

IOWA Cheerleading Tryout Information

PLEASE NOTE THE DATE FOR THE ON CAMPUS TRYOUT WILL BE APRIL 29-MAY 1, 2011

To become a member of the 2011-2012 University of Iowa Cheerleaders, the first step is to send in a tryout video. Videos are due **March 1st, 2011 NO EXCEPTIONS**. Please turn them in as soon as possible to give the coach time to review all parts of the video. The video can be in **DVD** (preferred) or **VHS format**. All videos must be in by March 1st or you will be ineligible to tryout. Videos will not be returned.

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

Please attach to your DVD or VHS tape a typed label with: **full name, address, home and cell phone numbers and email address**. DO NOT use a separate piece of paper. With your video, please submit the following: Cheerleading Application, a letter of recommendation from your high school or all-star coach. 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 following the tryout as a full-time (12 semester hours) student.

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

- Cheer / Sideline – Predominately motions -skills may be included, but this is to see motion technique
- Tumbling: Backhandspring, Back Tuck, Toe Touch-Backhandspring-Back Tuck, Tumbling Pass
- 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 skills)
- 30 Seconds of optional skills that would highlight your talents

Once decisions are made, **you will be contacted by March 15th**. Please be patient - we will contact everyone that sends in a video. If your video is selected, you will be asked to come to Iowa City, IA for an on campus tryout on **APRIL 29-MAY 1**. **At the time of the on campus tryout you must have proof of admissions to the University of Iowa and a current physical (dated after 12/1/2010)**. You will need to arrive Friday by 6:00pm and stay on campus until Sunday at 4:00pm. There will be sessions throughout the weekend and cuts at each of the sessions. At this tryout the above skills will be tested along with others and material sent to you on a DVD.

Results from the final tryout will be announced on Sunday and summer/school year schedules will be given out at that time. Scholarships are offered to 3rd and 4th year members only at this time.

Cheerleaders that want to tryout must submit a video, application and a \$20 non-refundable application fee to:

Iowa Spirit Squads
340 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
University of Iowa Spirit Coordinator
University of Iowa Cheerleading Coach
gniemiec@hawkeyesports.com



Iowa Cheerleading Application

2011 - 2012



Name: _____
 (Last) (First) (Middle)

Current Address: _____
 (Street)

 (City) (State) (Zip)

Current phone: (_____) _____ - _____

Email address: _____

Year in college: FR SO JR SR Major: _____
 (In the fall)

Birth date: _____ / _____ / _____

Please remember that you need a **physical** dated after December 1, 2010 in order to tryout!

High School Graduated From: _____
 (City): _____

Have you been on a cheer team before? _____

If yes, where? _____ How long? _____

Did your team attend nationals? _____
 (If so please indicate which nationals your team attended)

Do you have previous co-ed stunt training (list skills)? _____

How many years? _____ Where? _____

Do you have previous tumbling training (list skills)? _____

How many years? _____ Where? _____

Will you have any conflicts over the summer? (Please explain)

How did you hear about the Iowa Cheerleaders?

Please remember that you need a **physical** dated after
 December 1, 2010 and proof of admission to Iowa in order to try out!