



## Cheerleading Tryout Packet

This packet should be completed and sent electronically to [bgsuspirit@bgsu.edu](mailto:bgsuspirit@bgsu.edu) or brought to the first day of tryouts on April 19<sup>th</sup> 2019.

Name: \_\_\_\_\_ Date \_\_\_\_\_

Year in school for the 2019-2020 Season: \_\_\_\_\_

Height: \_\_\_\_\_ Weight: \_\_\_\_\_

Birthday \_\_\_\_\_

Male/Female (circle one)

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

City \_\_\_\_\_ State \_\_\_\_\_

Zip \_\_\_\_\_ Cell Phone Number \_\_\_\_\_

BGSU E-mail Address \_\_\_\_\_

BGSU Student ID \_\_\_\_\_

**For all females:**

**Primary Stunting Position(Circle one):**

**Main Base                  Secondary Base                  Back Spot**

**All-Girl Flyer                  Coed Flyer**

**Secondary Stunting Position(Circle one):**

**Main Base                  Secondary Base                  Back Spot**

**All-Girl Flyer                  Coed Flyer**

## **Tryout Checklist**

**What to bring to tryouts:**

- Signed and completed athletic department policy and procedure packet (see website)\*
- Liability Release Waiver\*
- Current physical within the last year\*
- Front and Back copy of your insurance card\*
- 5 x 7 head shot
- Copy of Acceptance Letter to Bowling Green State University\*
- Concussion Acknowledgement\*
- 2019 Tryout Bid Letter
- Water
- Running Shoes

\*Failure to bring these items will disqualify you from trying out.

## **Tryout Attire**

### **What to wear (Females):**

- Plain white athletic tank top or t-shirt (no team affiliations)
- Black Spandex or shorts
- Natural make-up
- Hair curled in a pony tail
- Cheer shoes

\*Absolutely no piercings or jewelry will be worn during tryouts

### **What to wear (Males):**

- White athletic t-shirt
- Black athletic shorts
- Athletic Shoes
- Tape for your wrists (if needed)

### **Minimum Requirements:**

-All females are required to have a standing back tuck with poms (on a basketball floor) to tryout.

-It is highly recommended to have standing and running tumbling up to a layout and full. (On the Dead Mat)

### **What to expect at Tryouts:**

- Standing Tumbling Evaluations
- Running Tumbling Evaluations
- Fitness Evaluations
  - o 1 Mile Run followed by 5 standing tucks
- Game Day Material Evaluations
- Stunting Evaluations (All Girl and Coed)
- Interview