



University of Houston Downtown Cheerleading Tryout Packet 2013 – 2014

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“Four steps to achievement: Plan purposefully. Prepare prayerfully. Proceed positively. Pursue persistently” (William Arthur Ward)

UHD Cheerleading – Courage, Leadership, Community, Friendship

University of Houston Downtown Cheerleading Tryout Information

Date and Time

Saturday, August 31, 2013 – Cheerleading and UHD Gator (Costumed Entertainment) Tryouts and Interviews

Tryout Start Time: 10:00 am

Place: UHD West Gym

Attire:

Females – Plain blue or red sports bra or racer back tanks, black spandex shorts, athletic shoes, and hair in a high pony tail, and ribbon/bow of your choice.

Males – Plain blue or red sleeveless t-shirt, black gym shorts, cheer/athletic shoes, no hats, and clean shaven.

All potential cheerleaders are expected to portray a collegiate image when trying out for UHD. Jewelry of any kind, extreme hair styles and/or colors is not acceptable at tryouts or during the year as a UHD Cheerleader. All cheer candidates must remove all piercings and other jewelry prior to arrival at tryouts.

Costumed Entertainment (skills desired) – Animated, creative, dancer, tumbler skater etc.

General Requirements for Tryouts:

- Athletic Challenge – Speed and Strength (Males)
- Athletic Challenge – Speed and Strength (females)
- Chant (Motions, Voice Projection, and Presence) will be taught at tryouts
- Dance (Females) 4 x 8count dance will be taught at tryouts
- Coed Stunting Ability
- Group Stunting Ability
- Tumbling Ability

You must submit your Application prior to the tryouts

- Cheerleader Application & Application Agreement (please submit online by August 30th, 2013)

Please Bring the Following items on August 31st

- \$10.00 Cheer Application Fee (non-refundable)
- Up-close Photograph (will not be returned)
- 2 Letters of Recommendation

****A minimum of a 2.0 GPA is required to remain on the team for the fall and spring**

ALL VIDEOS MUST BE RECEIVED BY: Friday, August 30th, 2013
Videos that arrive past this deadline will be accepted at the discretion of the Head Coach.
This method of trying out for UHD is accepted, but not highly recommended.

Please follow this order when making your video:

General Information

- The cheerleading application and all other required paperwork needs to be sent along with all video tryouts. Videos should also be clearly labeled. This includes both the video tape/DVD, and the case.
- All videos need to follow all the criteria outlined for video tryouts. Accepted formats:
 - VHS
 - DVD
 - YouTube Videos
 - Emailed Videos

Personal Interview

- You will need to address the following in this interview:
 - A brief background, including where you are from and any cheerleading experience
 - Why you are choosing to attend UHD
 - For what position you are trying out (ex. Flyer, main base)
 - Why you would like to be a member of the cheerleading program at UHD and what you can bring to the Cheer Program

Sideline Chant

- Perform any chant of your choice. You can perform one of your own, but please make sure that your chant is appropriate for the University of Houston Downtown Gators
- Chant may include incorporations, but be sure it also highlights motion technique and sharpness as well as crowd involvement skills and spirit

Jumps

- Need to show a toe touch, hurdlers, pike jump individually, highlighting flexibility and technique
- Also perform any combination jumps

Standing tumbling (NO SPRING FLOORS)

- Include all standing tumbling you can perform

Running tumbling (NO SPRING FLOORS)

- Include a maximum of 3 tumbling passes showing your best tumbling ability

Stunts

- Minimum Requirements for Small Coed - Toss liberty or foot in liberty, and toss or foot in full-up stunt ending in a prep
- Include a maximum of 3 additional stunts showing your best stunting ability into and out of each stunt

Dance

- Include a minimum of four (4) 8 counts of dance (preferably set to music)

(Optional) Basket toss

- Show a maximum of three (3) tosses exhibiting your best basket tossing ability

Review and make sure all the skills outlined in the General Tryout Requirements have been met. All stunts and tumbling requirements must be included on tryout videos in order for candidates to be eligible for the team.

Also, please use common sense when putting together tryout videos. Treat it as an interview and use professionalism. This pertains not only to the way you act, but the music and background you choose as well.

Who is Eligible to Try Out?

Full-time undergraduate or graduate UHD students in good academic standing with the University

******A minimum of a 2.0 GPA is required to remain on the team for the fall and spring semesters

Additional Tryout Information

Potential team members are not only evaluated on current skill level and ability, but more importantly how much POTENTIAL athletes have to become collegiate cheerleaders and contribute to the cheerleading program.

There is NOT a point system for UHD Cheer tryouts. The Head Coach makes the final team selection with consideration and input from selected judges.

All clinic and tryout sessions are open to friends, family and other spectators, with the exception of the interviews conducted by the coaching staff.

If needed, potential cheerleaders must provide personal medical supplies such as pre-wrap, athletic tape, band-aids, and pain medication. These items will not be provided by the UHD Coaching Staff or University.

Housing will not be provided to potential cheer team members.

Advantages to trying out in person

Trying out in person will show that you are committed to attending University of Houston Downtown.

Potential cheer team members will be able to work and tryout with some of the most talented stunts in the nation.

Cheer team candidates will have the chance to meet and interact with the coaching staff.

Tips to Preparing for UHD Cheerleading Tryouts

The UHD coaching staff is looking for well rounded individuals with outstanding skills to be a part of our program. Good character, the ability to get along well with others, and an outgoing personality, are very important. Along with those qualities, coaches are looking for individuals who are dedicated to cheer, easy to work with, take constructive criticism and listen to advice to make improvements to their skills as highly important attributes.

It may be in the best interest of potential cheer team members to send in preliminary videos of skills so that the UHD Coaching Staff can provide feedback on the direction candidates should take, what areas to work on, and improvements that need to be made specifically before actual tryouts. These videos will not be judged as tryout videos. Please be sure to label any and all preliminary videos as such.

Grades and how well you have worked with coaches and team mates from prior squads, and the way individuals interact with alumni and sports and fitness department staff will be considered.

Motions, tumbling and stunting are also very important. If you do not have the experience to perform all required skills prior to tryouts, it is very important to get in touch with local gyms, college teams, or any of the UHD Cheerleaders to join classes or request private lessons to reach those requirements.

For the Small Coed / All Girl team, being able to perform well in multiple stunting positions is highly recommended.

If you do not cheer on a high school squad and you are on a competitive team only, please consider getting a private coach to assist you in learning “game day” cheerleading. Being talented is important, but you must also know how to “lead a crowd” and cheer in front of fans, not just judges.

UHD does not have height or weight requirements for females or males, but all squad members are expected to stay physically fit and in shape throughout the year.

We recommend candidates attend UHD recruit weekends and workshops throughout the year. Each potential squad member will gain an inside perspective of the UHD Cheer Program. It will also give participants the opportunity to experience the coaching style at UHD, and the chance to work with and learn from all current members of the teams.

University of Houston Downtown Cheer Program General Information

The University:



The **University of Houston–Downtown** (UHD) is a four-year state university, and is a distinct component institution of the [University Of Houston System](#). Its campus spans 20-acre in Downtown Houston, with a satellite location in northwestern Harris County. Founded in 1974, UHD is the second-largest university in Houston with nearly 13,000 students.

The university serves students in four academic colleges. UHD offers nearly 50 degree programs: 45 bachelors and four masters. Awarding more than 2,400 degrees annually, the university's alumni base is nearly 30,000.

The University of Houston–Downtown (UHD) is separately accredited, offers its own academic programs, and confers its own degrees. UHD is a stand-alone university; it is not a branch campus of the University of Houston (UH). Although UHD and UH are both component institutions of the University of Houston System, they are separate universities with different missions. Students who graduate from UHD will have diplomas under the name University of Houston–Downtown.

The University of Houston–Downtown is primarily an undergraduate institution. It offers 45 undergraduate and four graduate degree programs in four academic colleges: the College of Business, the College of Humanities and Social Sciences, the College of Public Service, and the College of Sciences and Technology.

UHD Cheerleading – Courage, Leadership, Community, Friendship

The Cheer Program

The University of Houston Downtown Cheerleading Team is dedicated to increasing the overall spirit of the campus community by performing and cheering at UHD sporting events, serving as ambassadors for the university, and being a role model of leadership and scholarship.

The UHD Cheer Program strives to support the club teams at UHD, encourage crowd participation, present a positive role model, communicate and socialize with alumni and fans, and attract positive attention to the university. The University of Houston Downtown Cheer Team is representatives of UHD and should display a positive and courteous manners at all times.

The Cheer Program is under the Office of Sports and Fitness Department

Part of being the best means effective sideline cheering and crowd leadership! Performances and competition are only part of the commitment. Our priority is to support our club teams, university and community. Each squad member is required to attend all assigned sporting events, understand the role of the Cheer Program at these events, plus lead and entertain the crowd in order to support University of Houston Downtown as ambassadors.

As Cheer Program team members, students can count on several things:

- o Coach to athlete relationship
- o Working with talented, self-motivated, goal oriented athletes
- o Guidance and support in achieving academic success
- o Training in an organized, established and fair program where there is a strong emphasis on striving for excellence in all areas
- o Hard work, friendship, and success

University of Houston Downtown General Cheerleading Information

Gator Cheerleading Responsibilities

Gator Cheerleading is a major time commitment for Both FALL AND SPRING SEMESTERS, as well as, the Thanksgiving, Christmas, Spring Break and some Summer commitments. The Cheerleading year begins in September with practices, followed by our Fall and Spring season and we will either travel to Dallas for NCA camp or have a home NCA cheerleading camp in the Summer of 2014.

Practices are held 3 days per week. Friday from 1:00pm – 5:00pm located in our gym within the student life center, Thursday from 6:45am – 8:15am located at the Discovery Green Park Downtown and on Mondays from 8:00am – 9:00am on the 3rd floor of the student life center in the studio. Additional fitness, tumbling, stunting and extra practices may also be added as needed.

The cheerleading squad cheers at UHD, men's and women's home basketball games, as well as performs in exhibitions shows and appearances. Collegiate cheerleading competition is contingent upon money raised to compete.

Cheerleaders must be full-time students, taking a minimum of twelve (12) credit hours for undergraduate or nine (9) hours for graduate student at University of Houston Downtown for the entire 2013-2014 fall and spring semesters, and must maintain a 2.0 GPA.

The Cheer Team members are great ambassadors of not only the University, but also the community of Houston. Cheerleading squads can be found participating in a variety of special appearances, alumni events, and throughout the community generating energy and excitement through volunteering, as well as promoting school spirit and good health for Houston!

Each team member is financially responsible for all cheer materials ie practice attire, uniforms, cheer camp, competitions and exhibitions fees.

University of Houston Downtown Cheerleading Tryout Application

Please attached close-up Photo here:

**Tryout Application Checklist
FORM**

Tryout Application & Agreement

2 Letters of Recommendation (at least one coach, teacher, and personal reference; more than 2 are acceptable)

Tryout Fee (\$10 non-refundable)

FORM

Photograph of Athlete (close-up attached to application, and action shots if desired)

School Transcripts (high school or transfer)

Copy of UHD Acceptance Letter

Personal Information: Student ID# _____

Full Name: _____

Age: _____

Date of Birth: _____

Email Address: _____ @ _____

Home Address: _____

City: _____ State: _____

Zip Code: _____

Home Phone: (_____) _____

Mobile Phone (_____) _____

High School: _____ Class of: _____

GPA: _____

College(s) Attended: _____

Major: _____

Cumulative GPA: _____

Yrs. In College: _____ How many years in college remaining? _____

Current #of hours enrolled: _____

All-Star Affiliation:

Cheerleading Experience:

Other Interests:

For safety and athletic training purposes, please list any prior orthopedic injuries, with dates of injury, and any unusual physical conditions that our staff should be aware of:

Facebook Handle: _____

Twitter Handle: _____

Instagram Handle: _____

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Cheerleading Application Agreement

(please print clearly)

I, _____, submit this application to the UHD Cheer Program for a position in the UHD Cheerleading Program. For the 2012 – 2013 season, my academic classification will be _____. By submitting this application, I understand and agree to the following:

I will be a full-time student, taking a minimum of 12 credit hours for undergraduate or 9 hours for graduate students at University of Houston Downtown for the entire 2012-2013 fall and spring semesters.

I must maintain a 2.0 GPA and will hereby release my academic transcripts to the Assistant Director of Sports & Fitness.

I understand that I must be in good standing with University of Houston Downtown or my high school and not on any type of academic or disciplinary probation.

I must turn in the following paperwork to the Head Cheer Coach no later than June 8, 2012:

- Cheerleading Application
- Cheerleading Application Agreement
- \$10.00 Application Fee (non-refundable)
- High School or Transfer School Transcripts or UHD Unofficial Transcript and class schedule
- 2 Letters of Recommendation
- Waiver of Liability, signed by parent if under 18
- Copy of UHD Acceptance Letter
- Close-Up Picture

I understand that not having all of these will disqualify me from trying out for cheer a team position.

If selected, I understand that I am required to be covered by personal primary medical insurance throughout my time as a cheerleader at UHD.

I have no health or physical defects, which would hinder my ability to perform as an UHD Cheerleader or which might cause performing as an UHD Cheerleader to be unsafe to my health or the health and well being of my team mates.

The physical demands of being the UHD Cheerleader require that I maintain a high level of physical fitness and that I pass a complete physical examination administered by University of Houston Downtown medical staff or your own personal physician.

If selected and I accept a cheer team position, I understand I will be required to attend all scheduled practices, classes, performances, summer camp, sporting events, pep rallies, team meetings, parades, alumni functions, and other functions or duties designated by the Assistant Director of Sports & Fitness and Head Coach.

I understand I am agreeing to a FULL SEASON commitment (FALL, SPRING semesters and SUMMER obligations) and should I quit before the completion of the full season I will be fined a fee of \$75.00. I understand every situation is different and the Head Coach will be the deciding factor as to the fine, each student will be handled on a case by case basis.

Being an UHD Cheerleader is a major personal commitment of my non-academic time and cannot be placed secondary to any other non-academic activity. I understand that, with the exception of academics, my commitment to the UHD Cheer Program takes FIRST priority over all other activities (sorority, fraternity, clubs, organizations, work, etc.). Furthermore, I understand that last minute appearances/events may arise in which the cheerleaders must be present.

I am responsible for the care and upkeep of all components of the cheerleading uniform, and must keep all components of this uniform an acceptable condition.

The UHD Cheerleaders play an important role in representing the University and its club sports program. As such, I will always know that I am an official representative of University of Houston Downtown, its students, faculty, staff, alumni, and cheer program. I will always conduct myself in a manner to uphold that character, tradition, integrity, and spirit of University of Houston.

I agree to follow all safety guidelines deemed necessary by the Head Coach and AACCA.

I understand that I must maintain an email account and check it DAILY.

I understand that I must obtain a note from a family or school physician to be excused from any assigned function, unless approved in advance by the Head Coach. (If for any reason a cheerleader is unable to attend a function to which they are committed, he/she is responsible for finding another team member to replace them).

I understand and accept that failure to meet any of the requirements listed above will result in my disqualification from consideration for an UHD cheer team position. I also understand at anytime should I fail to meet the responsibilities of a UHD cheerleader I will be removed from the team and still responsible for all unresolved financial obligations.

I accept and understand that the decisions of the judges/coaches will be final.

Signature

Date

RELEASE AND INDEMNIFICATION AGREEMENT

PARTICIPANT: (Name and Address)

INSTITUTION:

LAST NAME, FIRST NAME: _____

University of Houston-Downtown

UNIVERSITY ID NUMBER: _____

Dept. – Sports and Fitness

STREET ADDRESS: _____

1 Main Street

CITY, STATE, ZIP CODE: _____

Houston, TX 77002

DESCRIPTION OF ACTIVITY OR TRIP: Access and/or participation in the Department of Sports and Fitness's activities for physical exercise including, but limited to, the use of weight equipment and cardiovascular equipment; fitness programs, sports and open recreation.

LOCATION(S): University of Houston-Downtown Student Life Center and other locations including those that may be off-campus.

DATE(S): 8/1/13 - 7/31/14

I, the above-named Participant, have voluntarily applied and/or agreed to participate in the above-described Activity or Trip (hereinafter referred to as “the Activity or Trip”), which is associated with the above-named institution (hereinafter referred to as the “Institution”). I acknowledge that the nature of the Activity or Trip may expose me to hazards or risks that may result in my illness, personal injury, or even death, and I fully understand and appreciate the nature of such hazards and risks. Such risks may include, but are not limited to, illness, personal injury, or death that is caused from traveling via any means of transportation to and from the Activity or Trip and/or during the duration of the Activity or Trip, as well as engaging in activities or events that are typically associated with the Activity or Trip and related matters and activities, and being exposed to and/or using materials, tools, supplies, machinery and/or equipment or other items that are typically found and/or used during the Activity or Trip and related activities and being exposed to other dangerous conditions that are typically associated with the Activity or Trip and related activities. I acknowledge that the Institution in no way represents, or acts as an agent for any entity including, but not limited to, transportation carriers or other suppliers of services connected with the Activity or Trip.

International Travel Provisions (if applicable): I recognize and understand that I will very likely encounter cultures and laws that are different from those in the United States, and I may also encounter living and work conditions and/or standards that are different and/or significantly lower than those in the United States. If any problems arise with foreign nationals or the government of a foreign country, I agree to be fully responsible for resolving the matter and the Institution is not responsible for providing any assistance. I agree to obey and comply with all laws of the country(ies) in and through which I will be traveling and visiting, including local laws as well. I also understand that I have access to international travel advisories, warnings, and general tips available to me through the United States Department of State located at <http://travel.state.gov/travel/>, and I understand that health risks associated with any such travel are described in the Center for Disease Control Health Information located at <http://wwwnc.cdc.gov/travel>. I acknowledge that I have read this information as it pertains to the country(ies) in which I will travel as part of the Activity or Trip. I recognize that common liability insurance policies may not provide coverage outside of the United States and Canada. I understand that the Institution and the University of Houston System do not maintain any insurance policy covering any circumstances, including, but not limited to, illness, personal injury or death, arising from my participation in the Activity or Trip or any activity or event in any was associated with or facilitating that participation.

Regardless of whether or not I will be traveling internationally for the Activity or Trip, I agree to obey and comply with all applicable federal and state laws and Institution policies during the duration of the Activity or Trip, and am voluntarily and expressly assuming all risks associated with the Activity or Trip. For Institution policy information, see <http://www.uh.edu/legal-affairs/general-counsel/resources-and-policies/index.php>

I understand that I am responsible to obtain appropriate insurance coverage to cover any possible circumstance or injury resulting from my participation in the Activity or Trip. I understand and agree that should I decide to drive an automobile or other motorized vehicle to and/or from the Activity or at any time during the duration of the Activity or Trip, I will maintain a proper and sufficient driver's license as well as automobile and/or related liability insurance to cover any act(s) or omission(s) on my part at any time while operating such automobile or other motorized vehicle, be it during my participation in the Activity or Trip or otherwise. I represent that I am physically

and mentally able, with or without accommodation to participate in all aspects of the Activity or Trip, am able to be in the presence of, as well as use, the machinery, tools, equipment, materials, and/or supplies typically associated with the Activity or Trip, and have obtained all required immunizations.

In consideration of my participation in the Activity or Trip, I hereby accept and expressly assume all risk to my health and of injury or death that may result from such participation, and I hereby release the Institution and the University of Houston System, the Institution and the University of Houston System's governing board, officers, employees, faculty members, representatives and agents (hereinafter collectively referred to as the "Released Parties"), in both their official and personal capacities, from any and all liability to me, my personal representatives, estate, heirs, next of kin, and assigns, for any and all claims and causes of action for loss of or damage to my property and for any and all illness(es) or personal injury(ies) to my person, including my death, that may result from or occur during and as a result of my participation in the Activity or Trip and/or any of the above mentioned activities, whether caused by negligence of the Released Parties or otherwise. I understand and agree that should I choose to engage in non-Activity or Trip related activities or events, that doing so is not part of the Activity or Trip, and further, I hereby accept and assume all risks to my health and of injury or death that may result from any participation in non-Activity or Trip related activities or events, and I hereby release the Released Parties from any and all liability to me, my personal representatives, estate, heirs, next of kin, and assigns for any and all claims and causes of action for loss of or damage to my property and for any and all illness(es) or injury(ies) to my person, including my death, that may result from or occur during my property and for any and all illness(es) or injury(ies) to my person, including my death, that may result from or occur during my participation in any non-Activity or Trip related activities or events, whether caused by negligence of the Released Parties or otherwise. I further agree to indemnify and hold harmless the Released Parties from liability for the injury or death of any person(s), and/or damage to property, that may result from my negligent or intentional act(s) or omission(s) while participating in the Activity or Trip and/or related activities and/or while participating in any non-Activity or Trip related activities or events.

I HAVE CAREFULLY READ THIS RELEASE AND INDEMNIFICATION AGREEMENT ("AGREEMENT") AND UNDERSTAND IT TO BE A FULL RELEASE OF ALL CLAIMS AND CAUSES OF ACTION FOR MY INJURY, ILLNESS, OR DEATH OR DAMAGE TO MY PROPERTY THAT OCCURS WHILE PARTICIPATING IN THE ACTIVITY OR TRIP AND/OR RELATED ACTIVITIES AND/OR WHILE PARTICIPATING IN ANY, NON-ACTIVITY OR TRIP RELATED ACTIVITIES OR EVENTS, AND IT OBLIGATES ME TO INDEMNIFY THE RELEASED PARTIES FOR ANY LIABILITY FOR INJURY, ILLNESS, OR DEATH OF ANY PERSON AND DAMAGE TO PROPERTY CAUSED BY MY NEGLIGENT OR INTENTIONAL ACT(S) OR OMISSION(S). I EXPRESSLY ASSUME ANY AND ALL RISKS ASSOCIATED WITH THIS ACTIVITY OR TRIP.

Should I require emergency medical treatment as a result of accident or illness arising during the Activity or Trip and/or related activities, I consent to such treatment. I acknowledge that the Institution and the University of Houston System do not provide health and accident insurance for participants in the Activity or Trip and I agree to be financially responsible for any medical bills incurred as a result of emergency medical treatment. I will notify Institution representatives in writing if I have medical conditions about which emergency medical personnel should be informed.

I agree that this Agreement shall be construed in accordance with the laws of the State of Texas, which shall be the forum for any lawsuit filed under or incident to the Activity or Trip and/or this Agreement. If any term or provision of this Agreement shall be held illegal, unenforceable, or in conflict with any law governing this Agreement, the validity of the remaining portions shall not be affected thereby. I expressly agree that this Agreement is intended to be as broad and inclusive as permitted by the laws of the State of Texas.

Signature of Participant

Signature and Consent of Parent/Guardian
(if participant is under 18)

Date Signed

Full Name of Parent/Guardian

Note: Modification of this form requires approval from the OGC