



## BGSU Cheerleading Tryouts

Complete and bring this form and bring to tryouts.

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_ Date: \_\_\_\_\_

Year in school for the upcoming Season: \_\_\_\_\_ Height: \_\_\_\_\_ Weight: \_\_\_\_\_

Birthday (00/00/0000): \_\_\_\_\_ Gender: \_\_\_\_\_

Home Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Cell Phone Number: \_\_\_\_\_

BGSU E-mail: \_\_\_\_\_ BGSU Student ID \_\_\_\_\_

Parent(s) Email: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_ Emergency Contact Number: \_\_\_\_\_

The BGSU Cheerleading Team is inclusive of individuals of all gender identities. For women-identified, gender fluid, and nonbinary individuals who have historically participated in the “female” stunting positions of main base, secondary base, back spot, all-girl flyer, and co-ed flyer, please specify your stunting positions.

**Female/Female Identifying/Nonbinary: Primary Stunting Position (Circle one):**

Main Base   Secondary Base   Back Spot   All-Girl Flyer   Coed Flyer

**Female/Female Identifying/Nonbinary: Secondary Stunting Position (Circle one):**

Main Base   Secondary Base   Back Spot   All-Girl Flyer   Coed Flyer

**Tryout Checklist:** (please do not staple papers together) Athletes will turn in all paperwork and tryout fee during tryout registration. Registration will begin at 8:00am in Eppler South Gym. Tryouts are closed to spectators and the general public.

1. 5 x 7 headshot
2. Athletic Department Policy and Procedure Packet
3. Liability Release Waiver
4. Current physical within the last year (any form for tryouts)
5. Front and back copy of your insurance card
6. Copy of Acceptance Letter to Bowling Green State University
7. Water
8. Running shoes

**Female/Female Identifying/Nonbinary Tryout Attire:**

- ❑ Pro BGSU t-shirt (orange, brown, grey, white, or black), black athletic shorts, white cheer shoes, natural make-up, hair pulled back into a low pony tail and lightly curled, red lipstick and white bow (bow on the back of head). No jewelry.

**Male/Male Identifying/Nonbinary Tryout Attire:**

- ❑ Pro BGSU t-shirt (orange, brown, grey, white, or black), black athletic shorts, athletic shoes. Clean shave and haircut. No jewelry.

**Tryout Schedule: Eppler South Gym**

8:30AM - Opening Introductions

8:30AM – 9:00AM – Warm-Up

9:00AM – 9:30AM - Tumbling Evaluations

9:45AM – First Round Cuts

10:00AM – 11:00AM - Stunting Evaluations

11:00AM – 12:00PM - Interviews

12:00PM – 1:00PM – Lunch

1:00PM – 2:00PM – Gameday Evaluation

2:15PM – Second Round Cuts

2:30PM – 3:00PM – Fitness Exam

3:00PM – 3:30PM – Tumbling & Stunting Evaluations

4:00PM – Team Announced

4:00PM – 5:00PM – Team Expectations @ University Hall, Room TBA

**Minimum Requirements: -**

Individuals are expected to be in peak athletic condition as the sport requires athleticism. Individuals should be able to perform consistently a standing back tuck (with poms for female/female identifying/nonbinary). Individuals who identify as male/nonbinary should be working towards a standing back tuck if not already achieved. It is recommended to have running tumbling up to a layout and full. We also recommend being able to perform at minimum a toss extension.

We also expect individuals to be committed, dedicated and passionate about the sport, the team and this program.