

Thank you for your interest in Bowling Green State University and the Cheerleading Squads!

BGSU cheerleaders cheer at all home football games and at all home men's and women's basketball games. In addition to these games, the cheerleaders are required to be at many functions, ranging from **pep rallies** to **alumni gathering** or **charity events**. Members of the BGSU cheerleading squad are excellent ambassadors of Bowling Green State University, the Division of Student Affairs, and the Department of Athletics.

BGSU cheerleaders have traveled to many football games, including Missouri, Boise State University, South Florida University, Oklahoma, and the GMAC Bowl Game in Mobile, Alabama. Next year we are looking forward to traveling to at least one Big 10 school. We will also cheer for our basketball teams at the MAC tournaments at the Gund Arena in Cleveland, Ohio.

BGSU will have two cheerleading squads for the 2008 – 2009 year. One squad will be a co-ed with approximately 20 members (10 males and 10 females), and the other squad will be an all-female squad with approximately 20 females. Tryouts for both squads are the week of September 9th, 2008. Freshman as well as current BGSU students, will be eligible to tryout.

All squad members selected need to attend all practices during the fall and spring semesters, practices are held 5 times a week (Monday – Friday, 4:00 PM – 6:00 PM.). In addition to practice, all squad members are required to participate in a weight training program. Warm up practices are also held prior to each game and lastly, cheerleaders will be expected to participate in scheduled team activities and appearances.

The cheerleading squads are financially supported by the Division of Student Affairs. All travel expenses, as well as uniforms, are paid for either by the University or by fundraising initiatives taken by the team. Although there are no scholarships for cheerleading at this time, cheerleading at BGSU has many rewards. It is an opportunity to be a part of BG and many athletic events. It is an opportunity to meet people of all ages and to work as a team. Being a part of the BGSU cheerleading squad will give you great memories for your college years.

The BGSU cheerleading program is an important program that requires each cheerleader to make this a priority. Depending on the athletic schedule, cheerleaders will be required to cheer at games during a semester breaks, spring break, University scheduled holidays, as well as some national holidays.

Attached you will find more general information regarding BGSU September 2008 tryouts. Please feel free to look over this packet and contact me if you have any further questions. Please call me at 419.372.7944 or e-mail me at ameiers@bgsu.edu. GO FALCONS! WE LOOK FORWARD TO SEEING YOU AT OUR TRYOUTS!

Anne Marie King, Cheerleading and Dance Team Advisor

BGSU CHEERLEADER TRYOUT CHECKLIST

Name: _____

Address: _____

Phone: _____

E-mail: _____

Squad Placement: (Circle one): **Co-Ed Squad** **All-Female Squad** **Either**

Paperwork

- Photocopy proof of medical insurance and a completed insurance form
- A completed insurance information form*
- A signed acknowledgement waiver*
- A Completed BGSU Cheerleading Tryout Questionnaire*
- Copy of your current class schedule*
- A copy of your last set of grades
- Headshot Photo of Self
- New Applicant: Completed medical history and physical examination by a physician*

* refers to documents that are included in the back of the tryout packet

Appearance

As part of the tryout process, there may be an interview session for all new and returning applicants.

YOU WILL BE JUDGED ON APPEARANCE SO CONSIDER CLOTHING THAT IS APPROPRIATE AND APPEALING. ABSOLUTELY NO JEWELRY, GUM CHEWING OR PARAPHERNALIA FOR OTHER COLLEGES AND UNIVERSITIES IS PERMITTED

The proper attire for tryouts is as follows:

Males: Black Shorts, White, Gray or Black Tank top, and Tennis Shoes

Females: Black Shorts, White, Gray, or Black Sports Bra, and Tennis Shoes



2008-2009 Cheerleading Tryout Information



Bowling Green State University has two cheerleading squads: a co-ed squad and an all-female squad.

- The co-ed is composed of approximately **ten males and ten females** and cheers for all the football games and men's basketball games and women's basketball games.
- The all-female squad is composed of approximately **–sixteen - twenty females** and cheers for home football games and women's basketball games and men's basketball games.
- Additionally, all cheerleaders will perform at various other athletic events including Soccer games, Volleyball Matches, Gymnastics Meets, and other miscellaneous events,

Tryouts

There are a minimum of two annual tryouts.

- An April tryout where the majority of squad positions are filled. The number of spots filled is dependent on the number of persons who meet the minimum criteria, ability and skill level, and potential for improvement. (It is possible that some people who meet the minimum requirements will not make the team. We will only take the top candidates.)
- A September tryout where vacant squad positions may be filled.

The main purpose of the tryout process is to select the best overall individuals for Bowling Green State University's cheerleading teams.

When selecting cheerleaders we are looking for individuals that demonstrate proper technical skills, ability to communicate, experience, confidence, leadership, commitment to the program, and poise. These are the individuals we feel are ready and prepared to contribute to the program immediately.

Both squad tryouts will be one- two days of clinics, which will include learning new material and the evaluation of partner stunt/squad stunt and gymnastic skills. **During the clinics, the coaches will make cuts as needed.** All clinic performances are judged and evaluated by the head cheerleading advisor/coach, the cheerleading coach's assistants, and others with collegiate cheerleading experience. All squad placements are ultimately at the discretion of the head cheerleading advisor.

To Tryout for BGSU cheerleading:

1. You **must** be enrolled at Bowling Green State University full time.
2. Earn and maintain a cumulative GPA of 2.0 or better. (Semester GPA's of 2.5 and lower are subject to attend study tables.)
3. Must maintain a full time (12 credit hours) enrollment status during the entire duration of the season.
4. Be in good standing with University, Bursar and Student Discipline.

The requirements below are general guidelines of tryout skills the BGSU coaches are looking for in individuals. These guidelines are not set in stone and may increase/decrease in difficulty at the discretion of the coaches.

Co-Ed Squad	All-Female Squad
Standing Back Handspring	Standing Back Handspring
Toe Touch Back Handspring	Toe Touch Back Handspring
Standing Back Tuck	Standing Back Tuck
Back Handspring, Tuck	Back Handspring, Tuck
Toe Touch, Back Tuck	Toe Touch, Back Tuck
Round-Off Series	Round-Off Series
Round-Off Series Tuck and/or greater	Round-Off Series Tuck and/or greater
Hyper extended Toe Touch	Hyper extended Toe Touch
Cheers/Chants (clinic material)	Cheers/Chants (clinic material)
Fight Song (clinic material)	Fight Song (clinic material)
Dance (clinic material)	Dance (clinic material)
Liberty variation w/ a full twisting dismount	Liberty variation w/ a full twisting dismount (Either base, spotter or Flier)
BOUNS points available for skills that exceed requirements	BOUNS points available for skills that exceed requirements

All squad placements will be dependent upon attitude, effort, skill, and skill progression. Squad placements are not static and are subject to change at any time dependent upon attitude, effort, skill, and skill progression.

General Information

You will need to bring the following items to tryouts in order to be admitted into the gym. **NO EXCEPTIONS!**

1. **Photocopy proof of medical insurance**
2. **An Insurance Information Form***
3. **A signed acknowledgement waiver to partake in any parts of clinics and/or tryouts***
4. **A Completed BGSU Cheerleading Tryout Questionnaire***
5. **Copy of your current class schedule**
6. **A copy of your last set of grades**
7. **Headshot Photo of Self**
8. **NEW APPLICANTS ONLY: Health History and Physical***

*At the end of this packet you will find the forms for the items listed above.

These forms must be completed, signed, and turned in prior to participating in any parts of the clinics. AGAIN, if these forms are not completed, signed and submitted, you will not be admitted into the gym or eligible to tryout.

ALL CLINICS ARE CLOSED TO THE GENERAL PUBLIC! All others persons will be asked to leave.

Clinics

Tuesday, September 9, 2007

North Eppler Building, Room 221

6:00 PM – 6:15 PM	Registration / Check In (Doors close promptly at 6:00PM)
6:15 PM – 6:30 PM	Expectation Review/Warm up
6:30 AM – 7:00 PM	Tumbling
7:00 PM – 7:35 PM	Water Break
7:35 PM – 8:00 PM	Dance/Chant
8:00 PM	First Cuts Posted

8:00 PM – 8:15 PM	Stunt Instruction
8:15 PM – 9:00 PM	Stunts
9:00 PM	Final Cuts Posted (Gym doors open)

Friday, September 12, 2008

3:00PM – 4:00 PM	Squad Meeting required for all persons who make the team
	Uniform Fittings
	Squad Expectations, Contract Review, Schedule

As part of the tryout process, there may be an interview session for all new and returning applicants.

The proper attire for tryouts is as follows (no chewing gum or jewelry is allowed):

Males:	Black Shorts, White, Gray or Black Tank top, and Tennis Shoes
Females:	Black Shorts, White, Gray, or Black Sports Bra, and Tennis Shoes

WHAT WE LOOK FOR AT TRYOUTS

Motions - Looking for execution, sharp **and exact arm motions**, and face/voice projection. Applicants must have proper technique, levels, and wrist should not be bent.

Dance Ability - Looking for **rhythm**, smile, **personality**, execution and togetherness. Applicants must be able to both learn material quickly and perform material with ease after a short period of instruction.

Tumbling - Looking for coordination, **clean execution, proper technique**, and athletic ability.

Partner/Quad Stunting – Looking for confidence, coordination, flexibility, ease and poise. Applicants must have the ability to make corrections in technique and respectively handle constructive criticism.

Appearance – Looking for physical attractiveness, neatness, poise, posture, and physical build. Applicants should present themselves at tryouts how they would present themselves at a game. Hair should be groomed and pulled back out of the applicants face. Applicants should also present themselves with poise and a collegiate demeanor.

Enthusiasm – Looking for smile, voice projection, rapport with crowd, eye contact and confidence. Applicants must be comfortable performing skills and all other materials learned. BGSU tryouts are not about showing the skill, it is about performing the skill with 120% effort and energy, as if in a game situation.

Personality – Collegiate attitude, maturity, and a strong work ethic. Applicants must be persons who want to play an integral in a large program. Applicants must be willing to both give and take, and recognize foremost that, working daily to wear the uniform is only a small part of the deal... achieving success for the privilege of being part of the team is where it's at...every day. Applicants who are only interested in wearing the uniform need not apply.

Bottom-line: We are looking for very solid, talented, and dedicated cheerleaders; team players with character that can exemplify the core values of the BGSU cheer program as well as the University. Please read our team player philosophy below prior to attending tryouts.

What is a Team Player?

On the most basic level, a team player is someone who can work within a group of people. This group is a number of people greater than one. On a deeper level, a team player is someone who can play a role in the team, to achieve and support the goals set and agreed upon by the team. There are two main aims of the BGSU cheerleading team. One is to invoke positive crowd responses to BGSU athletic endeavors and the other is to represent BGSU as a premier institution of excellence athletically and academically.

In BGSU cheerleading, there are vital members of the team on the field, on the sideline, and in the background. Every member of the team has a very specific role – as a captain, as a base, as a flier, as a coach, as a spotter, or morale booster. Every member of the team is vital to the success of the team. If there is one person missing, the team is handicapped. If one person does not perform to the best of his/her ability, the team is handicapped. Egos do not and cannot play any part in teamwork. Egos get in the way, rather than create opportunities to reach our goals.

It is the job of every cheerleader to ensure that our team goals are met. Every member of the team will have specific roles and responsibilities in view of achieving these goals. True leadership has to have the loyalty of the team. If the team is not loyal or has no respect for the goals or each other, the members of the team will enviably fail.

In every action of the team, the objectives of the cheerleading program (as outlined in the cheerleading contract) **MUST** be first and foremost. The success of the team relies completely on every member of the team carrying out their roles and responsibilities in line with the direction of the leader. There has to be a 'oneness' of the cheerleading culture. There is no room in the program for anyone who does not share the same cheerleading goals or objectives.

The pleasure of working in an environment where every member of the team is a team player is unparalleled. Before engaging in the BGSU cheerleading process, ask yourself this: Are you a team player? Are your own objectives in line with the rest of the team? Are your team objectives in line with the BGSU cheerleading organization?

We are looking for people who both understand and believe our personal statement of what a team player is.

**BOWLING GREEN STATE UNIVERSITY
LIABILITY RELEASE, WAIVER, DISCHARGE AND AGREEMENT NOT TO SUE**

1. I desire to participate in BGSU's 2008 -2009 Cheerleading Tryouts, to be held the week of September 9th, 2008. I fully understand and appreciate the dangers, hazards, and risks inherent in Cheerleading, in the transportation to and from Cheerleading, and in any independent research or activities I undertake supplemental to Cheerleading Tryouts. These dangers can result in injury and impairment to my body, general health, well being, and could include serious or even mortal injuries and property damage.

Further, I am aware that gymnastics and cheerleading are vigorous sporting activities involving height and rotation in a unique environment and as such they pose a risk of injury. I understand that gymnastics, cheerleading, and related activities always involve certain risks, including but not limited to, death, serious neck and spinal injuries resulting in complete or partial paralysis, brain damage, and serious injury to virtually all bones, joints, muscles, and internal organs, and the mats and other safety equipment and apparatus provided for my protection including the active participation of a coach or teacher who will spot or assist in the performance of certain skills, may be inadequate to prevent serious injury. The risk of harm may be limited by all of the safety equipment and trained coaches, but never eliminated.

I am voluntarily participating in this activity with knowledge of the risks involved and hereby agree to accept any and all inherent risks of property damage, personal injury, or death.

2. Knowing the dangers, hazards, and risks of such activities, and in consideration of being permitted to participate in the activity, on behalf of myself, my family, heirs, and personal representative(s), I agree to assume all the risks and responsibilities surrounding my participation in the Activity and to release, waive, forever discharge, and covenant not to sue the State of Ohio, Bowling Green State University, and its governing board, offices, agents, employees and any students acting as employees ("Releasees"), from and against any and liability for any harm, injury, damage, claims, demands, actions, causes of action, costs, and expenses of any nature that I may have or that may hereafter accrue to me, arising out of or related to any loss, damage, or injury, including but not limited to suffering and death, that may be sustained by, e or by any property belonging to me, whether caused by the negligence or carelessness of the Releasees, or otherwise, while in, on upon, or in transit to or from the premises where the Activity, or any supplement to the Activity, occurs or is being conducted.
3. I understand and agree that Releasees are granted permission to authorize emergency medical treatment of necessary, and that such action by Releaseees shall be subject to the terms of this Agreement. I understand and agree that Releasees assume no responsibility for any injury or damage which might arise out of or in connection with such authorized emergency medical treatment.
4. It is my express intent that this release and hold harmless agreement shall bind myself, the members of my family or spouse, that I am alive, and my estate, family, heirs, administrators, personal representatives, or assigns, if I am deceased, and shall be deemed as a "Release, Waiver, Discharge, and Covenant" not to sue the Releasees.
5. In signing this Release, I acknowledge and represent that I have carefully read this Agreement and understand its contents and that I sign this document as my own free act and deed. I further state that I am at least eighteen (18) years of age and fully competent to sign his agreement; and that I execute this release for full, adequate health insurance necessary to provide for and pay any medical costs that me attendant as a result of injury to me.
6. In signing this release, I further understand that 2008 BGSU Cheerleading Tryouts are limited to the items listed on the daily agenda included in this packet. BGSU assumes no responsibility for supervision of students outside of the clinic's designated session times
7. I further agree and understand that all cheerleading tryout results are final, non-negotiable, and are at the sole discretion of the BGSU Cheerleading Advisor.

I further agree that this Release shall be construed in accordance with the laws of the State of Ohio. If any term or provision of the Release shall be held illegal, unenforceable, or in conflict with any law governing this Release the validity of the remaining portions shall not be affected thereby.

THIS IS A RELEASE OF LEGAL RIGHTS. READ AND BE CERTAIN YOU UNDERSTAND IT BEFORE SIGNING.

Applicant's Name	Applicant's Signature	Date

If the applicant is under the legal age, guardian consent is required.

Guardian's Name	Guardian's Signature	Date

Bowling Green State University Cheerleading Application

(Please type or print)

Last Name: _____ First Name: _____ MI: _____

SS#: _____ DOB: _____ Sex: _____ Height: _____ Weight: _____

Address: _____ City: _____ State: _____ Zip: _____

Home Phone: _____ Office Phone: _____

College Address: _____

College Phone: _____

College/High School Experience

School: _____ Dates: _____

School: _____ Dates: _____

School: _____ Dates: _____

School: _____ Dates: _____

Cheerleading Camp/Teaching/Choreography Experience

Camp: _____ Dates: _____

Camp: _____ Dates: _____

List of all cheerleading awards, honors, and any teaching experience with cheer organizations:

Skill Inventory

Jumps (Check all you have performed consistently at a game or competition)

____ Toe Touch ____ Front Hurdler ____ Side Hurdler ____ Pike ____ Around-the-World

Other: _____

*Tumbling (Check all you have performed **consistently** at a game or competition)*

____ Round-off ____ Back Handspring ____ with spot ____ Standing Back Tuck ____ with spot

____ Round-off Back Handspring ____ Round-off Back Handspring, Tuck ____ Layout ____ Full Twist

Other: _____

List any skills you are currently working on _____

Stunts (Check all you have performed consistently at a game or competition)

____ Toss Chair ____ Chair to Hands ____ Toss Hands ____ Toss Extension ____ Liberty

____ Heel Stretch ____ Qupie ____ Scorpion ____ Arabesque

Other: _____

List any skills you are currently working on _____

