



# **2010 -2011 SDSU CHEER TRYOUT INFORMATION PACKET**

Welcome to the San Diego State University Athletic Department, and thank you for your interest in the SDSU Cheer program. We hope that the tryout process is fun and challenging, and we encourage you to read all of the information contained in this packet. Please note all of the dates, deadlines, times, and locations.

There will be a \$30.00 tryout fee due with the application. Checks only made out to SDSU Cheer.

**IN ORDER TO BE ELIGIBLE FOR THE SDSU CHEER TEAM YOU EITHER NEED TO BE AN ADMITTED STUDENT OR ENROLLED IN CLASSES THROUGH OPEN UNIVERSITY. (If you have been admitted to SDSU, please attach a copy of your acceptance letter to this application).**

**GOOD LUCK DURING THE TRYOUTS!!!!**



Cheerleading Experience \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Please list **consistent** standing and running tumbling skills on a regular cheer floor (no spring floor)

\_\_\_\_\_  
\_\_\_\_\_

Please list abilities as a flyer or base/back \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

List any and all major injuries and/or health problems: \_\_\_\_\_

\_\_\_\_\_

Medical Insurance Company: \_\_\_\_\_ Policy #: \_\_\_\_\_

Group#: \_\_\_\_\_

**IN CASE OF AN EMERGENCY, PLEASE NOTIFY:**

\_\_\_\_\_  
name phone #

I have read and understand all of the requirements and regulations regarding the SDSU Cheer tryouts and I agree to abide by them. I also agree to abide by the decisions of any judges involved in the tryout process, as well as the decisions of the SDSU Cheer coach. The decisions of the SDSU cheer coach are final and cannot be disputed. I understand my responsibility regarding the time commitment and the financial obligation required. The answers on this application are true to the best of my knowledge. I hereby waive San Diego State University, the Trustees of SDSU, the SDSU Athletic Department, the SDSU Cheer Program, the SDSU Cheer coach, and any judges, interviewers and tryout assistants of any responsibility or liability in the event of any injury suffered during the SDSU Cheer tryouts.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

IF UNDER THE AGE OF 18 YEARS OLD AT THE DATE STATED ABOVE, A PARENT OR LEGAL GUARDIAN'S SIGNATURE IS REQUIRED:

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Parent Signature

Date

**Please attach any supporting documents that you have to this application (i.e., proof of GPA and proof of insurance).**

## **CHEERLEADING REQUIREMENTS**

### **I. TRYOUT ELIGIBILITY**

- A) CURRENT SDSU STUDENT:  
Proof of insurance and GPA.
- B) CURRENT HIGH SCHOOL SENIOR OR TRANSFER STUDENT:
  - (1) Candidates who have been accepted to SDSU or enrolled in classes through Open University :  
Proof of insurance and GPA

**NO INFORMATION REGARDING A CANDIDATE'S ELIGIBILITY WILL BE RELEASED TO ANY PARTY WITHOUT THE WRITTEN CONSENT OF THE RESPECTIVE CANDIDATE.**

### **II. MATERIAL/SCHEDULE**

- A) All candidates will be responsible for the following material:

**GYMNASTICS**      **Standing Tumbling Requirements**- standing back-handspring, standing back-tuck, toe touch back tuck, standing back-handspring tuck.

**Running Tumbling**-Layout or Full

**CHEER**    Taught at tryouts

**DANCE**    Taught at tryouts - fight song

**STUNTS**    Extension, liberty, heel stretch, arabesque, scorpion, scale, full downs & double full downs from all stunts. **(If not a flyer, must must be able to base or back all stunts above)**

- B) The tryout schedule will be held in Peterson Gym, as follows: (**days and material subject to change**)

MON. APRIL 12 TRYOUT: 8 p.m. - 10 p.m. (First cuts)  
TUE. APRIL 13 TRYOUT: 8 p.m. - 10 p.m. (Second cuts)  
WED. APRIL 14 TRYOUT: 8 p.m. - 10 p.m. (Finalists only)  
THUR. APRIL 15 INTERVIEWS: 4 p.m. - 8p.m. (Finalists only)  
FRI. APRIL 16 FINAL CUTS: 8 p.m. - 10 p.m. (Final Cuts and fittings)

**VIDEO TRYOUT-** (Though video tryouts are available, we encourage you to be there in person if at all possible. Trying out by video will not hurt your chances of making the squad, but it is much easier to judge someone in person).

If you are trying out by video, you must have your video in no later than Monday April 12<sup>th</sup>. Along with the video, make sure to send this completed tryout packet, a copy of your acceptance letter and your \$30 fee along with your video. Video's must include all jumps and tumbling (on a regular cheer floor, no spring floor). You must also include stunting. You do not have to be a flyer to tryout. We have all girl base and back spot positions as well. If you are a base or back, show yourself basing or backing stunts. Make sure to indicate which one you are during stunting. Show as many advanced stunt sequences as you would like.

You must also include yourself doing any short sideline cheer and at least a 4 8 count sideline dance. For your interview portion, please answer the following questions on your video:

1. How did you become a cheerleader?
2. Why do you want to cheer at San Diego State University?
3. What strong qualities will you bring to the team?

The judges will be judging a video which is much harder than if you were there in person so please make sure you put time into it. It does not have to be professional by any means. It just needs to be complete with all the necessary information. Mail the video to:

Jen Kwappenberg  
SDSU Cheer  
16394 Whispering Oaks Dr.  
Ramona CA 92065

I ask all video applicants to try to be available for the final night of tryouts. We do uniform fittings that night and I try to get everyone there that last night to see everyone in person. I will be contacting the video entries that I select as finalists and asking them to come that final night. I understand that the reason you are trying out by video is because it is too hard to make it to tryouts all week. However, coming just the Friday night is somewhat of a compromise. Please contact me if it will not be possible for you to come at all.

### III. ATTIRE/SAFETY AWARENESS

- A) Candidates should wear bike shorts or cotton shorts (not loose or baggy), T-shirts or bra tops and tennis or aerobic-type shoes to all tryout sessions and final cuts. DO NOT WEAR: nylon shorts or thong leotards. Hair should be tied back or pinned away from the face. NO JEWELRY OF ANY KIND WILL BE ALLOWED AT TRYOUTS!
- B) It is recommended to dress nicely for the interviews, as they will be conducted on a non-practice day. SDSU Cheerleaders do a lot with the public and it is important that we see how they will conduct themselves in a professional manner.
- C) While practicing partner stunts, candidates MUST work in groups of FOUR, if coed partner stunting, two performing the stunt and two spotting. If pod stunting, three bases and one flyer. Candidates are to practice ONLY those stunts authorized by the SDSU Cheer coach. Anyone violating these rules will not be allowed to stunt for the remainder of that session.

### IV. ELIGIBILITY - (for candidates chosen for the 2010-11 SDSU squad)

- A) Each squad member must maintain a minimum semester and cumulative GPA of 2.00 in order to remain eligible to cheer.
- B) Each squad member must enroll in a minimum of 12 units per semester, pass at least 9 of those 12 units, and complete a minimum of 24 units within the academic school year (Sept.-Aug.) in order to remain eligible to cheer.
- C) Each squad member MUST pass a physical examination administered by the SDSU ATHLETIC DEPARTMENT PHYSICIAN. Anyone not receiving a medical clearance from the department will not be allowed to participate in squad practices, workouts, games, or activities.

## V. GENERAL POLICIES

- A) An eligible squad member will receive text books at no cost which upon completion of the semester must be returned.
- B) A squad member is eligible to receive free tutoring through the Student-Athlete Academic Support Services office throughout each semester.
- C) An eligible squad member will receive two complimentary football tickets and one complimentary men's and women's basketball ticket per home game for his/her guests.
- D) Each squad member must be available on a 24-hour call period to undergo an Athletic Department drug test administered by SDSU Health Services.  
**MISSING YOUR TEST APPOINTMENT OR TESTING POSITIVE WILL RESULT IN DISCIPLINARY ACTION AS SET BY THE SDSU ATHLETIC DEPARTMENT.**
- E) All partner stunts, pyramids or basket-tosses of any kind will be regulated by the SDSU Cheer coaches and will comply with the regulations established by the Mountain West Conference. A SQUAD MEMBER NOT ADHERING TO THE RULES AND REGULATIONS SET FORTH WILL IMMEDIATELY BE DISMISSED FROM THE CHEER SQUAD.
- F) **SQUAD FEES** - SDSU provides uniforms for all of the cheerleaders. These uniforms must be returned at the end of the season. If you choose to keep your uniform you may do so by purchasing it. SDSU pays for 6 cheerleaders to attend each away Football game. These cheerleaders will be chosen each trip by the SDSU Cheer Coach. Seniority, behavior and attendance of practice, games and promotions will all be determining factors in choosing who will go.

There are three expenses that SDSU does not cover. The first are the squad members Warm Ups. They are the responsibility of the cheerleader. The cost of the warm ups are anywhere from \$100-\$125. The second is summer camp. This is approx \$250. Summer camp is mandatory. Depending on what is left over in the fundraising account from the year before, paying for camp may not be needed. Please be prepared though just incase. The third are competition fees. The

cheerleaders will participate in different fundraisers to raise the funds necessary for competitions. The squad members will not be asked to pay to go to competitions, however their participation in the fundraisers is what provides the funds to attend nationals. If the money is not raised, we do not go. A minimum of \$900 per cheerleader will need to be raised for competitions. We host an annual clinic that provides the opportunity to raise your entire \$900 by just getting 30 kids of any age to attend.

## **VI. TIME OBLIGATIONS**

- A) Summer Practices for the 2010-2011 SDSU Cheer squad:  
Mandatory practice will begin on Wednesday July 7<sup>th</sup> and will continue every Monday, Wednesday and Friday until we leave for camp. Camp is in Mid-August. Practices for the fall will be determined after tryouts. These practices will continue to be Mondays, Wednesdays and Fridays but the times will be announced to the squad once they are chosen.
- B) Holiday vacations will be determined according to regular season games, playoffs, competitions, tournaments, and bowl games. We go to Nationals the second week in January. Therefore, the cheerleaders will not have all of Christmas break off.

## **VII. MISCELLANEOUS INFORMATION**

- A) As a member of the SDSU Cheer Squad, you will cheer for football, men's and women's basketball, fund-raisers, and special engagements scheduled by the SDSU Athletic Department.
- B) Your current cheer coach/advisor may be called as a reference.
- C) The number of candidates chosen will be determined by the natural break in the scores from final cuts. Usually there will be around 25-32 chosen. Only 20 of those will compete at Nationals. Those not in the 20 competing at Nationals, will still cheer at all games, perform at all exhibitions and compete at all competitions allowing more than 20 competitors. They will still travel to Nationals as well and will attend Nationals as Competition Alternates. Those 20 will not be chosen until end of summer.



**PLEASE UNDERSTAND THAT BEING AN SDSU CHEERLEADER INVOLVES A BIG TIME COMMITMENT, AS YOU MAY CHEER AT ALL OR PART OF 40 - 60 GAMES AND/OR SPECIAL APPEARANCES, COMPETITIONS/EXHIBITIONS, FUNDRAISERS. BE HONEST WITH YOURSELF AS YOU EVALUATE YOUR COMMITMENTS.**

**I have read and understood all that is contained in this tryout packet for the 2010-2011 cheerleading season.**

**Signature: \_\_\_\_\_ Date: \_\_\_\_\_**