Tryout Packet 2020-2021

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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.
Recruiting Clinics

**WHEN:** February 1st & March 21st and April 25th of 2020. 1pm-4pm (all clinics)
**WHERE:** Lamar University McDonald Gym, located next to the Sheila Umphrey Rec Sports Center.
**FEE:** $25 per clinic, $40 for two clinics, or $60 for all three
**ATTIRE:** Cheer shorts, fitted top, and cheer shoes for female cheerleaders. Workout shorts, shirt, and Athletic shoes for male cheerleaders. No oversized clothes allowed for stunting purposes.

*Please view our Recruiting Clinic Tab for forms and information on Recruiting Clinics at lamar.edu/cheer

Co-ed Cheer Tryouts

**WHEN:** May 1sth & 2nd of 2020. With contract and uniform fittings on May 3rd.
**WHERE:** Lamar University McDonald Gym, located next to the Sheila Umphrey Rec Sports Center.
**FEE:** $25 Cash or Check written out to Lamar Cheer
**ATTIRE:** See attire for Workshops/Clinics. *Only additional attire requirement is females must wear a sports bra and spandex shorts for tryouts.

**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 looked 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. Send transcripts to
   Lamar University Office of Admissions
   PO Box 10009
   Beaumont TX 77710
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 (4x6 full body photo)
- Copy of Insurance Card
- Physical (within 6 months of tryout date)
- $25 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 Cheer 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  ________________

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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.

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<th>Participant Signature</th>
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<th>Witness Signature (if Participant is under 18)</th>
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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 $1500/semester is available for on-campus housing

Mandatory Summer Dates

*Team Camp- June 2\textsuperscript{nd}, 3\textsuperscript{rd} and 4\textsuperscript{th}, 2020
*Pre Camp- July 18\textsuperscript{th}-23\textsuperscript{rd}, 2020
*NCA College Cheer Camp at SMU in Dallas, TX- July 24\textsuperscript{th}- 26\textsuperscript{th},2020