University of South Dakota Cheerleading
Video Tryout Procedures

Anyone wanting to tryout must either participate in the live tryout or submit a video for the video tryout. While we encourage all participants to attend the live tryout, we understand that sometimes that is not practical. Therefore, there is a video tryout option. This section will cover the proper procedure for video tryouts. All videos must follow the tryout format and must be in electronic format (MPEG, MP4, etc.) private online format (Facebook, YouTube, etc…), or on a DVD-R. Please see the regular tryout information sheet to see what to wear in your tryout video as you are required to wear the same as if you were at the live tryout.

PLEASE DO NOT USE VIDEO FOOTAGE FROM OLD PERFORMANCES AND/OR COMPETITIONS IN YOUR VIDEO. Please create a new video with up to date skills.

Video submissions must be received before April 16, 2018 and please email submissions or information to Drew.Ritchie@usd.edu. Results will be posted immediately following the live tryout.

What to include in your video:

- **Your video should include an introduction of yourself. This should not be written, but should be spoken into the camera. Please include in your introduction:**
  - Your full name and what year you are going to be in college.
  - What you want to study.
  - Your experience with cheerleading.
  - Why do you want to be a USD Cheerleader?
  - What is your biggest strength and what is your biggest weakness?
  - What are the two most important things that cheerleading can do for a school?

- **Chant/Sideline**
  - You will provide this chant yourself.
  - Chant should include motions/voice only (no jumps, tumbling, etc…)

- **Dance/Fight Song**
  - This section is required for female participants. Males may choose to include a dance/fight song, but it is not required.
  - You should include either a fight song or a dance, but not both. This will be material that you provide, not material that we give you.

- **Stunts**
  - If you are from a non-stunting, please explain that you are non-stunting. Do not just skip this part without mention.
  - For your stunts, please include basic skills along with your advanced/elite level skills. Please be sure to include your best skills in your tryout video.
  - Males doing a video submission should include coed stunts if you have them.
  - For your stunts, please indicate in the video if you are a top girl (flyer), base or back spot.

- **Tumbling**
  - Tumbling is not required but is highly encouraged and may be a deciding factor in the tryout process. Please include your best standing skills and your best running skills.

- **Jumps**
  - Your video must include at least 3 jumps (you may do more) and **MUST** include a toe touch or a double toe touch. Connected jumps and connected jumps to tumbling will score higher.

**DO NOT FORGET TO INCLUDE YOUR TRYOUT APPLICATION AND A COPY OF YOUR HEALTH INSURANCE CARD ALONG WITH YOUR VIDEO!!**
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 to be considered but 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: ______________________