

UCF Cheer Team General Tryout Information for 2024-25 Team

May 2nd, 3rd, 4th, and 5th

Tryout Eligibility

Anyone who is a full-time student at UCF or has received a letter of acceptance may tryout. This includes incoming freshmen, current UCF students and transfer students. Current UCF students must have a minimum 2.0 GPA and be free of any academic or disciplinary probation.

On the first day of the tryout, you must bring the following:

1. Copy of acceptance letter or UCF Student ID.
2. Copy of front and back of medical insurance card.
3. Lab results of a "Sickle Cell Test". (Not just a Doctor's note) The process for getting this test run is as follows, you must get a prescription from your doctor and go to a lab and get these run and then bring the lab results to tryouts. The results can sometimes take up to 3 weeks to get so be sure to PLAN AHEAD. If you want to be sure that you have the correct paperwork you can email it to our Sports Medicine Athletic Trainer Patrick O'Donnell at podonnell@athletics.ucf.edu and he can let you know. You will STILL need to bring the hard copy of the lab results on the first day.
4. Completed and signed Tryout Registration Form including signed Medical Waiver papers.
5. General Sport Physical form signed by Physician, Physician Assistant or Nurse Practitioner indicating that you have had a physical in 2024 and are cleared to participate. You can use any general sports physical form including the example that we have provided, or one provided by your doctor's office. Cannot just be a Doctor Note.

Skill Requirements - Each prospective cheerleader will be evaluated on the following:

- Standing and Running Tumbling on a regular cheer floor (NOT a spring) *Examples might be standing back or front tuck, standing back-handspring back tuck and a running tumbling pass.*
- Stunts (extension, liberty, cupie, heel stretch double full to cradle, and shoulder stand)
If you have a great deal of stunt experience you may be given permission by the coach to add difficulty in how you get into or out of these stunts but that will be the coach's determination based on your skill and you must follow the AACCA safety guidelines. (Some examples might be full up, invert hand-n-hand, rewind, or double down.)
- Motions (a cheer and a fight song/ band dance will be taught)
- Toe Touch Jump (women only)
- Ability to lead & engage a crowd in a collegiate manner (do not underestimate the importance of this)
- Interview

Method of Evaluation

The team is selected by the coaching staff at UCF. Cuts are made after each session until the final day when the team is named. The first day of tryouts is open to the public. The final two days are closed.

Tryout Schedule & Locations

Tryouts for the 2024-25 Cheer Team will be held May 2nd, 3rd, 4th, & 5th. You must attend each day. We understand that many of you will be in school on Thursday and Friday. We will have document on letterhead to verify that you were in attendance. You should be able to provide this to your school so that you are excused for using a "College Visit Day".

- Thursday, May 2nd 1pm Check In begins. Clinic begins immediately after check in in the College of Education Building Gymnasium. We recommend that you park in Garage A or H. You will need to purchase a "Day Parking" pass. Thursday's schedule will include a dinner break and end at 9pm

You MUST have your Sickle Cell Lab results (Not just a Dr. Note) when you check in at 1pm.

- Friday, May 3rd from 9am - 9pm. at the College of Education Building Gymnasium.
- Saturday May 4th from 9am – 9pm at the UKnight Training Center.
- Sunday May 5th from 9am-5pm at the UKnight Training Center & The Venue on UCF Campus.

*Please note that this schedule is subject to change and there will be meal breaks built into the schedule.

What to Wear

Our school colors are black and gold. These are the colors that we recommend you wear to the tryout. Our school bookstore offers a wide selection of UCF attire. It may be helpful to note that our cheerleaders have a very clean cut, modest and neatly groomed image. Please go to our Instagram account @UCF.CheerTeam and view photos of our team in action.

Men - comfortable practice shorts and a T-shirt (no tank tops for the men). Our male cheerleaders are generally clean shaven with closely cropped hair.

Women - practice shorts and a T-shirt, tank or "full length" sports bra. (Nothing too loose or baggy) Female's hair and makeup should be game-ready. I would recommend that you review the photos on our website and social media to get ideas for hair and makeup.

*Attire should not be revealing and shorts should NOT be rolled down on the hips.

*No jewelry of any kind is permitted including belly rings and other body piercings. We also recommend that you cover any tattoos.

Can I Tryout by Sending a Video Tape?

No. You must go through an IN-PERSON tryout in order to be selected to the team. This means that in order to tryout you must make the trip to Orlando and show your skills in person. If an emergency arises or you become sick, please reach out to Coach Linda Gooch.

Where to Find Necessary Forms and Information and How to Contact Us?

My first suggestion is to recommend that YOU be the one to contact our office. Having your mom or dad call or email for you does not give a great first impression to a college coach. This is a great opportunity to begin to advocate for yourself.

Email to contact our office: spirit@athletics.ucf.edu / Office Phone: 407-823-2143

How to Prepare

First and foremost, get your application in to the university as soon as possible to ensure that you are accepted to attend school here. You will then want to be sure that you are in top physical condition. Our

cheerleading team members are nationally competitive athletes who lift weights in addition to regular practices. We have listed some tips below to help you prepare for cheerleading tryouts at UCF.

Academic Acceptance to UCF

If you have not yet applied and been accepted to UCF:

Prospective students may easily apply on line by going to UCF.edu We strongly recommend that incoming Freshmen apply no later than September/October of their senior year. If you are an out of state student and accepted for the summer, taking an on-line class might be an option if you can't move to Orlando until the fall.

What to do if you have applied but have not been accepted:

If you have applied but have not been accepted (either you have not gotten a response, you have been deferred, or you have been denied admission) by March 1st of your senior year, recommend that you reach out to our office. We also recommend that you plan to attend our college prep clinics. We traditionally hold one in the Fall and then in the spring we host one each month in January, February, March and April. These clinics will allow us to do a preliminary evaluation of your skills and confirm your academic standing and potential for acceptance. We also recommend that you regularly check your admissions status online to be certain that they are not waiting for information from you. You may also set up an appointment with admissions counselor to review your potential.

How to improve your chances for academic acceptance and tryout success:

HS Freshmen, Sophomores & Juniors

- Complete our Prospect Information Questionnaire.
- Maintain a high core unweighted GPA.
- Take the SAT/ACT test for the first time no later than the spring of your Junior year.
- Also remember that a large part of the Math section of the SAT/ACT is Algebra and Geometry. It is a good idea to take the test as close to the semester that you are taking these courses so that you don't forget the material.
- Remember that you really only have until the end of your Junior year to get your GPA where you want it to be. The GPA for your first 3 years of high school is what you will be submitting with your college applications. Stay focused in school and remember your goal.
- We recommend that you take the time to do college visits the summer between your junior and senior year. Don't wait. You should have your schools narrowed down BEFORE your senior year starts and apply to your top 3-5 by October.
- Take a campus tour and attend the spring clinics offered by UCF's team as soon as you start 9th grade.
- Be sure that you have filled out and submitted a prospect information sheet and emailed or turned it in. This will allow us to track your progress through high school and keep you informed of updates with our program.
- Attend our college prep clinics.

HS Seniors

- Complete our Prospect Information Questionnaire.
- Apply for admission to UCF no later than October of your senior year.

- If you are concerned about getting accepted be sure that you don't wait until the spring of your senior year to begin communicating with us.
- Arrange for a "College Day" visit to take an official tour of the campus and try to include a fall football weekend to watch our cheer team in action. Campus tours can be arranged on line by going to ucf.edu
- Attend our college prep clinics (especially in the spring of your senior year).

Physical Preparation Tips for Tryouts

Please note that we are a strictly co-ed team. All of the males are bases and ALL of the females are flyers. Although we will spend time teaching the cheer and fight-song, a large portion of the tryouts will be spent working on partner stunts. Because most females come from "all-girl" programs and often have limited experience in co-ed flying, we recommend 2 excellent resources to help you gain some experience:

1. **UCF College Prep Clinics:** Each Fall we host a stunt & pyramid clinic and each Spring, we hold four, one-day college prep stunt clinics. You will find all of our clinic information at www.KnightsDanceandCheerCamps.com These clinics are designed for men and women who are trying out for college squads and want to work on college stunting. Current High School students or Junior College transfers who attend will have an opportunity to meet our coaching staff and stunt with our team members. This is an excellent opportunity to improve your skills and can provide an invaluable experience.
2. **Local All-Star Gyms:** Often a local cheerleading gym will offer private co-ed stunt sessions. These private lessons can be helpful when taught by a qualified coach in a safe environment. In the Orlando area, we recommend you contact UCF Assistant Coach Brian Cartier at UKnight Training Center 407-679-6620 or email him at Brian@uknightcheerfitness.com Other options include coed stunt classes and tumbling privates that are held at either the Double Down All-Star Cheerleading Gym at 407-267-0931. When you call, please let them know that we referred you.

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Twitter @UCF_CheerTeam