

Thank you for your interest in Western Carolina University Cheerleading!

The Western Carolina University Catamount Cheerleaders are prominent fixtures on campus and in the Cullowhee / Sylva community. In addition to cheering for football and men's and women's basketball, **Cats Cheer** also can be seen in the weight room, on the track, in practice and in study hall, while still finding time to volunteer and make special appearances. In other words, cheerleading is a part of your daily schedule, and therefore, all cheerleaders must be finished with classes, work, study hall, etc. by 4:45 pm daily.

At Western Carolina, we are extremely lucky to be part of our intercollegiate athletics department. With this association come the obligations and responsibilities of all student athletes including things such as student-athlete meetings, random drug testing, and participation in community service activities. Study hall is mandatory for all freshmen and other team members who do not meet specific GPA requirements (hours per week to be assigned). As student-athletes, we have access to the computer lab, academic tutors and to the athletic training room. We are also given priority registration.

Try-outs for the 2010 - 2011 team will be held the weekend of April 23rd -25th. Registration will be from 6:00 - 6:30 pm on Friday, April 23 followed by a brief meeting before the try-out begins ... *(To avoid the registration rush, I would encourage you to print out and bring all completed try-out forms with you).* **All material will be taught during the clinic** (Friday evening / Saturday morning) and performed in front of the coaching staff during the actual try-out (Saturday evening). The team will likely be chosen Saturday night / Sunday morning and our first practice for the new squad will be on the afternoon of Sunday, April 25th.

Standing tumbling requirements vary but typically include back handspring (standing tucks, standing back handspring tucks, toe backs, etc. will be scored higher). Running tumbling requirements vary but typically include a round off back handspring series and/or tuck (pikes, whips, layouts, and fulls will be scored higher).

We are a small coed team, therefore, we have coed and all-girl stunts and will be looking for all positions at try-outs. If you are trying out as a flyer, you must be able to full out of a stretch (720 will be scored higher). We also will have a timed mile and interview component during the try-out weekend.

The team will be REQUIRED to attend two summer weekend practices (*Summer 2010 tentative dates are June 25th – 27th ... August dates will be set once NCA college camp dates are set*) where we will begin preparation for the upcoming football season. A number of team members will be selected to represent WCU at the National Cheerleaders Association college camp in Myrtle Beach, South Carolina, in mid August.

The top priorities for **Cats Cheer** on campus are to raise school spirit, involve the crowd in the game by helping to create a home field or home court advantage for our teams, and continue our tradition of being the best "spirit group" in the Southern Conference.

Our primary goals and daily schedule (practice, weights, study hall, special appearances, games, etc.) make WCU Cheerleading much different from high school or all-star cheerleading. You must understand that in your college life, cheerleading comes second only to schoolwork; and if you make the team, you are committed for the entire 2010-11 season. We invite you to check out our website at www.CatamountSports.com and look forward to seeing you at try-outs in April.

Go Cats!
Kim Cherry-Beck
WCU Cheerleading Coach
catamountcheer@yahoo.com

****All participants MUST submit a copy of their insurance card (front and back) and a copy of his / her Western Carolina University acceptance letter in order to try-out!****

- CATAMOUNT CHEERLEADING -

Name: _____ **Try-Out #:** _____

Year in School (*beginning August 2010*): _____

High School Attended: _____

Please list any academic honors/awards received: _____

Please list all cheerleading experience (high school, all-star, etc.): _____

Please list all dance experience: _____

Please list any team honors/championships/awards (Cheer or Dance): _____

Please list any individual honors/awards received (Cheer or Dance): _____

Additional Information/Comments: _____

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**WESTERN CAROLINA UNIVERSITY – ATHLETIC TRAINING SERVICES
LIABILITY RELEASE, WAIVER, DISCHARGE AND
COVENANT NOT TO SUE FOR TRYOUTS FOR ATHLETICS TEAM**

This is a legally binding release made by, _____, to Western Carolina University.

I fully recognize that there are dangers and risks to which I may be exposed to by trying out for _____, an intercollegiate athletics team at WCU. The following is a description and examples of specific, significant, non-obvious dangers and the risks associated with this activity: the possibility of musculoskeletal injury, orthopedic injury and/or general body aches and pains. I am aware that prior to participation in intercollegiate athletics, it is my responsibility to receive a pre-participation physical evaluation, as well as providing my own health insurance coverage. I understand that I am responsible for any expenses due to any injury I may suffer that occurs while I am trying out for the above intercollegiate athletics team at Western Carolina University.

I therefore agree to assume and take on myself all of the risks and responsibilities in any way associated with this activity. In consideration of and return for the opportunity, services, facilities, and other assistance provided to me by WCU in this activity, I release WCU (and its governing board, employees, and agents) from any and all liability, claims, and actions that may arise from injury or harm to me, from my death or from damage to my property in connection with this activity. I understand that this release covers liability, claims, and actions caused entirely or in part by any acts or failures to act of WCU (or its governing board, employees or agents) including mistake, or failure to supervise by WCU.

I recognize that this Release means I am giving up, among other things, rights to sue WCU, its governing board, employees, and agents for injuries, damages, or losses I may incur. I also understand that this Release binds my heirs, executors, administrators, and assigns, as well as myself.

I have read this entire Release. I fully understand it and I agree to be legally bound by it.

THIS IS A RELEASE OF YOUR RIGHTS. READ CAREFULLY BEFORE SIGNING.

(Releaser's Signature)

(If under 18, Parent/ Guardian Signature)

(Date)

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