The University of Arizona
2018-2019 Cheerleading Tryouts

INFORMATION PACKET

- Check List
- Timeline
- General Information (Mission, Commitment/ Requirements, Benefits, Evaluated Skills)
- Evaluation Details
- Tryout Stunts
- Reference Letter (print out, must be sent in with letter of recommendation)
- Student Tryout Medical Release Form (print out, must be filled out and signed by a physician)
- Online Registration www.arizonawildcats.com/tryouts (please visit link and fill out your registration by the April 13th, 2018)
THE UNIVERSITY OF ARIZONA
2018-2019 CHEERLEADING TRYOUT CHECKLIST

Please make sure to submit all paperwork by:

**Friday, April 13, 2018, by 5:00PM**
in The Jim Click Hall of Champions, ROOM N302

This checklist will assist you in knowing what paperwork must be submitted in order to tryout.

- Application Form (filled out online)
- Application Questions (filled out online)
- Assumption of Risk, Indemnity and Liability Release (filled out online with application)
- Student Tryout Medical Release *(printed and signed)*
- Verification of Enrollment & Unofficial Transcript
  - **Current UA Student:**
    - Log into UAccess
    - Select “My Academics”
    - Select “View my unofficial transcript”
    - Select report type “Unofficial Transcript”
    - Select “View Report”
    - Print PDF
  - **High School Student:**
    - Copy of current high school transcript
    - UA Acceptance Letter

- Letter of Recommendation and Form (1) In signed back flap sealed envelope. *(Not applicable if member of the 2017-18 team)*

- $50 **NON-REFUNDABLE** Application Fee- *Cash, Credit, Check, or Money Order.* *(Not applicable if member of the 2017-18 team)*
Cheerleading applicants should complete this form and the reference should mail this form with their letter of recommendation to the address listed below. Recommendations cannot be from family members, current UA Cheerleader/Mascots, UA Cheerleading and Mascot Head Coach, or UA Cheerleading and Mascot Advisor.

Recommendation letters must be received by Friday, April 13, 2018. If not received by this date, the application will be denied. Recommenders must enclose this signed form along with their letter of recommendation. Please send letter of recommendation and form in a sealed envelope with recommender’s signature on the sealed back flap. Send to:

The University of Arizona  
Attn: Jaime Bernier  
UA Cheerleaders & Mascots  
1 National Championship Drive, Room N301  
Tucson, AZ 85721

It is not necessary to send more than one (1) letter of recommendation.

Cheerleading Applicant’s Name: ___________________________________________________________

Recommender Name: _________________________________________________________________

Student Amendment Waiver: Cheerleading Applicant must check one of the following boxes.

☐ I waive my right of access provided by the Family Educational Rights and Privacy Act of 1974 to view this recommendation form, letter or attachments that have been written by _______________________________ (name of reference) for my application to The University of Arizona Cheerleaders & Mascots Program.

☐ I do not waive my right of access to view this recommendation form, letter or attachments written by _______________________________ (name of reference) for my application to The University of Arizona Cheerleaders & Mascots Program.

Applicant’s Signature: ___________________________________________ Date: ________________

Recommendation letter should cover the following areas:

- **Maturity, Composure, and Communication:** Please comment on the applicant’s maturity level, self-confidence, stress management, listening skills and ability to work with others including peers and supervisors.
- **Initiative, Responsibility, and Creativity:** Please comment on the applicant’s motivation and resourcefulness in situations, commitment to fulfill expectations, and ability to act responsibly.
- **Social Sensitivity:** Please comment on this person’s sensitivity to and understanding of reactions and feelings of individuals and groups.
- **Organization, Time Management:** Please comment on the applicant’s ability to organize ideas and work, be responsible for delegation of tasks to a group, take control of situations, and to maintain balance between cheerleading duties, academic responsibilities, extracurricular activities, and job responsibilities. **Concerns:** Please comment on any reservation you may have concerning this applicant’s ability to perform cheerleading duties. Please address any weaknesses or areas which need improvement.
THE UNIVERSITY OF ARIZONA
STUDENT TRYOUT MEDICAL RELEASE

In order to participate in tryouts for the Cheerleading Program at The University of Arizona, we must be sure there is no health reason to prohibit you from doing so. For permission to tryout you must obtain a physical examination on your own from a licensed physician (MD or DO). Please bring this completed form at the time of tryouts. Failure to do so will prohibit you from trying out. You do not need a complete physical at this time, only a statement from your physician. If/Once you are named to the 2018-2019 team roster, you will need to report to the Kasser Medical Center to undergo the complete Intercollegiate Physical Examination.

In addition, participation in athletics as well as the tryout for any sport carries an inherent danger. The University of Arizona does not assume any responsibility for any injury you may suffer during the 2018-19 UofA Cheerleading tryout dates.

If you have any questions, please contact the Kasser Medical Center at (520) 621-4674.

I, __________________________________________________________ have read and understand the above mentioned statement and accept all responsibility for any injuries incurred during the tryout period.

PRINT NAME______________________________________________________________________________________

Signature                             DATE

Please print your name in the space provided and have your physician sign and provide the appropriate information below.

I know of no reason that ___________________________________________ Last Name, First Name
should not be allowed to tryout for The University of Arizona Cheerleading Team.

PHYSICIAN NAME: __________________________________________________________

PHONE:_____________________________________________________________________________________

SIGNATURE_________________________________________ MD/DO

DATE:____________________
THE UNIVERSITY OF ARIZONA
2018-2019 CHEERLEADING TRYOUTS

TIMELINE

APPLICATION DEADLINE: Friday, April 13, 2018
All applications must be submitted online at www.arizonawildcats.com/tryouts
All applicants must print, fill out and sign the Student Tryout Medical Release form and send or drop off to address below by the application deadline. This form may be found and downloaded at www.arizonawildcats.com/tryouts

The University of Arizona – Cheerleaders & Mascots
Attn: Jaime Bernier
1 National Championship Drive
McKale Memorial Center, RM N302
Tucson, AZ 85721-0096

Schedule is subject to change.

FIRST ROUND: Friday, April 20, 2018
3:30 PM Check–In, Gather on the court at McKale Center
4:00 PM Introductions, Partner Stunt Demonstration and Safety Overview
4:20 PM Tumbling / Evaluation #1
5:30 PM Partner Stunting/ Evaluation #2
8:00 PM Candidates who advance to the Second Round will have their names posted on the McKale Ticket Office Doors (facing south)

SECOND ROUND: Saturday, April 21, 2018
8:00 AM Fitness Tests / Fight Song Rotations
9:15 AM Partner Stunting Rotations
10:30 AM Tumbling Evaluations
11:00 AM Game Day Material- Chants
11:30 PM Lunch Break
12:30 PM Girls Report for Dance
1:00 PM Partner Stunt Evaluations
3:30 PM Candidates who advance to the Final Round will have their names posted on the McKale Ticket Office Doors (facing south)
3:45 PM Open Practice for Finalists, receive interview time, set partner for finals
5:30PM Tryout Demonstration

FINAL ROUND - TRYOUT: Sunday, April 22, 2018
7:30AM Interviews begin
11:30 AM Warm-ups/ Review
1:00 PM Begin Final Tryouts (fight song, sideline, partner stunts, and tumbling)
5:00 PM Congratulations 2018-2019 University of Arizona Cheerleaders!
(Names posted on McKale Ticket Office Doors – facing south)
University of Arizona Cheerleaders and Mascots
TRYOUT GENERAL INFORMATION

Mission:
A non-competitive co-ed team that will promote crowd interaction and school spirit through cheering, motions, tumbling skills, stunts, dance, and interactive crowd participation. Act as a representative of the University of Arizona student body and alumni at University functions and public appearances.

Commitment/ Requirements:
- Cheer at all home Arizona Football, select number of Men’s and Women’s Basketball, and Women’s Volleyball Games.
- Attend community service appearances throughout the year.
- Maintain a minimum of a 2.0 semester and cumulative grade point average.
- Attend a minimum of 3 weekly morning practices and 2-3 conditioning practices per week (6AM – 8AM).
- Must be a full-time student at The University of Arizona (12 units or more for undergraduate degrees, 6 units for graduate degrees).
- Must be available for Training Camp practices and workouts beginning July 30, 2018.
- Membership fee of $200 per year.
- Attend Universal Cheerleaders Association (UCA) Summer College Spirit Camp.
- Must participate in fundraising and raise $300 per member by the first day of school in spring semester.
- Must provide 4-10 names of people who can receive fundraising letter for the program.
- Must possess strong leadership skills.
- Must be accountable, timely, responsible, and have excellent time management skills.
- Must be positive and respect the program, teammates, self, Coach, and Advisor.
- All students are subject to the academic and behavioral policies of the University, Athletic Department, Pac-12 Conference, and NCAA policies, including but not limited to the Student Code of Conduct, and anti-hazing policies.
- Being on the team is a privilege and must be taken seriously. After academics, cheer should be your next commitment.

Benefits:
- Nike Attire (warm-ups, practice t-shirts, shorts, travel duffle bag, shoes, etc.).
- Affiliation with one of the Top Athletics Departments in the country.
- Opportunity to travel for away Arizona Football games, Post-season Men’s and Women’s Basketball, and Volleyball Final Four.
- Ability to see a nutritionist and have a custom nutritional plan developed.
- Use of Athletics Department Strength and Conditioning Center and a customized training program provided by a Strength Coach.
- Access to Athletics Department team physicians and athletic trainers in the Kasser Medical Treatment. Center. Medical coverage for team related injury.
- Assistance with career resume writing.

Flyer: Middle or top person in all pyramids and partner stunts.
Base: Bottom level of all pyramids and bottom level of all partner stunts.
**TRYOUT GENERAL INFORMATION Cont.**

**Skill Requirements (For Day 1, First Round):**
(Based on candidate pool of talent the following skills will be evaluated at tryouts)

<table>
<thead>
<tr>
<th>Flyer</th>
<th>Base</th>
</tr>
</thead>
<tbody>
<tr>
<td>Standing Back Handspring (on hard wood basketball court)</td>
<td>Toss Chair</td>
</tr>
<tr>
<td>Standing Back Tuck (on hard wood basketball court)</td>
<td>Toss Hands, Extension, Off Front</td>
</tr>
<tr>
<td>Running Round-off Back Handspring Back Tuck (on hard wood basketball court)</td>
<td>Toss Hands, Liberty, Off Front</td>
</tr>
<tr>
<td>Toss Chair</td>
<td><em>Tumbling is not required but recommended for bases.</em></td>
</tr>
<tr>
<td>Toss Hands, Extension, Off Front</td>
<td></td>
</tr>
<tr>
<td>Toss Hands, Liberty, Off Front</td>
<td></td>
</tr>
</tbody>
</table>

**Skill Requirements (For Day 2, Second Round):**
(Based on candidate pool of talent the following skills will be evaluated at tryouts)

<table>
<thead>
<tr>
<th>Flyer</th>
<th>Base</th>
</tr>
</thead>
<tbody>
<tr>
<td>Toss Extension, Pop Off Front</td>
<td>Toss Extension, Pop Off Front</td>
</tr>
<tr>
<td>Toss Hands, Heel Stretch, Cradle OR Toss Target Heel Stretch, Cradle</td>
<td>Toss Hands, Heel Stretch, Cradle</td>
</tr>
<tr>
<td>Standing Back Tuck (performed in a ripple tuck line, <strong>holding poms</strong>, on basketball court)</td>
<td>Toss Target Heel Stretch Cradle</td>
</tr>
<tr>
<td>Running Round-off Back-handspring series (up to 6 back handsprings on basketball court)</td>
<td><em>Tumbling is not required but recommended for bases.</em></td>
</tr>
<tr>
<td>Standing Back Handspring Back Tuck (on cheer floor)</td>
<td></td>
</tr>
<tr>
<td>Optional Tumbling Series (your choice- on cheer floor)</td>
<td></td>
</tr>
</tbody>
</table>

**Skill Requirements (For Day 3, Final Round Tryout):**
(Based on candidate pool of talent the following skills will be evaluated at tryouts)

<table>
<thead>
<tr>
<th>Flyer</th>
<th>Base</th>
</tr>
</thead>
<tbody>
<tr>
<td>Toss Extension (w/ 2 bases)</td>
<td>Toss Extension (w/ 2 flyers)</td>
</tr>
<tr>
<td>Toss hands stretch, pop off front</td>
<td>Toss hands stretch, pop off front</td>
</tr>
<tr>
<td>*Optional stunt series (2 stunts with transition)</td>
<td>*Optional stunt series (2 stunts with transition)</td>
</tr>
<tr>
<td>Fight Song (tuck incorp. and chair)</td>
<td>Fight Song Motions</td>
</tr>
<tr>
<td>Chant</td>
<td>Chants with Motions</td>
</tr>
<tr>
<td>Dance</td>
<td>Tumbling</td>
</tr>
<tr>
<td>Running Tumbling Pass (should be the most advanced pass you can do)</td>
<td><em>Tumbling is not required but recommended for bases.</em></td>
</tr>
</tbody>
</table>

*see Optional Stunt Series section below for explanation*
The University of Arizona 2018-2019 Cheerleading Tryouts
Example Evaluation Details

FIRST ROUND – Friday, April 20, 2018.
The Head Cheerleading Coach and expert cheerleading and gymnastics representatives will make two eliminations if necessary on the first evening of tryouts. Informal evaluation will occur based on the following skills/areas:

**Flyer:**
- Appearance and Physical Fitness/Safety of Members: 4 Points
- Standing Back Handspring: 2 Points
- Standing Back Tuck: 5 Points
- Running Round-Off Back Handspring Back Tuck: 4 Points
*(On basketball court, NOT spring or cheer floor)*
- Toss Chair, off front: 5 Points
- Toss Hands Extension, off front: 5 Points
- Toss Hands Liberty, off front: 10 Points

*Combined total of 35 possible points*

**Base:**
- Appearance and Physical Fitness/Safety of Members: 5 Points
- Toss Chair, off front: 5 Points
- Toss Hands Extension, off front: 10 Points
- Toss Hands Liberty, off front: 10 Points
- Standing back tuck (optional): 5 Points
- Round-Off Back Handspring Back Tuck (optional): 5 Points

*Combined total of 40 possible points*

SECOND ROUND – Game Day Material, Partner Stunts, Tumbling & Fitness – Saturday, April 21, 2018.
In addition, fitness tests will be conducted in the areas of aerobic endurance, upper and lower body strength, abdominal repetition, and flexibility. Candidates will also receive evaluations on their application question responses and letter of recommendation.

- Application questions: 10 points
- Letter of Recommendation: 10 points
- Fitness Test: 20 points
- Game Day Material: 5 points
- Toss Extension, Cradle: 10 points
- Toss Hands, Heel Stretch, Off Front: 10 points
- Standing Tuck Roll Off (tuck line **with poms**): 10 points
- Series of handsprings (up to 6): 4 points
- Standing Handspring back tuck: 5 points
- Optional tumbling series: 6 points
- Appearance and Physical Fitness/Safety of Members: 5 Points

*Total: 95 points*
**FINAL TRYOUT**
*Sunday, April 22, 2018*

The Head Cheerleading Coach and Advisor will conduct interviews and make evaluations based on the best interest of the overall University, the Athletics Department, and the UA Cheerleading Program. The final tryout will occur on the last day of tryouts. Candidates will be evaluated by a panel of 5-8 judges including expert cheerleading and gymnastics representatives, the Head Cheerleading Coach, Advisor, and an Athletics and/or University representative. The evaluation will be based on the following:

<table>
<thead>
<tr>
<th>Category</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Interview questions</td>
<td>75</td>
</tr>
<tr>
<td>Sideline Chant</td>
<td>15</td>
</tr>
<tr>
<td>Fight Song</td>
<td>25</td>
</tr>
<tr>
<td>Tumbling</td>
<td>25</td>
</tr>
<tr>
<td>Dance: (girls only)</td>
<td>15</td>
</tr>
<tr>
<td>Stunts</td>
<td>75</td>
</tr>
<tr>
<td>Overall Impression: (enthusiasm, sportsmanship, collegiate appearance)</td>
<td>20</td>
</tr>
<tr>
<td>Bonus stunting points</td>
<td>5</td>
</tr>
<tr>
<td><strong>Total:</strong></td>
<td><strong>255 possible points</strong></td>
</tr>
</tbody>
</table>

*Please review the sample score sheets for further details.*

**INJURED RETURNING MEMBERS**

Previous University of Arizona Cheerleaders who have been injured during the course of the past season and are not cleared to tryout through the University team physician will be eligible to complete a similar tryout process once they are cleared to return. It is at the sole discretion of the Head Cheerleading Coach and Advisor whether to add them to the team once they have fully completed the tryout process.

**TRYOUT APPEARANCE**

The University of Arizona Cheerleaders are expected to present themselves in a professional and collegiate manner at all times. All candidates trying out must wear athletic attire appropriate for a cheerleading tryout:

- **Females:** T-shirts (preferably red, blue or white) are required each day of tryouts (you may NOT wear only a sports bra). Any official team apparel that says Arizona Cheerleading should NOT be worn. Natural make-up should be worn and hair should be in either a pony tail or half-up, half-down with a bow. Cheer shoes are recommended for stunt purposes. Finger Nails must be athletic length (short enough to where you cannot see the tips of the finger nails while the individual’s palms are facing them). In addition, females must wear red, clear, or neutral color nail polish (or none). Jewelry of any kind is **prohibited**.

- **Males:** T-shirts (preferably red, blue or white) are required each day of tryouts. Any apparel that says Arizona Cheerleading should NOT be worn. Cheer shoes are recommended, but basketball, running, or cross training sneakers are also acceptable. Facial hair should be well-groomed and non-excessive. Jewelry of any kind is **prohibited**.

Failure to adhere to the above listed requirements will result negatively in the scores for overall impression. Candidates must be well-groomed and maintain a collegiate appearance.

**PARTNER STUNTS**

It is your responsibility to select your partner for the Final Round of tryouts. You may NOT bring your own partner to tryouts. Only those trying out will be allowed to stunt. However, based on
the number of bases trying out, additional designated alumni collegiate cheerleaders (selected by the Head Cheerleading Coach and Advisor) may be available. Those individuals stunting with five different partners will be evaluated first (for their own evaluation) during the partner stunts portion of the final round tryout. Based on the number of candidates in the Final Round; a set number of maximum partners will be determined. A returning member (2017-2018 UA Cheerleader) will not be allowed to stunt with more than three veterans.

**OPTIONAL STUNT SERIES OPTIONS (final day tryout)**

<table>
<thead>
<tr>
<th><strong>Level 1 extended stunts</strong></th>
<th><strong>Level 3 Stunts</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Extension</td>
<td>Hands Full around</td>
</tr>
<tr>
<td>Bump-n-go Extension</td>
<td>Full up</td>
</tr>
<tr>
<td>Liberty</td>
<td>Rewind</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Level 2 extended stunts</strong></th>
<th><strong>Level 3 Stunts</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Hands Heel Stretch</td>
<td>Toss arabesque grip</td>
</tr>
<tr>
<td>Hands Cupie</td>
<td>Toss one arm stunt</td>
</tr>
<tr>
<td>Walk up liberty/ stretch</td>
<td>Hand-n-Hands</td>
</tr>
<tr>
<td>Toss target Liberty</td>
<td>Back handspring up</td>
</tr>
<tr>
<td>Ball up liberty/ stretch</td>
<td>Round-off up</td>
</tr>
<tr>
<td>Hands Arabesque torch grip</td>
<td>Toss Cupie</td>
</tr>
<tr>
<td>Hands Arabesque lib grip</td>
<td>Low to high</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Transitions</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Toss Toe Touch</td>
</tr>
<tr>
<td>Windmills</td>
</tr>
<tr>
<td>Barrel Rolls out</td>
</tr>
<tr>
<td>Wrap arounds</td>
</tr>
<tr>
<td>Fast forwards</td>
</tr>
<tr>
<td>Side Semi</td>
</tr>
</tbody>
</table>

*Finalist will choose from one of the following series to perform for final tryouts, inserting stunts or transitions where allowed from choices above.

**Level 1 Stunt Series**
Hands Liberty, cradle, pop out, (transition), double bounce Bump-n-go Extension, Hands 360 off front.

**Level 2 Stunt Series**
Toss Target, Stretch Full down cradle, (transition), (level 1 or 2), pop off front.

**Level 3 Stunt Series**
(level 3) twisting dismount, toss toe touch, double bounce, (level 2 or 3), pop off.