

University of Wyoming Spirit Program

CHEER TEAM TRYOUT INFORMATION

The primary purpose of The University of Wyoming Spirit Program is to support the UW Athletic Department and all Cowboy and Cowgirl Athletic Teams. Members of the Spirit Program can be seen at all home football games, men's and women's basketball games, volleyball games, wrestling meets, and various other athletic contests. In addition to this support, members of the UW Spirit Program serve as public relations ambassadors for the University of Wyoming and are often seen as the face of UW Athletics. As public relations ambassadors, the Cheerleaders and Pistol Pete make numerous appearances at University activities and community events.

The UW Spirit Program consists of two Cheer Teams and the UW Mascot, Pistol Pete. (As of April 1, 2012, there will no longer be a Pom Team.) The Cheerleaders and Pistol Pete work hard to get the crowd involved, lead cheers, and entertain fans at UW athletic events. It is our belief that by leading our fans in a positive manner, we can help our teams win.

Gold Team

All Girl
12 Cheerleaders
2- 4 Alternates*

Brown Team

Co Ed
12 Cheerleaders
2- 4 Alternates*

Both teams cheer at:

All home football games

Select home volleyball games

Select home men's basketball games

Travel to away football games, Bowl games and post-season basketball tournaments, is limited to a maximum of 12 cheerleaders that are chosen from either team by the Head Coach.

Select home wrestling meets

Select home women's basketball games

*Alternates

2-4 alternates may be selected for each team. Alternates cheer at all home football games, but take on an alternate role (stepping in when positions become available) for all other games. Alternates are expected to participate in practices and strength and conditioning sessions as well as performances, appearances, camps and fundraisers as determined by the Head Coach. Alternates receive no scholarship for their participation on the team.

Benefits

- \$1,000/year scholarship (captains receive additional \$500)
- Two tickets to each home football, basketball, volleyball and wrestling
- Uniforms, warm-ups & practice clothes provided by UW Athletics
- Per diems during travel to away games
- Yearly athletic awards including letter jackets and senior rings
- Academic support through the Athletic Department's Office of Academic Support
- Full time access to a sports medicine trainer assigned specifically to the Cheer Teams, as well as, a nutritionist, and a full team of doctors and medical personnel
- Access to a personal trainer with cheer specific workouts 3 times per week

While the benefits of cheering at UW are pretty great, we are seeking candidates that enjoy cheering and are excited about using their own talents and skills to build others up and cheer them on.

WHEN:

Friday & Saturday,
April 20-21, 2012

**In case of bad
weather, alternate dates
are set for May 11-12.*

WHERE:

Laramie, WY
UW Campus
Arena Auditorium

WHO:

All males &
females interested
in cheering for
UW.

**All candidates
must tryout in
person. Video
tryouts will NOT
be accepted.*

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CHEER TEAM TRYOUT SCHEDULE & FORMAT

Tryouts are stressful by nature, and while it is important for us to see how you perform under pressure, it is also important to provide a safe environment for everyone. For this reason, you will be receiving evaluations and scores during the entire weekend. Remember, we're looking for the total package, not just an elite stunt or tumbling pass.

Friday, April 20th

4:00 – 5:00	Check In / Warm Up
5:00 – 6:30	All Girl Stunting
6:30 – 7:30	Fight Song
7:30 – 9:00	Co Ed Stunting

Saturday, April 21st

8:00 – 9:00	Fitness Testing
9:00 – 9:30	Learn Cheer
9:30 – 10:30	Co Ed Stunting
10:30 – 11:30	Tumbling
11:30 – 12:30	Lunch Break / Open Gym
12:30 – 1:00	Review Fight Song & Cheer
1:00 – 2:00	All Girl Stunting
2:00 – 3:00	Open Practice / Questions
3:00 – 6:00	Individual Tryouts
7:00	Results Posted
7:30 – 9:30	New Team Meeting

*We will follow AACCA safety guidelines

Individual Tryouts

These will take place on the hardwood floor and will include 1) your best running tumbling pass 2) fight song performance 3) cheer w/standing tumbling and a jump and 4) a brief interview.

Stunting

Stunt evaluation and scoring will take place in a practice-like environment, on cheer mats. You will have the opportunity to stunt with several partners/groups. Stunts we will ask to see may include:

Co Ed Stunts

Step in to chair, hands, extension, liberty, stretch
Toss chair, hands, with & without girl holding a sign
Toss hands, extension, liberty, stretch, arabesque
Cradle, single or double down from stunt

All Girl Stunts

Extension with cradle, single, or double down
Lib, stretch, arabesque with cradle, single or double
Single based extension or liberty (3 man stunt)
Half-up or full-up to extension

Tumbling

Tumbling evaluation & scoring will take place during the tumbling practice time on cheer mats and also during the Individual Tryouts on the hardwood floor. Tumbling we will ask to see may include:

Standing BHS	Standing back tuck	Standing BHS, back tuck	Standing full
RO, BHS series	RO tuck	RO BHS tuck, layout, or full	RO BHS, whip, BHS

Don't let these lists scare you! We certainly don't expect everyone to have ALL of these stunting & tumbling skills. In fact, we encourage you to show up even if you don't know what something is. We are also looking for potential!

Preparing For Tryouts

- Be in the best shape of your life-don't wait to start preparing the week of tryouts – in order to be in the best shape of your life, you must start early!
- Tryouts are NOT a time to learn new skills. They are a time for you to show your current skills, your potential to learn new skills, and your character/personality.
- Find a local gym and utilize their open gym time for both stunting and tumbling. If there is a specific skill you are close to mastering, look into taking some private lessons.
- Males – Lift weights, eat well and practice stunting! This will make stunting & learning new techniques easier. Medicine ball tosses are a great way to prepare for toss stunts.
- Females – Practice stunting! There is nothing better than changing up your stunt partners/groups. This will improve your overall technique. We will be watching for proper technique, not necessarily the most advanced stunts.

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GENERAL REQUIREMENTS & CHECKLISTS

General Requirements & Expectations

- Accepted to the University of Wyoming
- Full year commitment from April to April (the month of June off)
 - 2 weeks of summer practice & summer camp (July or August)
 - Various appearances during summer (not required, but it's always good to attend if you can)
 - Pre-season practices begin 1-2 weeks before school starts
 - During the school year, expect about 25 hours per week of practices, games, conditioning, tumbling, appearances, & study hours
 - Everyone will be expected to cheer at games during at least one holiday break
- Minimum 2.0 cumulative GPA
- Enrolled in a minimum of 12 credit hours at UW during both fall and spring semesters
- Maintain a given level of physical fitness as prescribed by the Head Coach and /or the Athletic Department
 - Cheerleading requires great strength, endurance and flexibility. UW Athletics promotes a healthy lifestyle and appropriate body weight that is essential for all athletic activities, including cheerleading.
- Must be able to attend all scheduled practices (class schedules must be worked around practice schedules)
- Once you make the team, you must have a physical from our team doctors and a medical history questionnaire and medical insurance card on file with UW Sports Medicine Office before you can participate with the team.
- Represent yourself, your team, and UW in a positive light
- Attend all classes and ask for help if needed
- Believe that you can help the team win by leading our crowd in a positive way

Paper Work Checklist

In order to participate in tryouts, all items listed below must be completed & turned in at check in on Friday, April 20th.

- \$25 registration fee
- UW Cheer Team Application
- Insurance Waiver
- Medical Release & Assumption of Risk
- Coach's Recommendation Form (minimum of 1)
- Final Judgment Policy
- Transcripts & Acceptance Letter
 - Incoming freshmen or transfer students – bring a copy of an official acceptance letter from the University of Wyoming and an unofficial copy of high school or transfer school academic transcript
 - Current University of Wyoming students – bring an unofficial copy of academic Transcript

Tryouts Checklist

Here are some things to think through in advance so that you are prepared and rested during tryouts.

- Females wear gold or brown shirt or tank top (no sports bras or bra tops and no baggy t-shirts) & gold or brown athletic shorts or spandex and cheer/athletic shoes
- Males wear gold or brown t-shirt & gold or brown athletic shorts and cheer/athletic shoes
- Be prepared for cheer activities by having hair out of face, NO jewelry and finger nails cut short
- Read through all tryout information documents
- Be prepared to work with common cheerleading props such as megaphones, pom poms, and signs
- Understand the time commitment required and work out any issues before tryouts
- Have a thorough understanding of football, basketball, and volleyball rules and when it is appropriate to cheer/stunt
- Know where you are going, how to get there, how long it takes to get there, and where to park
- Arrive early for all sessions of tryouts and begin warming up on your own! Take initiative!

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FREQUENTLY ASKED QUESTIONS

Do current team members have to tryout?

Yes, all current team members must tryout each year to secure a spot on the team.

How will I be scored at tryouts?

Sample score sheets are posted on our website under "Tryout Documents".

Do you offer scholarships or out of state tuition waivers?

All full-time cheerleaders who successfully complete the season will receive a \$1,000 scholarship. We currently do not provide out of state tuition waivers.

Can I send in a video tape if I am unable to make tryouts?

We DO NOT accept video tryouts. You must attend the tryouts in Laramie, WY. Alternate dates (May 11 & 12, 2012) have been arranged in the case of inclement weather.

Can I tryout for both teams?

Yes. If you mark "Either" on your application, you will be considered for both teams.

Do the teams compete at nationals?

The cheerleaders have competed in the past, but competition will be decided on an annual basis.

Is there a height and weight requirement?

We do not maintain a height and weight requirement.

Can my family and friends come and watch tryouts?

No, all sessions are closed to the public.

Do I need to have a physical completed by a physician?

No, you do not need to have a physical to tryout, but you do need to turn in 2 completed forms prior to tryouts: 1) Insurance Waiver and 2) Medical Release & Assumption of Risk. (Both can be found on our website under "Tryout Documents". If you make the team, you will have to receive a physical from our team doctors before participation in any practices or events.

Can graduate students tryout for the teams?

Yes, as long as you carry a full course load as defined by your graduate studies program, you are eligible to tryout.

Are freshman eligible to tryout, and can freshman make either team?

Yes, freshmen are eligible to tryout and can make either team.

How many people tryout?

The number of individuals that tryout for one of our groups vary from year to year. On average we have at least double the amount of positions that are open. (There are 32 positions so we expect between 60-70 candidates.)

What's the time commitment of cheering at UW?

You can expect to devote about 25 hours per week to cheer related activities. On average, we have two 2-hour practices per week, one-two games per week, two 1-hour strength & conditioning workouts, various appearances, and various study hours (dependent on your year in school and GPA). The competition team will have additional practices.

What is the schedule like during holiday breaks?

Practice is cancelled along with school during holidays. Games during these times are not cancelled. Teams rotate cheering/performing at games during breaks.

What if I still have a question about tryouts?

Contact Coach Powell at mpowell7@uwyo.edu or 307-766-4940 or check out www.wyomingathletics.com/trads/cheerleaders.html