

University of Idaho Spirit Team 2015 Clinics & Tryouts



The University of Idaho Cheerleading program has organized a series of clinics to help you prepare for true coed stunting and also get you ready for college cheerleading tryouts. The clinics have been developed to help individuals who plan to make the transition from high school to college cheerleading. At these clinics, you will get help with coed stunting techniques, tumbling and dance skills.

You will benefit greatly from the clinics, if you are interested in trying out for college cheerleading. The techniques and skills that you will develop will help prepare you for tryouts.

At the clinics you can expect training from current members of the University of Idaho Cheerleading Team. The clinics will be conducted in a low-pressure, safe and fun environment on the University of Idaho Campus.

The Sessions will be held in Memorial Gym.

Friday March 27th – Palouse Empire – 5:30 - 9:00 PM Stunt Session

Friday April 3rd – Memorial Gym 5:30 - 9:00 Practice Session Memorial Gym

Saturday April 4th - 9:30 AM - 3:00 PM Practice Session Memorial Gym

Sunday April 5th - TRYOUTS 9:30 am – 3:00 pm Memorial Gym

Cheer Tryout Application Packet Should Include:

- 1. Completed Application**
- 2. Completed Statement of Understanding**
- 3. Current High School or College Transcript**
- 4. Proof of UI Enrollment or Acceptance**
- 5. Two sealed letters of recommendation sent to the Coach by the person who fills them out. (current coach, teacher, employer etc.)**
- 6. Picture of yourself**

Fundraising is part of being a UI Spirit Team Member and all members will be expected to fulfill this obligation. The first fundraiser starts as soon as you are selected for the team.

2015-2016 University of Idaho Spirit Team Tryout Application

Application Deadline: Friday April 3rd, 2015

Mail to:

or

email:smeador@uidaho.edu

(Attach as pdf or word document)

University of Idaho Cheer
Attn: Sharon Meador
1919 Birch Ave.
Lewiston, Idaho 83501

Personal Information (please print or type)

Last Name _____

U of I Student ID # _____

First Name _____

Date of Birth _____

Middle Name _____

Home Phone (_____) _____

Gender _____

Cell Phone (_____) _____

Permanent Address:

Student email Address:

(must be able to access throughout year)

City _____

*updates will be sent via email

State _____ Zip _____

Emergency Contact Name:

Campus Address (if current UI Student)

Emergency Contact Number:

Insurance Company: _____

Policy # _____

Submit a photo copy of the front & back of your insurance card

Size Information (xs, s, m, L, XL)

(Does not affect tryout score – used for new squad ordering purposes)

T-Shirt _____

Sport Bra _____

Warm-Up Jacket _____

Shoe Size _____

Shorts/Briefs _____

Warm-Up Pant _____

Height _____

Weight _____

Participant's Name: _____

History

Fill in any that apply: where you have cheered/danced & include number of years. This section will NOT affect tryout score. If none leave blank.

High School: _____

All Star Team/Gym _____

College: _____

Competition Experience: _____

Academic History: (include a current, official High School or College Transcript)

High School GPA _____ College GPA _____ College Status 2014-15: Fr So Jr Sr

Probable/Current Major _____

Have you been accepted to U of I for fall 2015? _____

Skills:

Tumbling:

1. Do you have tumbling experience?
2. What is the highest level tumbling pass you can perform?

Stunting: Top Person

1. Have you been a Top Person before?
2. What stunts have you flown?
3. What is the highest level skill achieved?

Stunting: BASE

1. Have you been a base before?
2. What stunts have you based?
3. What is the highest level skill achieved?

Workout:

1. Have you ever been on a workout program before? Explain.
2. Is working out something you are physically capable of?

If you have been on a workout program, complete the following, if not, leave it blank.
(answers do not affect the tryout score)

1. List the lifts and weights you are capable of performing.

Interview Questions:

1. Why did you choose U of I Cheer/Dance?
2. What qualifies you to be a U of I Spirit Team Member?
3. What skills do you bring to your current team?
4. Have you ever been in a Leadership/Captain position? Explain.
5. In fifty words or less tell us why we should choose you as a University of Idaho Spirit Team Member.

University of Idaho Spirit Team Statement of Understanding

I hereby certify that I fully understand the following:

1. Cheerleading/Dancing involves a variety of gymnastics, motions, partner stunts, rotations and heights; therefore, participating in cheerleading/dancing involves some amount of danger of personal injury. I totally assume the risks involved by participating in the 2015/2016 tryout clinic sessions. I further realize that improper conduct of cheerleading/dancing activity could result in catastrophic injury, paralysis or even death, therefore, I agree to abide by all AACCA Safety Rules and Regulations.
2. I hereby certify that I have read, am thoroughly familiar with and will carefully abide by the American Association of Cheerleading Coaches and Advisors (AACCA) guidelines for safety in college cheerleading. This will be posted in the tryout clinics and sessions.
3. I further agree to hold harmless the University of Idaho and the University of Idaho Athletic Department, officers, directors, staff and spirit team officials for any injury which I may incur by being a participant in the cheerleading/dance tryout clinics and sessions.

Medical Insurance Company and Policy Number:

STATEMENT: I have read carefully this memorandum, and I understand and accept the information and requirements contained in it.

Signature _____ Date _____

If under the age of eighteen years old a parent or guardian's signature is required.

Signature _____ Date _____

Recommendation Letter Format

Please give this to the person writing your reference letter. (Two Required)

Letters of recommendation should be sent to:

Sharon Meador
1919 Birch Avenue
Lewiston, Idaho 83501
Or emailed to smeador@uidaho.edu

Letters must be sent directly from the reference person to the coach, they are confidential and should not be submitted by the applicant. **DUE BY APRIL 1st, 2015**

Information to include:

1. Work Ethic
2. Punctuality
3. Coachability
4. Leadership Qualities
5. Tolerance of Others
6. Teamwork Ethic
7. Physical Fitness
8. Desire to Improve
9. Character Qualities
10. Time Management Skills

Thank you for your time in writing this letter. The information in the letter will be part of the applicant's tryout score. If you have questions or concerns you can reach me at smeador@uidaho.edu.

Sincerely,
Sharon Meador
UI Cheer Coach