

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

BGSU cheerleaders cheer at home football games, away football games, and home men 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 Quicken Loans Arena in Cleveland, Ohio. Lastly, we traditionally compete at UCA Nationals in Florida each year!

BGSU will have two cheerleading squads for the 2011 – 2012 year. One squad will be a co-ed with approximately 25 members (10-12 males and 15 females), and the other squad will be an all-female squad with approximately 16-20 females. Fall tryouts for both squads are on April 9<sup>th</sup> and 10<sup>th</sup>, 2011 from 12:00-6:00 in North Eppler Gym. Freshman as well as upperclassmen 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 4 times a week (Tuesday – 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. The University funds all travel expenses, as well as uniforms, practice clothes, shoes, and UCA camp. The team takes on fundraising initiatives for Nationals in Florida each year. Cheerleading at BGSU has many rewards; it is an opportunity to be involved at 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 2011 fall 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](mailto:ameiers@bgsu.edu). GO FALCONS! WE LOOK FORWARD TO SEEING YOU AT OUR TRYOUTS!

Anne Marie King, Cheerleading Head Coach 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 BGSU medical history and physical examination form by your physician\*  
If you are a new applicant, please have your physician complete the BGSU form.

## 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 ARE 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 Cheer Shoes

## **2011 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 **10 males** and **15 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 **16 to 20 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, 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 are 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.

<b><i>Co-Ed Squad</i></b>	<b><i>All-Female Squad</i></b>
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)
<b>BOUNS points available for skills that exceed requirements</b>	<b>BOUNS points available for skills that exceed requirements</b>

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 other persons will be asked to leave.

## 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 part 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?



# 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 \_\_\_\_\_







# Bowling Green State University Athletic Department

2011-2012

HAVE YOU HAD AN INJURY OF:	Yes	No	Side		Date	Current Problem?	
64. HEAD (concussion- 'knocked out', surgery, hospitalization, other)	<input type="checkbox"/>	<input type="checkbox"/>	LT	RT		Yes	No
65. FACE (fracture, eye, ear, nose, surgery, other)	<input type="checkbox"/>	<input type="checkbox"/>	LT	RT		Yes	No
66. NECK (strain, fracture, stingers, burners, surgery, other)	<input type="checkbox"/>	<input type="checkbox"/>	LT	RT		Yes	No
67. SHOULDER (dislocation, strain, sprain, rotator cuff injury, tendonitis, surgery, other)	<input type="checkbox"/>	<input type="checkbox"/>	LT	RT		Yes	No
68. ARM/ELBOW (sprain, strain, tendonitis, fracture, dislocation, surgery, other)	<input type="checkbox"/>	<input type="checkbox"/>	LT	RT		Yes	No
69. WRIST/THUMB/HAND (sprain, strain, tendonitis, fracture, dislocation, surgery, other)	<input type="checkbox"/>	<input type="checkbox"/>	LT	RT		Yes	No
70. FINGERS (sprain, fracture, surgery, other)	<input type="checkbox"/>	<input type="checkbox"/>	LT	RT		Yes	No
71. CHEST (pain, lungs, heart, surgery, other)	<input type="checkbox"/>	<input type="checkbox"/>	LT	RT		Yes	No
72. ABDOMEN (kidney, spleen, appendix, liver, surgery, other)	<input type="checkbox"/>	<input type="checkbox"/>	LT	RT		Yes	No
73. GENITALIA (groin, testicle, ovary, warts, surgery, other)	<input type="checkbox"/>	<input type="checkbox"/>	LT	RT		Yes	No
74. BACK (strain, sprain, fracture, chronic pain, disc, surgery, other)	<input type="checkbox"/>	<input type="checkbox"/>	LT	RT		Yes	No
75. HIP/THIGH (strain, fracture, surgery, other)	<input type="checkbox"/>	<input type="checkbox"/>	LT	RT		Yes	No
76. KNEE (sprain, cartilage, bursitis, tendonitis, patella, surgery, other)	<input type="checkbox"/>	<input type="checkbox"/>	LT	RT		Yes	No
77. LOWER LEG (sprain, strain, fracture, tendonitis, shins, surgery, other)	<input type="checkbox"/>	<input type="checkbox"/>	LT	RT		Yes	No
78. ANKLE (sprain, strain, fracture, tendonitis, surgery, other)	<input type="checkbox"/>	<input type="checkbox"/>	LT	RT		Yes	No
79. FOOT (sprain, fracture, strain, tendonitis, surgery, other)	<input type="checkbox"/>	<input type="checkbox"/>	LT	RT		Yes	No
80. TOES (sprain, fracture, surgery, other)	<input type="checkbox"/>	<input type="checkbox"/>	LT	RT		Yes	No
81. OTHERS:	<input type="checkbox"/>	<input type="checkbox"/>	LT	RT		Yes	No
<b>EXPLAIN ALL "YES" ANSWERS TO THE ABOVE QUESTIONS (#64-81):</b>							
#							
#							
#							
#							
#							
#							
<b>DIET HISTORY</b>							
<b>DO YOU HAVE or HAVE YOU EVER HAD:</b>							
	Yes	No	Date		Explain		
82. Anorexia, Bulimia, or any other eating disorders?	<input type="checkbox"/>	<input type="checkbox"/>					
83. Do you want to weigh more or less than you do right now?	<input type="checkbox"/>	<input type="checkbox"/>					
84. Have you ever induced vomiting to control your weight?	<input type="checkbox"/>	<input type="checkbox"/>					
85. Have you ever used laxatives, diuretics or diet pills for weight loss?	<input type="checkbox"/>	<input type="checkbox"/>					
86. Are you currently taking any vitamins, minerals, or supplements?	<input type="checkbox"/>	<input type="checkbox"/>					
87. Are there any food groups you choose not to eat (meat, dairy, etc.)?	<input type="checkbox"/>	<input type="checkbox"/>					
88. What is your ideal weight?	Weight:		LBS				
89. What Foods, including supplements, have you eaten in the last 24 hours?							
Breakfast:							
Lunch:							
Dinner:							
Snacks							

**THE UNDERSIGNED ATHLETE:**

1. Understands that he/she must refrain from practices or play while ill or injured, whether or not receiving medical treatment, and during medical treatment until he/she is discharged from treatment or is given permission by a Bowling Green State University Team Physician to restart participation despite continuing treatment.
2. Understands that having passed the physical examination does not mean that he/she is physically qualified to engage in athletics, but only that the evaluator did not find a medical reason to disqualify him/her at the time of the said evaluation.
3. Certifies that the answers to the above questions are correct and true to the best of his/her knowledge.

ATHLETE'S SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

PARENT'S SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_  
(required if athlete is under 18 years of age)

I have reviewed this history with the student-athlete, documented all yes answers, and requested all necessary medical records.

BGSU MEDICAL STAFF SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_



# Bowling Green State University Athletic Department

2011-2012

## Physical Examination

Name: \_\_\_\_\_  
 Height: \_\_\_\_\_ Weight: \_\_\_\_\_ % Body Fat (optional): \_\_\_\_\_  
 Vision: L 20/\_\_\_\_ R 20/\_\_\_\_ Corrected Y N Glasses Y N Contacts Y N Pupils:  Equal  Unequal  
 Pulse: \_\_\_\_\_ BP: Left arm \_\_\_\_\_ / \_\_\_\_\_ Right Arm \_\_\_\_\_ / \_\_\_\_\_  
 (PRN BP Recheck or position) Left arm \_\_\_\_\_ / \_\_\_\_\_ Right Arm \_\_\_\_\_ / \_\_\_\_\_

	<i>NORMAL</i>	<i>Comments regarding Abnormal Findings</i>	<i>INITIALS*</i>
<b><i>MEDICAL</i></b>			
Appearance			
Eyes/Ears/Nose/Throat			
Lymph Nodes			
Heart			
Pulses			
Lungs			
Abdomen			
Genitalia (males only)			
Skin			
<b><i>MUSCULOSKETAL</i></b>			
Neck			
Back			
Shoulder/Arm			
Elbow/Forearm			
Wrist/Hand			
Hip/Thigh			
Knee			
Leg/Ankle			
Foot			

\*Station-based examination only

**STATUS**

**Cleared**  
 **Cleared after completing evaluation/rehabilitation for:** \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**Not Cleared for:** \_\_\_\_\_ **Reason:** \_\_\_\_\_  
**Recommendations:** \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Name of examiner (Print/type): \_\_\_\_\_ Date: \_\_\_\_\_  
 Address of examiner: \_\_\_\_\_ Phone: \_\_\_\_\_  
 Signature of examiner: \_\_\_\_\_

Modified from the form approved by the American Academy of Family Physicians, American Academy of Pediatrics, American Medical Society for Sports Medicine, American Orthopedic Society for Sports Medicine and American Osteopathic Academy of Sport Medicine.