2018 Tryout Requirements
University of South Dakota Cheerleading Program
Saturday, April 20, 2018 – 9:00 AM

Student Requirements

- **Freshman/Transfer Students**
  Must be Accepted to USD for 2018-2019 academic year
  - Apply for Admissions Here
- **Current USD students:**
  - Enrolled full time (Undergraduate: 12 hours, Graduate: 9 hours)
  - Cumulative & Current GPA of 2.0 or above
- **Current Health Insurance**
  (a copy of insurance card must be presented at tryout check-in)
- **Filled out a tryout application and all USD Waivers.**

Pre-Tryout Open Gym

- The pre-tryout open gym is not mandatory, but it is highly suggested that you attend prior to tryouts. Open Gym will be held at the Dakota Dome (1101 N. Dakota St, Vermillion, SD 57069) and will start at 6:00 PM.
  
  Pre-Tryout Open Gym:
  - **Friday, April 20 2018 (Tryouts are the next day)**

Female Tryout Attire

- Black Spandex Shorts
- Solid Black Fitted Top or Sports Bra (small logos are acceptable)
- White No-show or ankle socks (all white)
- Cheer Shoes
- All white cheer bow or white ribbon.
- Hair up, off the shoulders and out of the face.
- Make-Up Game day Ready, collegiate image (no glitter)

Male Tryout Attire

- Black Shorts
- Solid Black Top (small logos are acceptable)
- White No-show or ankle socks (all white)
- Appropriate shoes (Cheer, cross-trainer, etc….)
- Facial hair should be saved or neatly trimmed

What to Bring to Tryouts

On top of the above attire, you will want to bring a few other items with you if you want to be successful at tryouts.

- Water Bottle
- All of your Paperwork (See first section)
- Running Shoes/iPod
- A Healthy Lunch
- Business Casual Outfit (Interview session)
- A Positive Attitude
- Any Medical Items (inhaler, braces, etc.)
- Your Best Skills
- **NO JEWELRY**
- Make up (You will need to be game day ready for the afternoon session.)
Required Skills

Each year the required skills changes based on the people trying out. As a program, we select our cheerleaders based on the skills they perform at tryouts. Those skills will involve game day ability, stunts, tumbling, jumps, fitness, and motion technique. There will also be an interview portion for those that make it to the final session. While the University of South Dakota does not set specified required skills at this time for stunts and/or tumbling, we reserve the right to select cheerleaders based on their overall skill level, including their skills level for stunts and tumbling. Each tryout participant is judged against the same scoresheet and those with the highest scores are selected. Scoresheets will NOT be made available to tryout participants, however, if you have questions after the tryout, please feel free to contact Coach Drew Ritchie by email or phone.

Tryout Format & Skill Sections:

Please note that the tryout schedule and set up is subject to change by the coaching staff and may be changed based on the number of people trying out and the skill level of those trying out.

Open Gym/Optional Workout (6:00 PM, Friday April 20, 2018)

- **Open gym (This is not required but is very highly suggested.)**
  - Opportunity to work skills for tryouts.
  - Chance to help create your groups for tryouts.
  - This will be the only time allotted to teaching skills. We will not teach skills during tryouts.

Preliminary Tryouts (9:00 AM, Saturday, April 21, 2018)

- **Fitness Test**
  - Timed mile run
  - 1 minute push up test
  - 1 minute sit up test

- **Jumps**
  - Single Toe Touch
  - Toe Touch to Tumbling (back handspring, back tuck, full.)
  - Three jump combination of your choice (toe touch, side hurdler, front hurdler, pike.)

- **Preliminary Standing Tumbling Evaluation**
  - Standing Back Tucks and Standing Back Handsprings

- **Preliminary Stunting** (groups must be with participants trying out - no outside stunt groups are allowed)
  - Three-person basing group (main, side, back spot)
    - Straight up to awesome (extension).
    - Straight up to liberty position.
    - Pop-off dismount.

Semi-Final Tryouts (After Lunch, Saturday, April 21, 2018)

- **Game Day Spirit & Motion Technique**
  - Fight Song & Sideline Chant
  - Looking for sharp motions and ability to lead the crowd

- **Running Tumbling**
  - Round-off back handspring or round-off back tuck
  - Round-off back handspring(s) to aerial skill (tuck, layout, full.)
  - Any specialty pass

- **Advanced Standing Tumbling**
  - Standing Full, Standing Connected Passes
• **Advanced Stunting** - (groups must be with participants trying out - no outside stunt groups are allowed)
  o Two-person base stunt group (main base & side base lifting top person)
    ▪ Hands/Prep-Level press (or toss) to Lib, pop-off dismount
    ▪ Straight up to Extension or Lib, pop-off dismount
  o Three-person base stunt group (main, side, back bases)
    ▪ Full-Up entry into awesome
    ▪ Top girls will demonstrate body positions.
      ▪ Stretch, Scale, Arabesque
  o Additional stunt entries may be asked for any call-backs, if necessary.
  o Stunt Partners will first be chosen by stunt group, Coach may create stunt groups
  o Coach may ask to see any other skills if necessary.

**Final Tryouts (After Dinner), Saturday, April 21, 2018**

• **Personal Interview**
  o This will be done with alumni, administrators or previous year’s captains.
  o **Please be sure you have a change of clothes for your interview.**
    ▪ Clothing should be business casual as if you were coming to a job interview.
    ▪ You will have a locker room available to you to use or you may leave after the afternoon session and use an apartment, house or hotel to get ready for the interview session.
  o There will be a short meeting after selections are made for those that make the team.

Cuts will be made throughout tryout process during the time between sessions. Final selection of squad members will be posted after scores are tallied at end of tryouts.

**Summer Commitment:**

The Cheer Squad will have practices during the summer. Attendance is **mandatory** for squad members. Team members will not be excused from the below dates unless there is an emergency. Dates for NCA Camp may change if NCA decides on different dates for camp, however, you are still responsible for being at camp. If they change those dates, these announcements will be updated as soon as the coaching staff is aware of the change. These dates are being first announced in September of 2017, almost a year in advance. Please plan vacations and other summer endeavors accordingly. Once again, attendance is mandatory:

<table>
<thead>
<tr>
<th>Date:</th>
<th>Team Details &amp; Location:</th>
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<tbody>
<tr>
<td>July 30 - August 4, 2018</td>
<td>USD Work Week</td>
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<tr>
<td>August 5-7, 2018</td>
<td>NCA Camp at Northwest Missouri State University</td>
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<tr>
<td>August 13, 2018</td>
<td>Move-in Monday and Practice begins <em>Required for everyone</em></td>
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RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF THE RISK AND INDEMNITY AGREEMENT AND CONSENT TO MEDICAL TREATMENT

By my signature below, I acknowledge that I am aware of, appreciate the character of, and voluntarily assume the risks involved in participating in: **Dance for the University of South Dakota.**

By my signature below, on behalf of myself, my heirs, next of kin, successors in interest, assigns, personal representatives, and agents, I hereby:

1. Waive any claim or cause of action against and release from liability the State of South Dakota, its officers, employees, and agents for any liability for injuries to my person or property resulting from my participation in the activity listed above;

2. Agree to indemnify and hold harmless the State of South Dakota, its officers, employees, and agents for any claims, causes of action, or liability to any other person arising from my participation in the activity listed above; and

3. Consent to receive any medical treatment deemed advisable during my participation in the activity listed above.

I HAVE READ THIS RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF THE RISK AND INDEMNITY AGREEMENT AND CONSENT TO MEDICAL TREATMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT, ASSURANCE, OR GUARANTEE BEING MADE TO ME AND INTEND MY SIGNATURE TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW.

Name ________________________________ Date of Birth ___________________

Signature ______________________________ Address __________________________

Date______________________________

If the participant is a minor, the following must be completed:

Guardian’s Name _______________________ Date of Birth____________________

Signature ______________________________ Address __________________________

Date______________________________
2018-2019 USD Cheer and Stunt Tryout Application

First Name: _______________________ Last Name: ________________________________

Nickname(s): __________________________________________________________________________

Address: _____________________________________________________________________________

City: __________________________________ State: _________ Zip Code: ________________

Email Address: _________________________________ Cell Phone Number: ________________

Gender (Circle one): Male Female Date of Birth: __________________________

**PLEASE EMAIL A CLEAR PICTURE OF YOUR HEALTH INSURANCE CARD TO DREW.RITCHIE@USD.EDU**

Athlete Sizes:
T-shirt Size: ___________ Short Size: ___________ Shoe Size: ___________.

Female Athletes Only Sizes:
Spandex/Brief Size: _______ Crop Top Size: _______ Fitted T-Shirt Size: _______

Academic Information:
Grade in College: ________________ Major/Minor: ________________________________

School Attended Last Year: __________________________________________ GPA: _______

If under the age of 18, please fill in the below information about your Parent/Guardian:

Parent/Guardian Name: _________________________________ Phone Number: ______________

Address: __________________________________________________________________________

City: _________________________________ State: __________ Zip Code: ________________

Email Address: __________________________________________ Relation to Athlete: _______

Cheerleading Information:

I am interested in being on the Competition/Nationals Team (Please circle): YES NO

Years of cheerleading experience: _____ Tumbling Experience (please Circle): YES NO

(Tumbling is not required is highly encouraged and will affect your score.)

Preferred Position (You may circle more than one): BASE BACKSPOT TOP GIRL

Were you a Captain last year: YES NO

**Please use the back of this application or a separate sheet to explain your relevant experience. This includes, but is not limited to: Cheerleading, Dance, Gymnastics, etc... Please include a list of your tumbling skills if you marked YES for tumbling experience. **
Cheerleading Tryout Result Acceptance Form

I, ___________________________________, do hereby agree to accept the results of the University of South Dakota Cheerleading Tryouts for the Spring of ________. I agree that the decisions made by the judges and coaches of the University of South Dakota Cheerleading program are subject to change at any time and I will abide by those changes if they occur.

The judges and coaches of the University of South Dakota Cheerleading program work hard to ensure a fair and equal tryout based on the skills level and attitude of those participating in the tryout. This entire process takes place in one or two days and you may not agree with the selections made. The program does the best they can to select people who they believe will work the best for the program. You are free to contact the coaching staff after tryouts and ask what you can do better at the next tryout. Coaches here are always willing to assist and will give honest responses on what you can work on for next time. By signing below, I agree to the above statement and will not challenge the tryout process after tryouts have been concluded. I also will accept the decision of the coaching staff with regard to team selection.

I have read the above statements and agree:

Name: ________________________________
Signature: ________________________________
Date: ______________

If the participant is a minor, the following must be completed:

Parent/Guardian’s Name: ________________________________
Signature: ________________________________
Date: ______________