)

Participant Name:

Date of Birth:

Participant's Risk/Precautions

The athleticism of cheerleading has obvious risks. I am aware of the risks involved. I will take all of the necessary precautions of warming-up and stretching before participating in The University of Missouri St. Louis Cheerleading clinics /tryouts on Saturday April 16 and Sunday, April 17, 2011.

Waiver of Liability

If an accident should occur, we (I) will take full responsibility for any medical supervision or care that may be necessary and will not hold The University of Missouri St. Louis or The University of Missouri St. Louis Cheerleading Squad or Coaches responsible for any financial compensation due to an injury incurred during The University of Missouri St. Louis Cheerleading clinics or tryouts. Further, I will follow the rules governing the current University of Missouri St. Louis Cheerleading Squad, in that I will not consume any alcoholic beverages,

nicotine, or non-therapeutic drug(s) 24 hours to the day an event or on the days of the event.

I have read the above information in its entirety. I understand that The University of Missouri St. Louis and The University of Missouri St. Louis Cheerleading Squad and Coaches are not responsible for any injuries sustained during this event. I hereby give my consent to participate in The University of Missouri St. Louis Cheerleading clinics and tryouts.

Insurance Information

(Please attach copy of insurance card)

Name of Insurance Company:

Policy Number:

I certify that I am covered by the above listed insurance company by signing below.

Participant's Signature: (If 18 years of age or older)

Parent/Guardian's Signature (If participant is under the age of 18):

Today's Date: _____



**UNIVERSITY OF MISSOURI ST. LOUIS CHEERLEADING
SQUAD APPLICATION**

*Please submit two letters of recommendations that can endorse your
cheerleading skills and overall character.*

NAME _____

STUDENT # _____

ADDRESS _____

STREET CITY STATE ZIP

CELL # (____) _____ - _____

HOME PHONE# (____) _____ - _____

EMAIL ADDRESS: _____

BIRTH DATE: _____

YEAR AT UMSL: FR SOPH JR SR

T SHIRT SIZE _____

AGE _____ MALE _____ FEMALE _____ WEIGHT _____ HEIGHT _____

UNIFORM SIZE: FEMALE: TOP _____ SKIRT _____ SHOES _____

MALE: SHIRT _____ PANTS _____ SHOES _____

CHEERLEADER OR DANCE ADVISOR/COACH: _____

ADDRESS: _____

STREET CITY STATE

ZIP: _____

PHONE # (____) _____ - _____

PREVIOUS COLLEGIATE CHEER OR DANCE SQUAD (IF ANY) _____

DID YOU HOLD AN OFFICE? Y/N

IF YES WHAT WAS THE TITLE _____

NUMBER OF YEARS OF EXPERIENCE IN EACH OF THE FOLLOWING

CHEERING ____ GYMNASTICS ____ DANCE ____

SPORTS ____ STUNTING ____

HONORS OR AWARDS WON:

LIST ANY PREVIOUS OR REOCCURRING PHYSICAL OR MEDICAL PROBLEMS YOU HAVE EXPERIENCED THAT MAY INTERFERE WITH YOUR POSITION AS UMSL CHEERLEADER (knees, ankles, wrists, back, abdomen, asthma, depression, migraines, eating disorders, etc.)

LIST ANY PHYSICAL ACTIVITIES YOU ARE UNABLE TO DO OR ARE LIMITED IN:

GIVE YOUR DEFINITION OF A CHEERLEADER:

NAME ONE REASON WHY SPONSORS SHOULD DONATE TO THE UNIVERSITY OF MISSOURI ST. LOUIS CHEERLEADING SQUAD?

MAY WE USE YOUR RESPONSE IN A FUNDRAISING CAMPAIGN? ___ YES
___ NO

THE APPOINTMENT AS AN UMSL CHEERLEADER IS A VERY DEMANDING RESPONSIBILITY WHICH SHOULD NOT BE TAKEN LIGHTLY WHY DO YOU WANT TO BE A UMSL CHEERLEADER?



PRACTICES FOR THE SCHOOL YEAR ARE SCHEDULED FOR 6:30AM –8:00 AM, THREE DAYS A WEEK, PLUS ANY EXTRA PRACTICES DETERMINED NECESSARY FOR GAME PREPARATION. THERE MAY ALSO BE SUMMER PRACTICE TIME SCHEDULED. UMSL CHEER MEMBERS ARE REQUIRED TO ATTEND AND PARTICIPATE IN ALL PRACTICE SESSIONS WHICH INCLUDE PHYSICAL CONDITIONING, MONEYSMAKING PROJECTS, MEN’S & WOMEN’S BASKETBALL GAMES, VOLLEYBALL, MEN’S AND WOMEN’S SOCCER, BASEBALL, SOFTBALL, AND ANY OTHER ACTIVITIES THE ADVISOR ASSIGNS. THERE ARE NO EXCEPTIONS. ALL CHEERLEADERS WILL BE REQUIRED TO CARRY THEIR OWN PERSONAL INSURANCE. PROOF OF INSURANCE MUST BE PRESENTED DURING CLINICS AND AT TRYOUTS.

I have applied for the position of UMSL cheerleader and hereby grant permission to the cheerleader advisor to review my student personnel and academic records as they relate to my eligibility as a cheerleader. I completely understand and accept ALL the responsibilities I will undertake if I receive the position of UMSL cheerleader. I understand that if I cannot FULLY participate in practices, physical conditioning and games, I may be dismissed from the squad.

Print name

Date

Signature

Witness

Please identify any skills you have mastered

Jumps:

Toe Touch _____

Pike _____

Herkie _____
Side Hurdler _____
Double Nine _____
Pike _____
Double Toe Touch _____

Tumbling:

Cartwheel, round-off, Back Handstand, back walkover, front walkover _____
Back handspring _____
Back tuck _____
Front tuck _____
Back handspring Tuck _____
Toe Touch Back Handspring _____
Toe Touch Back Tuck _____
Round off Back Handspring _____
Round off Back handspring Series _____
Round off Back Tuck _____
Round off Back Handspring Tuck _____
Round off Back Handspring Layout _____
Round off Back Handspring Full _____ Standing Full: _____

Stunting:

Base _____
Flyer _____
Back _____
Front _____

Special Ability (please circle)

Flyers: Scorpion, arabesque, heel stretch, bow and arrow, full, double down

Cheer/Dance Experience: _____

What unique skills do you possess that would benefit the UMSL Cheer Squad?

(PLEASE BRIGN A PHOTO OF YOURSELF)