

University of Iowa Cheerleading Video Requirements

PLEASE NOTE THE DATE FOR THE ON CAMPUS TRYOUT WILL BE APRIL 13-15, 2012.

To become a member of the 2012-2013 University of Iowa Cheerleaders, the first step is to send in a tryout video, Cheerleading application, and photograph. These are due **NO LATER THAN March 1, 2012. NO EXCEPTIONS.** The video can be in **DVD**(preferred) or **VHS** format. Videos will not be returned. Clearly label your video with: **full name, address, home and cell phone number and E-Mail address.** DO NOT use a separate piece of paper. All videos must be in by March 1st or you will not be allowed to tryout.

A \$20 registration fee is due with the submission of your video. We accept cash, checks, or money orders made out to:
University of Iowa Athletic Department.

You do not need to be 18 years old to audition; however you need to be accepted to the University of Iowa and attending the University of Iowa in the fall of 2012 as a full-time (12 semester hours) student once selected.

Requirements for the video are as follows, do as much as possible (females sports bra and shorts/males tee shirt and shorts):

1. Short Introduction: State your name and a brief description of why you want to be an Iowa Cheerleader
2. Cheer / Sideline / Fight Song (any): Predominately motions – skills may be included, but this is to see motion technique
3. Tumbling: Backhandspring, Back Tuck, Toe Touch-Backhandspring-Back Tuck, Tumbling Pass(es) thru fulls if you have one
4. Jumps: Sequence of multiple jumps including toe touch and pike jumps
5. Co-Ed Stunts:
Females – Heel Stretch-Full or Double Down, Arabesque 540 cradle, Toss Stunt, Walk-Up Stunt
(Ideally Co-Ed, but if on an All-Girl squad show as much as possible with All-Girl bases)
Males – Toss Stunt, Walk-Up Stunt, Cupie, Transitional Stunt (2 or more stunt combo)
6. 30 Seconds of Optional Skills – Skills that would set you apart from others and highlight your talents

Also Include:

7. Cheerleading Application
8. Current photo: non-returnable does not need to be professional
9. Non-Refundable Registration Fee: \$20 made out to the **University of Iowa Athletic Department**

Once decisions are made, **you will be contacted by March 15th.** If you are selected to tryout, you will be asked to come to Iowa City for the on-campus tryouts on **APRIL 13-15, 2012.** At the time of the on-campus tryout you must have:

- **Proof of admission to the University of Iowa (i.e. a copy of your acceptance letter)**
- **A Letter of recommendation from current coach (cheer or other athletic activity)**
- **A current physical (Dated no EARLIER than Dec 1, 2011)**
- **A completed medical and release waiver to participate – Additional information will be E-Mailed to you**
- **A copy of your current health insurance front and back**

Tryouts will begin on at 6:00pm Friday. There will be sessions and cuts held throughout the weekend. At the on-campus tryout the above skills will be tested, along with other skills and material sent to you on DVD. Results from the final tryout will be announced on Sunday afternoon and summer/school year schedules will be given out at that time.

Scholarships are offered to 3rd and 4th year members ONLY.

Please submit your video to:

Iowa Spirit Squads
N411 Carver Hawkeye Arena
Iowa City, IA 52242

GOOD LUCK with your videos, and I look forward to watching them in the near future. If you have any questions regarding the videos or the Iowa Cheerleaders, please contact me via E-Mail.

GO IOWA!!!

Gregg Niemiec
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University of Iowa Cheerleading Coach
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