Prior to tryouts, complete the following:

1. Online Application
2. 1 current photo of yourself
3. Freshmen & Transfer candidates:
   a. Copy of acceptance letter to USD
4. Release and Waiver of Liability (Bring to Check-In)
5. $20 tryout fee; $10 current USD Students (Bring to Check-In)
6. Current Health Insurance (Bring a copy to Check-In)

Student Requirements:

• **Freshman/Transfer Students**
  o Must be accepted to USD for 2018-2019 academic year
  o Cumulative GPA of 2.5 or above

• **Current USD Students**
  o Enrolled full time (Undergraduate: 12 hours, Graduate: 9 hours)
  o Cumulative & Current GPA of 2.5 or above

• **Current Health Insurance**
  o Proof of insurance card must be presented at tryout check-in (e.g. picture of insurance card)

**Female Tryout Attire**

• Black shorts (no loose, basketball style shorts)
• Solid black shirt (no loose or cut off clothing and no large logos. Fitted tops are preferable)
• White no-show or ankle socks
• Cheer shoes
• All white cheer bow or ribbon for hair
• All hair should be up, off the shoulders, and out of the face
• Game day ready make-up, collegiate image

**Male Tryout Attire**

• Black Shorts
• Solid black top
• White no-show or ankle socks
• Appropriate shoes
Tryout Schedule: *Subject to change*

9:30am-Check-In Opens @ Sanford Coyote Sports Center
  *Skirt/Shell try-on
10:00am-Introduction & Interviews begin
12:00pm-Lunch
12:30pm-Learn Sideline Cheer (Co-Ed, All-Girl, Mascots)
1:00pm-Learn Fight Song (Co-Ed, All-Girl, Mascots)
1:30pm-Learn Sideline Dance (Co-Ed, All-Girl, Mascots)
2:00pm-Stunting
  *Find stunt groups & partners if they’re not set up yet
  *Mascots prepare skit
3:00pm-Tryout Prep (Jumps, tumbling warm-up, practice)
3:30pm-CoEd & Mascot Tryouts Begin
4:30pm-All-Girl Tryouts Begin
6:00pm-Fitness Test

*Team Announcement will be made via Social Media within 24 hours*
**All-Girl Skills:**

**Tumbling & Jumps:**

1. Standing back handspring
2. Standing back tuck
3. Jump Sequence: Pike, Toe-Touch, Front Hurdler
4. Toe-Touch Back Handspring/Back Tuck

**Gameday Spirit & Motion Technique:**

1. Fight Song
2. Sideline Chant
3. Sideline Dance
4. Looking for sharp motions and ability to lead the crowd

**Stunting:**

1. Extension
2. Pop-Off
3. Liberty

*Stunt groups can be formed at the Skills Clinic or Open Gym before tryouts.*

**Interview:**

1. Panel of Judges
Co-Ed Skills:

Female Skills:

Tumbling & Jumps:
1. Standing Back Handspring
2. Roundoff Back Handspring Series
3. Jump Sequence: Pike, Toe-Touch, Front Hurdler
4. Toe-Touch Back Handspring/Back Tuck

Gameday Spirit & Motion Technique:
1. Fight Song
2. Sideline Chant
3. Sideline Dance to Co-Ed Stunt (Taught at Skills Clinic & Open Gyms leading up to tryouts)
4. Looking for sharp motions and ability to lead the crowd

Stunting: *Stunt partners can be formed at the Skills Clinic or Open Gym before tryouts.
1. Toss Chair
2. Toss Toe Touch
3. Shoulder Sit
4. Walk in Chair

Male Skills:

Tumbling:
1. Round Off
2. Handstand

Gameday Spirit & Motion Technique:
5. Fight Song (Use of megaphone)
6. Sideline Chant (Use of voice projection & megaphone)
7. Sideline Dance to Co-Ed Stunt (Taught at Skills Clinic & Open Gyms leading up to tryouts)

Stunting: *Stunt partners can be formed at the Skills Clinic or Open Gym before tryouts.
5. Toss Chair
6. Toss Toe Touch
7. Shoulder Sit
8. Walk in Chair

Interview:

1. Panel of Judges
Travel Team Requirements:

- Anyone is eligible to tryout for travel team
- Tryouts will happen during Co-Ed & All-Girl tryouts. We will take the top scores from those trying out to create a co-ed travel team & all-girl travel team.
- You must attend all games on the schedule. We understand life happens but only family emergencies/death will be excused for unexpected absence of a game. Coaches need to know well in advanced if you may miss a game so we can contact an alternate.
- You must be professional while on the road. We are representing USD and our cheer program, we want to leave a good impression.
- Skills and technique must be consistent and advanced to be able to do skills with a smaller team.
- Must maintain 2.5 GPA throughout the entire season.

Plan Ahead:

USD Skills Progression Camp: August 8-11th

UDA Summer Camp: August 12-14

High School Camps: May-July (based off of team availability)

- We will go to area high schools and host 1-3 day camps during the summer.
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: Cheerleading 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 ______________________