

General Information about UVU Cheer Squad

- The UVU Cheer Squad cheers at volleyball, women's and men's basketball games. Each year the squad attends approximately 40 games.
- Practice is held three times a week Tuesday and Thursday from 5-8 and Wed nights from 8:30-10:30 p.m.
- We are looking for the "All American look". Clean hair cuts, clean shaven, tattoos should be covered when in uniform.
- You are required to be ambassadors for the university and attend public functions as assigned.
- We attend a MANDATORY Summer Collegiate camp in July/August. Regular practices begin in August.
- You must be accepted to UVU prior to try-outs. There is a 2.5 required GPA and full-time (12 credit hours)
- You must commit to the squad for the entire 2008-2009 season.
- You will be asked to pay for part of your own apparel and gear. That cost is around \$250.

Benefits:

- Scholarships available
- Travel opportunities
- Uniforms and some apparel paid for
- Academic tutoring services
- National competition experience

Pre-Try-out Clinics:

Pre-Try-out Clinics will be held for those interested in trying-out for the UVU Cheer Squad. You will learn basic stunt and cheer techniques. The material for the official try-out **will not** be taught at these. They will all be held in the Activities Center in the PE building on the Campus of UVU.

March 11th 5-8pm

March 18th 5-8pm

March 25th 5-8pm

TRY-OUT INFORMATION **UVU CHEER 2008**

Schedule for clinics and try-outs:

Wednesday April 16th /Thursday April 17th

4:45 Check in

5:00 Warm up/ Short meeting

5:30 Side line chant

5:45 Stunting / fight song / dance

7:00 Time open to master material and stunting skills

Friday April 18th

2:45 Check in

3:00 Try-outs begin

7:00 Team meeting

8:00 Uniform fittings

Try-out Clinic Requirements:

Clinic attire should be cheerleading shorts or hot pants and tank tops for girls (no t-shirts), hair should be pulled up and absolutely no jewelry. For guys, shorts and t shirts are.

Try-out Clinics are open to anyone interested in trying out for the UVU Spirit Squad. They are free and will help you prepare for the official cheer try-out on April 18th. The clinics will be closed to the general public.

Official Try-outs Requirements:

Girls	Guys
Black cheerleading shorts or spandex	Black warm up pants or basketball style shorts
Black tight fitting tank top	Plain t-shirt (graphics to the minimum) or polo style shirt
Cheerleading shoes	Clean shaven
2 ¼" white ribbon	Athletic shoes
Hair pulled ½ up and curled	

Recommended Skills to have for Try-outs:

- **Stunts:** you are required to do a toss shoulder stand, toss extension, and an optional stunt that includes two positions, one transition and a cradle. Example: toss lib, hands, heel stretch double full down cradle, or toss liberty double take to an arabesque with a full down cradle. It is recommended that girls showcase their front and back flexibility (example: heel stretch, bow and arrow, scorpion, arabesque etc) and guys showcase their difficulty and entry into a stunt (toss, press up, full ups, rewinds etc)
- **Tumbling:** Standing back tucks and round off back handspring back tucks are required. An optional pass is also required.
- **Cheer:** You will be taught a sideline chant at the clinic. You are required to incorporate your own skills into the chant. The words to the chant will be UVU xxx (clap, clap, clap). You may include up to two gymnastics skills and must include some motions and jumps. There will be time dedicated to preparing your sideline chant at the clinic.
- **Fight Song:** Required to learn the fight song that will be taught at the clinic. It is recommended that you know the words to the UVU fight song before the clinic. You can email tookeca@uvsc.edu to get a copy of the fight song.
- **Dance:** Each female cheerleader will be required to have basic dance technique. You will be taught a short dance routine to perform in front of the judges. The dance routine will include sharp angles, jump and basic dance moves.
- **Interview:** Each candidate will have a 3 minute interview by the coaches and or a panel of judges during the final audition.

Paperwork required for Try-outs:

Please bring with you the following

- A Headshot (this will not be returned)
- A Cheer resume- this should include all cheer training, leadership roles, all cheer experience, any competition titles or any teaching or choreography opportunities you have had.
- One letter of recommendation by a non family member
- \$15 non-refundable try-out fee.

For more information or any questions about the UVU Cheer Squad please contact tookeca@uvsc.edu.