2020-2021 Tryout Packet

The ULM Cheer team consists of 25 – 28 All-Girl members and 4 – 6 coed members. The team cheers at all football games, home 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. The ULM Cheerleaders currently holds the title as the University World Cup Champions in the team cheer All-Girl Game Day Competition!

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 in the 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 a ULM Spirit Groups member, your out-of-state tuition is. You have the opportunity to 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 prerequisite classes you will need for your major. Also, as a member of the ULM Cheer team you will receive over $800 in Adidas gear, which is ULM’s sponsored athletic brand. ULM is currently building a new state-of-the-art Event Center, which will hold the new spirit groups practice facility that will be exclusive to you for all of your practicing and training needs. As of last year, 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 tumbling. 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.
2020 CHEER TRYOUT INFORMATION

TRYOUT DATES:

Please arrive at least 30 minutes early for check-in.

Friday, May 8th 5:00PM

- Material Review and Tumbling Tryout
- Material must be learned prior to tryouts. Material videos will be posted to social media after final tryout clinic.

Saturday May 9th at 8:00AM

- Interviews and Game Day Tryout / Final Tryout
- After the final cut is made, the 2020-2021 team will have a team meeting, receive policies, and get fitted for their cheerleading gear

TRYOUT LOCATION:

- Bayou Pointe; Spirit Hall

Note: Tryouts Are Closed To The Public!

VIDEO AUDITIONS:

- Email ptalley@ulm.edu for more information
**TRYOUT SKILLS:**
*While required skills are necessary for tryouts, more advanced skills are preferred*

**All Girl Tumbling Requirements:**
- Standing back handspring (Required)
- Back handspring tuck or standing tuck (Preferred)
- Round off backhand spring series (Required)
- Round off back handspring tuck, layout or higher (Preferred)

**All Girl Stunt Requirements:**
- Extension, Liberty, Stretch (Required)
- Stretch with full down or double down dismount
- Spinning variations (full ups, full rounds, 1 ½ ups, etc)

**Co-ed Requirements:**
- Toss drills, toss hands, toss extension (tumbling is not required)

**TRYOUT ATTIRE**

All **female** participants must wear the following:
- White, black, maroon or gold **fitted** athletic shirt
- Black athletic shorts
- White cheer/tennis shoes
- Females must wear game day hair and make up (refer to ULM Cheerleading Social Media for references)

All **male** participants must wear the following:
- White, black, maroon or gold athletic shirt
- Black athletic shorts
- Tennis Shoes
- Males must be nicely groomed
NOTES

- Tryout Participants Must Know Tryout Material Prior To Attending Tryouts; Material Videos Can Be Found On Our Social Media. Material will be posted after final clinic - Instagram, Facebook, Twitter @ulmcheer

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

- The ULM Cheerleaders serve a 1-year commitment.

- Tryouts are closed to the public

- There will be a short meeting with the Spirit Groups Coordinator, Head Cheer Coaches, and new team shortly after tryouts.

- Early tryouts and video tryouts are accepted upon approval

PLAN AHEAD

- February 16, 2020, March 15, 2020, April 19, 2020 – Clinics

- June 12-14, 2020 - Weekend Practice

- July 2-13, 2020 - Work Week & Camp

- August 10-16, 2020 - Pre-Season Practice

- August 17, 2020 - First Day of School

- September 5, 2020 - Football Season Opener (Home)

Follow @ulmcheer for updates

For more information contact:

Sonni Bennett, Coordinator of Spirit Groups
Head ULM Hawkline Coach
sbennett@ulm.edu
(318)342-5285

Patience Talley, Assistant Coordinator of Student Life and Spirit Groups
Head ULM Cheer Coach
ptalley@ulm.edu
(318) 342-5292

All Pages Pass This Point Must Be Submitted As Part of Tryout Packet
# 2020-2021 CHEERLEADING TRYOUT APPLICATION

**NAME**

(Last) __________

(First) __________

(Middle) __________

<table>
<thead>
<tr>
<th>SSN:</th>
<th>CWID #:</th>
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<tr>
<th>GENDER (check one)</th>
<th>Male</th>
<th>Female</th>
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DOB: __________

**Home Address:** __________

Email Address: (ULM if you have one)

Cell Phone: __________

**High School/College attended:** __________

Classification: __________

**Major or Intended Major:** __________

GPA: __________

**Emergency Contact Name:** __________

Relationship to You: __________

**Emergency Phone:** __________

Emergency Cell Phone: __________
QUESTIONNAIRE

1. Do you have any allergies?

2. Do you have any illnesses?

3. What is your injury history, please list?

4. What surgeries have you had?

5. Do you have any limitations?

6. Are you currently taking any medications? If so, please list:
7. Are you currently a member of any club or organization?

8. What is your stunting position and most elite tumbling?

9. List previous cheerleading training/experience and number of years:

10. Why do you want to be a ULM Cheerleader?
SIZING INFORMATION

Please fill in your accurate size below

HEIGHT______ feet______ inches

WEIGHT ________ pounds

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

_________________________________________________________________________________________________________________
_________________________________________________________________________________________________________________
_________________________________________________________________________________________________________________
_________________________________________________________________________________________________________________
SPIRIT GROUP PARTICIPATION RELEASE & ASSUMPTION OF RISK

NAME ____________________________________________ (Last) (First) (Middle)

SSN: ___________________________ DOB: ________________

GENDER (check one) Male _____ Female_____

Cell Phone: _______________________

Home Address: ______________________________

Email Address: ________________________________

Emergency Contact Name: ________________________

Emergency Contact Number: _______________________

The undersigned hereby acknowledges that he/she understands that participation in any spirit group activity at the University of Louisiana at 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 any and 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 hereof shall be binding upon them and shall constitute a release by them of any and all claims, demands and causes of action whatsoever which any of them may have against ULM and its employees as a result 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.

__________________________________________
SIGNATURE OF APPLICANT

Age: _______ Date: ____________

__________________________________________
SIGNATURE OF PARENT OR LEGAL GUARDIAN
TRYOUT CHECKLIST

In order to tryout, all participants must submit the following before or on the day of tryouts:

- Learn tryout material prior to attending tryouts. Material will be available after final clinic.
- Copy of the Front and Back of Health Insurance
- Copy of Photo ID
- Copy of ULM Acceptance Letter
- Official Transcript Providing Evidence that your GPA is a 2.3 or above
- Recommendation Letter from a Former Coach
- Head Shot Photo (no larger than a 5”x7”) - non-returnable
- Completed tryout packet due by May 1, 2020 (an extension may be granted if needed)
  - A $30 application fee. Check or money order made out to ULM Foundations with Cheerleading in the Memo
- Mail packets to the following address:

  Patience Talley  
  Student Center 249  
  700 University Avenue  
  Monroe, LA 71209

I have read and certify that all of the above information is true and correct. I have included all required documents including, a copy of the front and back of health insurance, copy of photo ID, official transcript, a recommendation letter from a former coach, completed tryout packet and $30 tryout fee. I give my permission to the judging panel to verify any/all of my information. I will participate in all activities, practices throughout the year and national competition. I will follow the Code of Conduct that is set by the University of Louisiana Monroe. I will also follow the University of Louisiana Monroe’s Spirit Group rules and regulations.

________________________

SIGNATURE OF APPLICANT          Age          Date

________________________

SIGNATURE OF PARENT OR LEGAL GUARDIAN