Tryout Packet 2019-2020

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/LUCheerleaders  @LamarUCheer  @LamarUCheer
ABOUT LU CHEER
The Lamar University Cheerleading Team is a competitive, co-ed team that performs at all home football games, home men’s and women’s basketball games, and specific traveling games and tournaments, as well as various Lamar University and community events. Members also participate in UCA or NCA Summer Camp, work week, and clinics. Members must be full-time students and have a minimum 2.0 grade point average.

MISSION STATEMENT
The Lamar University Cheerleading Team is committed to providing team members with the opportunity to develop creativity, personal growth, and school spirit. Participating in performances, appearances, and volunteer activities allow our members to represent Lamar University on many platforms and encourage school pride throughout our community. Our representatives have the opportunity to network with university administrators, community members and political figures; increasing their chance of success in their professional lives after college.

OUR COMMITMENT
The Lamar University Cheerleading Team’s goals and commitments include providing comprehensive and individual instruction to all our members through the professionals we bring in during the year and the nationally accredited camps we attend as a team. In addition, we try to develop fine role models and strive to empower and build self confidence and self-esteem by encouraging their competitive nature.

DIVERSITY
Members on our team come from a diverse background. Some members have been trained extensively in gymnastics, some have participated on competitive cheerleading teams, and other members come from elite pom squads. Incoming members are from our region, around the state, and out of state. This diversity is what makes our team outstanding as they draw from each other’s strengths and experiences to succeed.

ELIGIBILITY
Members must be full-time students at Lamar University and have a minimum 2.0 grade point average. Incoming freshmen, transfers, and students currently enrolled at LU are eligible to tryout. The number of members varies each year depending on the ability level of the pool of candidates. Scholarships are available.
Recruitment Clinics

WHEN: March 30, 2019 & April 20, 2019, 1 pm – 4 pm (both clinics)
WHERE: Lamar University McDonald Gym, located next to the Sheila Umphrey Rec Sports Center
FEE: $25 cash or check payable to “Lamar University Cheer Team”
ATTIRE: Proper attire is required: athletic wear, shorts, and tennis shoes. No loose clothing. Bring your own water bottle.

*Please view our Recruitment Clinics tab for forms and information on Recruitment Clinics at lamar.edu/cheer.

Co-ed Cheer Tryouts

WHEN: May 17 & 18, 2019
WHERE: Lamar University McDonald Gym, located next to the Sheila Umphrey Rec Sports Center.
FEE: $30 cash or check payable to Lamar University Cheer Team
ATTIRE, Females: Solid black, white, or red crop top, solid black fitted spandex shorts, athletic shoes/cheer shoes. Hair must be worn half-up, half-down with a bow. Makeup should be game-day appropriate. No jewelry of any kind. Tattoos must be covered. No visible logos from other schools.
ATTIRE, Males: Solid black, white, or red t-shirt/athletic shirt, solid black or red athletic shorts, athletic shoes/cheer shoes. No jewelry of any kind. No facial hair. Tattoos must be covered. No visible logos from other schools. Game-day ready appearance is expected.

Unable to attend tryouts?
Contact Cheer Coordinator, Kelsey Baden at kbaden@lamar.edu or call 409-880-7961.

Common Tryout Questions & Answers

Q: What are the recommended skills for the Cheer Team?
A: The following skills are not a comprehensive list for tryouts but can be used as a guide for the types of skills being evaluated.

Co-ed Cheer Squad Required Skills List

All cheerleaders will be expected to have exceptional crowd leading skills, cheer motions, and a collegiate appearance. Candidates will be required to learn the fight song during the first day of tryouts that will be performed throughout the tryout process.

Tumbling:
• Standing Back Tuck
• Round off Back Handspring Series to a tuck or layout
• Running Back Handspring Full (preferred)
• Elite Pass (preferred)

Stunts:
You must be versatile and show multiple positions! We will multi-base and partner stunt!
• Liberty
• Heel Stretch
• Elite Stunt Sequences (preferred)
  Partner Stunting (preferred for flyers)

Males:
• All males are required to partner stunt and multi-base stunt at tryouts. We prefer all of our males to have a minimum tumbling requirement of a standing back. If you are not a strong partner stunter, running tumbling is required as well.
Q: How do I pre-register for tryouts?
A: Mail in your application, waiver, head shot, Insurance Card, Physical, $25 tryout application fee, and two letters of recommendation (one must come from your current or most recent coach) to

Lamar University Cheerleading
P.O. Box 10038
Beaumont, TX 77710

Q: How should I wear my make-up and hair?
A: Shades that complement your natural beauty. Apply your make-up like you would for a game so you do not look washed out! Red lipstick is a must! Hair should be half up with a bow.

Q: Can my family and friends watch the tryout?
A: No, this is a closed tryout.

Q: Will you narrow down the pool of candidates during the tryout?
A: Yes, the pool of candidates may be reduced at any time throughout the tryout process.

Q: Who judges the tryouts?
A: The judges will be qualified cheer professionals and or coaches from the area and outside the area.

Q: Does Lamar University offer scholarships for the cheer team?
A: Some housing scholarships and partial tuition scholarships may be offered depending on availability. Please refer to the last page of this packet.

Q: Does Lamar University Cheer Compete?
A: Our intent is to compete at NCA College Nationals. Every year it is dependent upon skill level and commitment of the team.

Q: Do I have to pay for my own uniform?
A: Basic uniforms are provided (camp/practice wear, poms, warm-ups, rainwear, etc.). Extra Fees may be added year to year.

Q: What can I expect at practices?
A: There are 2-3 practices per week that last anywhere from 1-3 hours. Once the season begins, there will be a set schedule of practices. CANDIDATES WHO DO NOT FEEL THEY CAN ATTEND ALL PRACTICES SHOULD NOT CONTEMPLATE BEING A LAMAR CHEERLEADER!

Q: How will tryouts work?
A: Tryouts are a multi-step process beginning with Day 1 which is more like an open practice setting, a Personal Interview, and Day 2 Finals. The pool of candidates may be reduced at any time throughout the tryout process.
Pre-Tryout To-Do List

To be eligible for the team, candidates must be accepted to Lamar University prior to your tryout date. To expedite this process, be sure to submit your Lamar University application and fee, all academic transcripts from your high school and other colleges, and a copy of your SAT/ACT scores to the Admissions Office.

Entering Freshmen
High school graduates, and soon to be graduates; who have not previously attended college should apply to Lamar University as freshmen. Transfer students with fewer than 18 hours of college credit also must meet freshman entrance requirements.
1. Fill out an official application online through the Texas statewide application system.
2. Take the SAT or ACT, preferably by the fall semester of your senior year of high school, and have your scores sent to Lamar University. Use SAT Code 6360 or ACT Code 4114. If you have already taken the SAT or ACT and did not send your scores to LU, contact the testing agency to have your scores forwarded.
3. Submit an official copy of your current high school transcript to Lamar University. Your high school counselor should be able to help you. Send transcripts to:
   Lamar University Office of Admissions
   PO Box 10009
   Beaumont TX 77710
4. After graduation, have your final high school transcript sent to Lamar University.

Transfer Students
Undergraduate students who have attended other colleges or universities should apply to Lamar University as transfer students. Those who transfer fewer than 18 credit hours must also meet the admissions requirements for entering freshmen.
1. Fill out an official application online through the Texas statewide application system.
2. Have official copies of all prior college and university transcripts sent to Lamar University by the application deadline. This applies regardless of the length of attendance and regardless of whether credit was earned.
3. If transferring with fewer than 18 credit hours, have your scores on the SAT or ACT sent to the admissions office. Use SAT Code 6360 or ACT Code 4114.

Returning Students
Former Lamar University students who have not registered for or attended classes for more than one year must file for re-admission by filling out an application online through the Texas statewide application system. Students returning after an absence of less than a year need only update their addresses and telephone numbers with the Records Office in Wimberly 102. Students who left on suspension must receive written clearance from the dean of their college.
Former students who have attended another college must submit a complete record of all academic work done after leaving Lamar and must meet the requirements for other transfer students.
PLEASE FILL OUT AND RETURN TO
Lamar University Cheerleading
P.O. Box 10038
Beaumont, TX 77710

- Application form (2 pages)
- Waiver
- Current Head shot
- Copy of Insurance Card
- Physical (within 6 months of tryout date)
- $30 Application fee (cash or check written out to Lamar Cheer)
- Two letters of recommendation (one must be from your current or most recent coach)

*On site-registration is allowed but pre-registration is preferred and highly encouraged*

THANK YOU, GOOD LUCK, AND GO BIG RED!
Audition. # ____________________ (this will be assigned at tryouts)

Lamar University Spirit Team
Tryout Application

Candidates are selected by the Lamar University Spirit Team coaching staff. All final decisions are made by the head coach of the program.

Full Name: ____________________________________________________________

Student Identification Number: ____________________________________________

Email Address: __________________________________________________________

Mailing Address: _________________________________________________________
City, State, and Zip Code: _________________________________________________

Cell Phone: _______________________ Home Phone: ___________________________

Emergency Contact Name: ________________________________________________

Emergency Contact Phone: ________________________________________________

Classification (circle one): Incoming Freshman College Freshman Sophomore Junior Senior

Major: ________________________ Current GPA: ________________

Age: ___________ Weight: ___________ Height: ___________

Cheer Experience: _______________________________________________________

Dance Experience: _______________________________________________________

Leadership Ex: _________________________________________________________

The answers to the following questions will be considered during the selection process.

Do you tumble?       Yes       No
If yes, describe abilities: ________________________________________________

Do you have stunting experience?       Yes       No
If yes, describe experience: _______________________________________________

Please look at the mandatory summer dates on the last page of this packet. Do you have conflicts with the time commitment and expectations during the summer or the upcoming season (family weddings, travel abroad, etc)?       Yes       No
If yes, please explain: _________________________________________________
Do you have any health problems or limitations? Yes No
If yes, please explain: ________________________________________________________________

Have you been under the care of a physician within the last year? Yes No
If yes, please explain: ________________________________________________________________

If a dorm scholarship is available, do you want to apply for one? Yes No
How many years would you consider committing to the Lamar University Spirit Team? ____________
Briefly explain why you would like to be chosen as a team member of the Lamar University Spirit Team:

I understand that:

My candidacy for a position on the Lamar University Spirit Team, and participation if selected, is contingent upon being a continuously and regularly enrolled student (minimum of 12 hours), in good academic standing, with an overall grade point average of at least 2.0 from the time of tryouts through the Spring. Eligibility checks will be conducted on all candidates. I understand, accept, and am willing to comply with the selection procedures as outlined by the head coach.

Signature ___________________________ Date _________________

FOR OFFICE USE ONLY
Two Letters of Reference ___________ Form Completed ___________ Audition Number Assigned ___________

Total Fees Collected
Workshop - $ ______________
Check # _______________ Cash ______________

Audition - $ ______________
Check # _______________ Cash ______________
GUEST WAIVER

RELEASE, WAIVER OF LIABILITY, AND COVENANT NOT TO SUE

For and in consideration of my being permitted to participate in Lamar University Recreational Sports activities and use of the Sheila Umphrey Recreational Sports Center, Tennis Courts, Driving Range, Aquatic Center, Intramurals, and/or rental equipment for any purpose, including but not limited to observation, use of facilities or equipment, or participation in classes, programs, and activities sponsored by the Lamar University Recreational Sports Department, the undersigned hereby releases, waives, discharges, and covenants not to sue Lamar University and the Board of Regents of the Texas State University System and the employees, officers, members, and agents of each (hereinafter referred to as the “Releases”) from all liability to the undersigned for all loss or damage, or any claim of damage, on account of injury to me or my property or resulting in death of the undersigned, whether caused by the negligence of the Releases or otherwise, while the undersigned is in, upon, or about the premises or any facilities or equipment therein except that nothing herein shall exonerate Releases from gross negligence.

The undersigned understands that participation in the Recreational Sports activities described herein presents risk of bodily injury, death, or property damage and, nevertheless, voluntarily assumes full responsibility for and all risk of any such bodily injury, death, or property damage due to negligence of the Releases or otherwise while in, about, or upon the premises and/or while using the premises or any facilities or equipment hereon.

The undersigned agrees that this Release, Waiver of Liability, and Covenant Not to Sue is intended to be as broad and inclusive as permitted by the laws of the State of Texas, and that if any portion of the agreement in held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

The undersigned understands that the acceptance of this Release, Waiver of Liability, and Covenant Not to Sue by Lamar University and the Board of Regents of the Texas State University System shall not constitute a waiver, in whole or in part, of sovereign immunity.

The undersigned acknowledges that he/she agrees to abide by the policies and procedures of the Recreational Sports Department. A copy of the policies and procedures guide is available upon request at the service counter and can be located on the Recreational Sports website.

The undersigned hereby certifies that he/she is 18 years of age or older (or a parent has signed below). Further, the undersigned states that he/she has carefully read and voluntarily signs the Release, Waiver of Liability, and Covenant Not to Sue.

The undersigned acknowledges this document is binding as long as he/she is a participant at Lamar University and uses the Sheila Umphrey Recreational Sports Center, Tennis Courts, Driving Range, Aquatic Center, Intramurals, and/or rental equipment.

_________________________________  ___________________________________________  _______________________
Participant Signature                  Participant Name (Please Print)                  Lamar ID #

_________________________________  ___________________________________________  _______________________
Witness Signature (if Participant is under 18)                  Witness Name (Please Print)                  Lamar ID #
Lamar University Cheerleading Scholarship Information

*Cheer Scholarships are dependent upon yearly budget allowances, as well as members meeting GPA requirements. Other factors such as attitude, effort, and overall performance of each member as determined by coach also affect amount awarded*

All members receive $800/semester  
Captains receive an additional $900/semester  
3 and 4 year members receive an additional $300/semester  
Additional $1000/semester is available for on-campus housing

Mandatory Summer Dates

Kids Camp: June 17-19, 7:30am-5:00pm all days  
Pre Camp: July 14-17, times TBD after tryouts  
NCA Summer Camp: July 19-22 at SMU in Dallas, TX  
Work Week: Will take place the entire week BEFORE school starts in August!