

2011-2012 MNU Cheerleading Tryout Packet

Tryout/Clinic Dates:

Location:

Thursday April 14	7-9:30pm	Open Gym	Cook Center N. Gym
Thursday April 21	7-9:30pm	Open Gym	Cook Center N. Gym
Thursday April 28	7-9:30pm	Open Gym	Cook Center N. Gym
Saturday April 30	12-4pm	Tryouts	KCAC All Star Gym
Tryout Packets and Video Tryouts Due	Noon	Noon	
Monday May 2	Noon	2011-12 Roster	MNUCheer.com

**Directions to the Cook Center on the MNU Campus and KCAC can be found on Mapquest.com
Cook Center address 800 S. Lindenwood Olathe, KS 66051
KCAC 8303 w. 126th Overland Park, KS (one block behind 127th and Antioch)*

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**It is important that you read and fully understand the enclosed information.
Give serious thought to the level of commitment you must make
if you are chosen to be a part of this program.**

**If you have any questions or concerns, please do not hesitate to call the
Head Cheer Coaches Jessica and Josh Magaha at (913)748-6213.**

Thank You for your interest and GOOD LUCK!

Our Squad

Spring tryouts fill all the spots on our squad (i.e. we don't have a Fall tryout). We'll take approximately 28-32 cheerleaders which include up to 4 alternates. Each squad member cheers:

- all home football games
- 12 members will travel to select away football game
- all home men's basketball games
- a few selected men's away games
- all home women's basketball games
- a few selected women's away games
- 20 squad members plus 2 alternates will travel to Nationals held in Daytona, Florida in April
- 20 squad members will compete in the HAAC competition held in early February.
- Various appearances at high school and professional events through out the year

Travel to away games and post-season tournaments are usually limited to 12 members per trip. In the fall, we will select 20 members (plus 2 alternates) to compete at NCA nationals in Daytona, FL.

***Alternates:** An alternate position is a cheerleader who shows potential but needs to work on few skills to make a scholarship spot. This person will still cheer at home games, receive all amenities the squad receives, and can tryout for nationals and the HAAC competition. They will have to attend all practices, summer work weeks, and mandatory workouts. If a scholarship squad member shall become ineligible or removed from the squad an Alternate will be offered their spot.*

Selection Criteria / Requirements

Candidates will be selected based on who will create the best squad by the time our season starts. That means we'll consider more factors than just skill level; we'll consider potential, squad partnering, pyramid positions, physical fitness, work ethic, and attitude. For specific skills, it's hard to estimate what is needed to make the squad, but listed below is what we look for. Also note that all returning squad members must try out every year.

Ladies should have good stunting and base fundamentals and be easy to stunt with or show good potential. We like to see a solid standing back handspring and/or back tuck. For pass tumbling, we hope to see full's, but back handspring series to tuck or layout are typically good enough to make the squad. We are also looking for strong cheer, fight song, and motion techniques which will boost your scores.

Guys' skill levels at tryouts vary more than the ladies, so they're harder to predict. In general, we really like to see guys who can both stunt and tumble (standing tuck), but we also take guys who are stronger in one area and weaker in the other. We may also take guys who have little to no cheer experience if they show potential by being strong and athletic.

Tryout Advice

Here are some thoughts and tips on preparing for tryouts:

- Tryouts aren't a safe environment for learning new skills, so we only provide enough time at tryouts for people to warm up their current skills. At the tryout, throw what you know!
- Be in the best physical and mental shape you can be by tryouts!
- Our advice to most guys, especially high school guys, is to lift and to gain as much strength as you can. It will make stunting easier and make you more valuable in pyramids and baskets.
- Ladies, we are looking for the people who can do it all. Fly on all girl, coed, base, back . . . just be as versatile in your skills as possible.
- If at all possible, stunt with a variety of partners: good, bad, big, and small. This will improve your overall technique. Ladies especially need to be careful not to stunt with only one guy, and also make sure to really learn proper technique and not unknowingly let the guy do all the work. Don't try to skip ahead to the elite stunts even if a guy is able to throw you through them — make sure you first learn how to hold yourself tight and centered without balancing; learn a powerful toss, walkups, twisting cradles, etc. Our tryout format tests girls' overall ability, technique, and experience, so prepare accordingly.

What to Wear at Tryouts

At both days of tryouts:

Ladies: should wear a fitted navy blue, black, red or white sports bra and top; athletic shorts or spandex; athletic shoes(cheer shoes if you have them); no jewelry; and your hair should be pulled back out of your face. Game ready appearance is highly recommended.

Men: should wear a plain T-shirt, athletic shorts, and athletic shoes.

**Note that these requirements are for safety reasons, and also note that a small part of your score is "Overall Image," so it's in your best interest to look game-ready.*

Summer Obligations

Squad members will need to be in Olathe a few times over the summer for practices to learn material for camp and the upcoming year. These are required practices and no excuses will be tolerated. It's helpful if squad members live in Olathe over the summer so they can work on their skills together, but it's not required.

Here are our probable summer obligations:

- June one work weekend (TBA)
- July work week and camp (TBA)



Tryout Process

Throughout the clinics and the tryout you will be observed by the MNU cheer coaches. There will be a coach's score during the clinic and tryout. This will be applied to the skills total. At the tryout you will be asked to individually perform specific skills. The final decisions are made by the coaches. All decisions are final!

Skills

You will be asked to execute a list of skills listed below for tryouts. **If you haven't mastered all skills, do not be discouraged. It does not mean you cannot make a team.** We are not necessarily looking for perfection at this time, but we do want you to concentrate and perfect the skills that play to your strengths. In addition to the skills listed, you will be observed throughout the clinics on your attitude, ability to learn and make changes, enthusiasm, projection and overall performance. We will be looking for current and potential skills to become a collegiate cheerleader.

Tryout Material and Requirements

- Interview
- Sideline Cheer
- Fight Song
- Jumps: Toe touch, Pike, Right Hurdler, Left Hurdler, Herkie (*Your Choice of the 5 jumps*)
- Standing Tumbling (*You get one chance to throw one skill, a light spot will be provided but a minor deduction will be applied*)
 - standing back handspring
 - standing back tuck
 - standing back handspring back tuck
 - standing back hand spring full (*No Spot provided, has to be solid*)
 - standing full (*No Spot provided, has to be solid*)

***All Tumbling takes place on a spring floor**

- Pass Tumbling (*No spot will be provided, you get two passes and it has to be the same pass. If you throw two passes and they are different your first will be judged.*)
 - round off back hand spring series
 - round off back hand spring tuck
 - round off back hand spring layout
 - round off back hand spring whip back hand spring
 - round off back hand spring full
 - round off back hand spring full back hand spring full
 - round off arabian stepout round off back hand spring
 - round off back hand spring 1.5xfull stepout round off back hand spring
 - punch front stepout round off back hand spring round off
- Co-ed Partner Stunts (If you are a guy and girl who can partner stunt) You will get two attempts to try one stunt or if you hit your first stunt successfully you can throw a different and harder stunt for your second attempt. If you full or double full have an appropriate spot with you during your tryout.
- All-Girl Partner Stunts (This will be a group score):
 - Four (4) individuals will be grouped in a stunt group to perform 3 stunts:
 - Stunt one will be a straight up extension with strait cradle
 - Stunt two will be a one legged stunt extended (e.g. lib, stretch, aero, over stretch. Scorpion or Scale) with straight cradle.
 - Stunt three will be a choice of a one leg stunt with either a full or double down.

2010-2011 Spirit Squad Application

Attach current photo here

Photo will not be returned

PERSONAL INFORMATION:

Name: _____
(First) (Last) (Middle)

Home Phone: (____) _____ - _____

Cell Phone: (____) _____ - _____

Email address: _____

Parents Name(s): _____
(First) (Last) / (First) (Last)

Address: _____
(Street) (City) (State) (Zip Code)

Parent Phone: (____) _____ - _____

ALTERNATE POSITION

Would you take an alternate position if offered to you? YES NO

SCHOOL INFORMATION

Year in College for the 2010-2011 School year:

Fr So Jr Sr 5th yr.

Major: _____

MNU ID Number: _____

Date of Birth: ____/____/____

High School: _____

GPA: _____

Uniform/Clothing

Height (ft) _____ (in) _____

Shoe Size _____

T-Shirt (circle)

X-Small Small Medium Large X-Large XX-Large XXX-Large

Shorts/spandex

X-Small Small Medium Large X-Large XX-Large XXX-Large

Sports Bra

X-Small Small Medium Large X-Large XX-Large XXX-Large

Cheerleading Information

1. Where have you cheered?

2. List any cheer honors you have received.

3. List any other honors or awards you have received.

4. List the standing tumbling skills you possess.



5. Describe the most difficult running tumbling skill you can perform.

6. Are you a base or a flyer?

7. What are some of the most difficult stunts you can perform?

8. Have you based or flown in a basket toss? If so, please elaborate.

9. Why do you want to be a MNU Cheerleader

Mid America Nazarene Cheerleading WAIVER AND RELEASE OF LIABILITY

DISCLAIMER: MID AMERICA NAZARENE IS NOT RESPONSIBLE FOR ANY INJRY (OR LOSS OF PROPERTY) TO ANY PERSON WHILE PREFORMING, PARTICIPATING IN OPEN GYM, OPEN CLINICS, TRYOUTS, OR IN ANY OTHER WAY INVOLVED IN CHEERLEADING, OR ANY OTHER ACTIVITY PROVIDED BY MID AMERICA NAZARENE CHEER, FOR ANY REASON WHATSOEVER, INCLUDING ORDINARY NEGLIGENCE ON THE PART OF MID AMERICA NAZARENE ITS COACHES, SPONSORS, AGENTS, ATHLETES, OR CAPTAINS.

In consideration of my participation, I hereby release and covenant not-to-sue Mid America Nazarene, an any of heir employees, teachers, coaches, or agents, from any and all present and future claims resulting from ordinary negligence on the part of Mid America Nazarene or others listed for property damage, personal injury, or wrongful death, arising as a result of my engaging in said activities with Mid America Nazarene, including but not limited to activities directly associated with Mid America Nazarene on and off the premises. I hereby voluntarily waive any and all claims resulting from ordinary negligence, both present and future, that may be made by me, my family, estate, heirs, or assigns.

Further, I am aware that tumbling and cheerleading are vigorous sporting activities involving height and rotation in a unique environment and as such they pose a risk of injury. I understand that tumbling , cheerleading, and related activities always involve certain potential for minor to catastrophic injury including death. The risk of harm may be limited by all of the safety equipment and trained coaches, but never eliminated. I am voluntarily participating in this activity with knowledge of the risks involved and hereby agree to accept any and all inherent risks of property damage, personal injury, or death. I further agree to indemnify and hold harmless Mid America Nazarene and all others listed for any and all claims arising as a result of my engaging in or receiving instruction from Mid America Nazarene Cheer activities referred to within this release.

I understand that this waiver is intended to be as broad and as inclusive as permitted by the laws of the state of Kansas and agree that if any portion is held invalid, the remainder of the waiver will continue in full legal force and effect. I further agree that the venue for any legal proceedings shall be within the state of Kansas

I affirm that I am of legal age and am freely signing this agreement for myself as well as for my minor children. I have read this form and fully understand that by signing this form, I am giving up legal rights and or remedies which may be available to me for the ordinary negligence of Mid America Nazarene or any person listed or described above.

Signature of Parent

Date

Print Parent Name

Print Athlete Name

Signature of Participant if over 18

Date

Checklist

- ✓ Completed Application with all information filled out with Current photo
- ✓ Cheerleading information sheet filled out
- ✓ Wavier Released signed and/or signed by a Parent or Guardian if under 18
- ✓ 2 Letters of Recommendation (Incoming Freshman or Transfer Students Only)
 - Letter of Recommendation from a previous Cheer Coach, Dance Coach, All-star Coach, or a Coach or Sponsor for an Activity you attended extracurricular after school hours
 - Letter of Recommendation from your choice just not a family member Example: Teacher, Employer, or someone in your community
- ✓ Front and Back Copies of Insurance Card
- ✓ Copy of School Transcript *Unofficial* (Incoming Freshman and Transfer students only)
- ✓ Application on file at MNU or Acceptance letter
- ✓ All information has to be turned in by Noon April 30th before Tryout

THANKS AND GOOD LUCK!

Contact Information

Head Cheer Coaches
Jessica and Josh Magaha
2030 E College Way
Olathe, KS 66051

Phone: (913) 748-6213
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Website: www.MNUCheer.com