



## The University of Louisiana Monroe 2022-2023 Cheer Tryout Packet

### SQUAD DESCRIPTION

The ULM Cheer team consists of 30 - 40 All-Girl members. The team cheers at all football games, basketball games and pep rallies. They are also frequently asked to make appearances at soccer games, volleyball games, baseball/softball games, and community events. ULM Cheer attends UCA College Cheerleading Camp every summer and competes at the College Cheerleading National Championship and the University World Cup Cheerleading Championship in Orlando, FL in January of each year as funds are available.

ULM is looking for well-rounded cheerleaders to cheer on the ULM Warhawk Athletes and represent the University. The ULM Cheerleaders serve as one of the most visible student groups on campus, and they take great pride and privilege to represent the school, not only at athletic events, but in the community. ULM Cheerleaders are personable and confident. They strive to maintain a positive image on the performance stage, in the class room and in their social lives.

You may be asking yourself, why choose ULM? Here is why: tuition at ULM is very affordable and as an ULM Spirit Group member, your out-of-state tuition is waived. You could be rewarded \$900 – \$2000 a year in scholarships. As a student-athlete you will also have priority registration for classes each semester, which will almost guarantee access into required pre-requisite classes you will need for your major. Also, as a member of the ULM Cheer team you will receive free Adidas gear, which is ULM's sponsored athletic brand. The spirit groups practice facility is exclusive to you for all of your practice and training needs. Our athletes have a personal trainer, athletic trainer, and team doctor.

At tryouts, judges will consider those that can perform collegiate-style motions, stunts and tumble. They will also consider athletes that have high energy, are physically fit, have a game day appearance, positive attitude, and professional social skills. All characteristics and abilities listed will be weighted equally.

The following packet contains important information regarding the tryout process including forms and items that must be completed before tryouts.

### **If you have any questions please contact:**

Sonni Bennett  
Assistant Director of Spirit Groups and Media Relations  
sbennett@ulm.edu  
(318) 342-5285

# 2022 CHEER TRYOUT INFORMATION

**TRYOUT DATES:** Please arrive at least 30 minutes early for check-in.

**Friday, April 29th 5:00 PM 9:00 PM in Spirit Hall**

- Review “Fight Song” choreography (should be learned at the clinics & will also be posted to ULM Cheer Instagram & YouTube)
- Participants learn a cheer & 4-8 counts of a band dance
- Stunt Practice
- Tumbling Auditions & 1<sup>st</sup> Cut

**Saturday April 30th at 9:00AM in Spirit Hall**

- Review material
- Stunt practice
- Lunch
- Stunt, tumbling, & material tryout – 2:00 PM
- Team Announcement

**Sunday May 1st at 9:00AM in Spirit Hall**

- Official Team Photo Taken
- Team Meeting & Fittings
- Mini – Practice

**Note: Tryouts Are Closed to the Public!**

**VIDEO AUDITIONS:**

- Email sbennett@ulm.edu for more information.

**TRYOUT SKILLS:**

While required skills are necessary for tryouts, more advanced skills are preferred.

**Tumbling Requirements:**

- Running & standing back handspring (Required)
- Back handspring tuck or standing tuck (Preferred)
- Round off backhand spring series (Preferred)
- Round off back handspring tuck, layout or higher (Preferred)

**Stunt Requirements:**

- Extension, Liberty, Stretch (Required)
- Stretch with full down or double down dismount
- Spinning variations (full ups, full arounds, 1 ½ ups, etc)

**TRYOUT ATTIRE**

All participants must wear the following:

- White, black, or maroon **fitted** athletic shirt
- Black athletic shorts
- White cheer/tennis shoes
- Game day hair and make-up (refer to ULM Cheerleading Social Media for references)

**Follow @ulmcheer for updates!**

**All Pages Pass This Point Must Be Submitted as Part of the Tryout Packet!**

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# 2022-2023 ULM Cheer Tryout Application

NAME \_\_\_\_\_  
(Last) (First) (Middle)

BIRTHDATE \_\_\_\_\_  
(MM/DD/YYYY)

HOME ADDRESS \_\_\_\_\_  
(Street Address) (City, State, Zip)

CELL PHONE # \_\_\_\_\_

PROBABLE/CURRENT MAJOR \_\_\_\_\_ GPA \_\_\_\_\_

CWID # \_\_\_\_\_ EMAIL ADDRESS \_\_\_\_\_  
(ULM email if have one)

HIGH SCHOOL/COLLEGE ATTENDED \_\_\_\_\_

CLASSIFICATION \_\_\_\_\_ AGE \_\_\_\_\_

In case of emergency, contact: \_\_\_\_\_

Relationship to you: \_\_\_\_\_

Best phone # to reach them: \_\_\_\_\_

For safety and athletic training purposes, please list any prior injuries, dates of injuries, and/or any medical conditions or allergies that the coach should be aware of:

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**SPIRIT GROUP PARTICIPATION  
RELEASE AND ASSUMPTION OF RISK**

**FULL NAME:** \_\_\_\_\_

**SOCIAL SECURITY #:** \_\_\_\_\_

**CWID#:** \_\_\_\_\_

The undersigned hereby acknowledges that he/she understands that participation in any spirit group activity at the University of Louisiana Monroe is purely voluntary and is not a part of the academic curriculum of the University.

In consideration of the University cooperating in making the program available and/or making any equipment or facilities available to the undersigned while participating in spirit group activity, the undersigned hereby releases ULM, its successors, assigns, officers, agents and employees from all claims, demands and causes of action whatsoever in anyway growing out of or resulting from the undersigned student's participation in the ULM spirit groups.

The undersigned further agrees that he/she understands that participation in a spirit group involves substantial risk of bodily injury.

It is expressly understood by the undersigned that he/she is solely responsible for all costs arising out of any bodily injury or property damage sustained through participation in normal and/or unusual spirit group activities. The undersigned is encouraged to get a physical examination before participating in spirit group activities and encouraged to obtain adequate bodily injury and property damage insurance coverage.

The signature of the parent or legal guardian appearing in the space indicated below signifies acceptance by said guardian that the terms and conditions here of shall be binding upon them and shall constitute a release by them of all claims, demands and causes of action whatsoever which any of them may have against ULM and its employees because of the undersigned student's participation in the activities described.

**THIS RELEASES ULM, ITS SUCCESSORS, ASSIGNS, OFFICERS, AGENTS, AND EMPLOYEES FROM ANY LIABILITY RESULTING FROM MY PARTICIPATION IN ANY AND ALL SPIRIT GROUP TRYOUTS AND ACTIVITIES.**

**I HAVE CAREFULLY READ AND UNDERSTAND COMPLETELY AND CLEARLY THE ABOVE PROVISIONS AND AGREE TO BE BOUND THEREBY.**

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SIGNATURE OF APPLICANT

Age

Date

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SIGNATURE OF PARENT/LEGAL GUARDIAN (if under 18)

**\*\*To tryout, all participants must submit the following before or on the day of tryouts:**

(Please check off each item so that you know you have not forgotten anything.)

- Copy of the front and back of Health Insurance Card
- Copy of Driver's License
- Copy of ULM Acceptance Letter
- Copy of transcript providing evidence that your cumulative GPA is a 2.5 or higher
- A current headshot (not to be given back, no selfies)
- Letter of Recommendation from former Coach
- \$30 application fee
  - Cash or checks/money orders made out to: **ULM Cheer**
- Completed tryout application

Mail Completed packets to the following address:

University of Louisiana Monroe  
ATTN: Sonni Bennett  
210 Warhawk Way  
Monroe, LA 71209

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I have read and certify that all the above information is true and correct. I have included a copy of proof of insurance, driver's licenses, a current transcript, a current photo, a letter of recommendation, and a \$30 application fee with my completed tryout application. I give my permission to the judging panel and ULM staff to verify all my information.

Signature of Applicant: \_\_\_\_\_

Parent/Legal Guardian Signature (if under 18): \_\_\_\_\_

Date: \_\_\_\_\_