



LIBERTY UNIVERSITY CHEERLEADING TRYOUT INFORMATION

Tryout dates: **April 29-30, 2016**

Place: **Tolsma Indoor Track**

TRYOUT INVITATION

The cheerleading tryout is by invitation only.

1. Cheerleaders may obtain an invitation by submitting a basic skills video with standing tumbling, running tumbling, and stunting. All skills must be performed on a dead mat, grass, or track (no spring floors). Please upload as a private video to YouTube and send the link to Coach Jordan at cheer@liberty.edu. If their skills are not up to par, then the coaches may ask the cheerleader to work on a few areas and resubmit the skills video at a later time.

2. Coaches may also extend an invitation to tryout after seeing a cheerleader participate in one of the LU Cheerleading clinics throughout the year.

WHAT ARE WE LOOKING FOR?

Please review the below information about what we are looking for at our cheerleading tryout. If you have questions, please email Coach Jordan at cheer@liberty.edu.

General

- Cheerleaders with a high level of athleticism
- Cheerleaders who excel at game-day performances
- Cheerleaders who have an incredible work ethic and competitive drive
- Cheerleaders who display a humble attitude
- Cheerleaders who place the importance of TEAM over the individual
- Cheerleaders who are outgoing and can talk with administrators, fans, and donors
- Cheerleaders who are ambassadors for Christ and for Liberty University

Cheerleading Skills

- All positions: bases, back spots, flyers, and males
- Standing back tuck (standing fulls preferred)
- Standing handsprings to tuck, layout, or full (full preferred)
- Running tumbling with a minimum of a tuck or layout (full or specialty pass preferred)
- Cheerleaders who can perform the following (single-man, two-man, or multi-based):
 - Sideline stunts such as toss extension, toss platform liberty, and toss cupie
 - Elite stunts such as full-ups, rewinds, BHS-ups, hand-in-hand pop through
 - Various shapes for flyers such as heel stretch, scale, bow, and scorpion
 - Dismounts such as double-downs, full-to-feet, and Arabian cradles
- Flyers who are willing to learn flipping baskets (e.g., tuck, layout, full, double-full)

TRYOUT PAPERWORK

All cheerleaders who receive an invitation to tryout must register by **April 15, 2016**. In order to register, cheerleaders must email all paperwork to cheer@liberty.edu. All paperwork must be submitted electronically (no hard copies). Tryout forms may be found at the end of this document and include the following:

1. Liberty University Cheerleader Application¹
2. Liberty Sports Medicine Pre-Participation Physical Evaluation Health Questionnaire²
3. Sickle cell test³
4. Liberty University Sports Medicine Tryout Waiver⁴
5. Proof of Insurance (copy of front *and* back of insurance card)⁵
6. Copy of the letter of acceptance to Liberty University
7. Copy of transcripts (unofficial or official)
8. Cheerleader photo (headshot)

If a prospective student-athlete does not have all of the information listed above prior to the tryout, he/she will not be allowed to participate. There are no exceptions.

¹ The application is to include the athlete's Christian testimony, a statement of why he/she wants to be a Liberty University cheerleader, and one letter of recommendation from a former coach.

² A pre-participation physical examination must be completed within 6 months of the tryout date. The physical exam must clear the prospective student athlete to fully participate in athletics and must be performed by a licensed physician. If you choose to complete the physical examination somewhere other than LU Health Services, your physician **MUST** complete and sign the Liberty University Pre-Participation Physical Evaluation Form. It is recommended that the physical exam, when possible, be performed at the Liberty University Health Services because once a walk-on candidate is chosen to be a member of the team, they will need to have a physical performed by a Liberty University team physician.

³ Cheerleaders must have official results of a blood test for sickle cell trait and sickle cell disease (Per NCAA mandate beginning August 1, 2010). Most people will have had this test performed at birth, so the results of the test will need to be obtained and presented at the time of tryout along with the physical. Those unable to obtain these records will need to have the test performed prior to the tryout. To obtain a test, consult your local physician or health department. Those students who obtain their physical through the Liberty University Health Services can be tested. Results of the test can take a few days to come back, so plan ahead. You should plan to have your sickle cell test at least one week in advance of your tryout.

⁴ All minors must have the signature of a parent or guardian to tryout for the team.

⁵ The athlete must have proof of valid health insurance that covers athletic injuries. Deductibles must be no more than \$1,000.00, and all policies must have out of network benefits including HMO's, PPO's and TriCare. A copy of the front and back of the insurance card must be presented at the time of tryout. If a prospective walk-on athlete does not have valid health insurance that covers athletic injuries, he/she will not be able to participate until they have done so. Please make arrangements to have copies of your insurance card made ahead of time.

ADDITIONAL NOTES

All applicants will receive an email from Coach Jordan when the tryout paperwork has been received. If you are unsure if you have everything prepared for the tryout, please email Coach Jordan at cheer@liberty.edu or call 434.592.4481. Upon making the squad, each cheerleader will need to have another physical done by Liberty University Health Services unless it was already done with this office and is current (within the last 6 months; required by the NCAA).

TRYOUT PROCEDURE

The tryout is closed to the public; no spectators are allowed. The attire for both days is navy shorts, any red Liberty University tee shirt, and cheerleading shoes. All cheerleaders should bring running shoes for warm-ups. Do not wear any jewelry. Guys must look neat and clean-shaven. Ladies must wear their hair all the way up with a red bow and must wear bloomers. Ladies should look game-day ready with makeup, red nails, and red lipstick (Liberty red).

TRYOUT EVALUATION

A panel of judges consisting of Liberty University cheerleading alumni will evaluate the cheerleaders during each session, and cheerleaders with the lowest total scores will be cut from the team. The tryout is very competitive, so work hard, and come prepared. You must earn your spot on the team.

TRYOUT PERFORMANCE

All cheerleaders will be expected to perform the following on cheerleading mats (dead floor) in front of a panel of judges:

1. Standing back tuck + best standing tumbling sequence + best running tumbling pass
2. Three Liberty University sideline cheers⁶ + Liberty University fight song⁷
3. Basic sideline stunts such as toss extension, toss platform liberty, toss cupie, and walk-ins
4. Elite stunts such as a full-up, low-to-high or high-to-high full-around, BHS-up, FHS-up, roundoff-up, rewind, round-off rewind, and hand-in-hand pop through, including double-downs and flipping dismounts
5. Collegiate baskets and pyramids will be taught and performed by all participants.
6. Call-outs: Cheerleaders will be called out to perform various skills including tumbling, stunting, baskets, and pyramids.

⁶ Videos of the three sidelines and fight song can be found here: <http://youtu.be/wupCSoUbl2c>

⁷ For practice, here is a link to the audio track: <https://www.youtube.com/watch?v=oFK2PjQgW3A>

TRYOUT SCHEDULE

Day 1: Friday, April 29, 2016 3:00-9:00pm

- 3:00pm Check-in for all cheerleaders
- 3:30pm Tryout orientation
- 3:45pm Timed one-mile run
- 4:15pm **Session 1:** Standing & running tumbling
- 5:00pm **Session 2:** Sideline cheers & fight song
- 5:45pm Dinner break
- 7:30pm **Session 3:** Sideline stunts
- 9:00pm Dismiss
- 10:00pm 1st cut posted⁸

Day 2: Saturday, April 30, 2016 9:00am-9:00pm

- 9:30am Devotional
- 10:00am Stretching
- 10:15am **Session 4:** Elite stunts
- 12:00pm Lunch break
- 1:00pm 2nd cut posted

- 1:30pm New cheerleader interviews
- 2:00pm **Session 5:** Collegiate baskets & pyramids
- 4:00pm **Session 6:** Call-outs in front of the judges
- 5:30pm Dinner break
- 6:00pm Final cut posted

- 7:00pm Final session as a team
- 9:00pm Dismiss

AFTER THE TRYOUT

All new cheerleaders will be sized for uniforms after the final cut and will need to sign the cheerleader contract to officially make the team (see below). All cheerleaders who make the team at the tryout are eligible to receive scholarship money. Scholarship amounts are based upon cheerleading skills demonstrated at the tryout. All cheerleaders will be assigned summer workouts, and it is vital that all cheerleaders maintain (or exceed) their level of fitness and their level of cheerleading skills over the summer. It is just as important that cheerleaders are growing in their walk with Christ over the summer through personal devotions, church involvement, and/or through camps and missions trips. A select group of cheerleaders will return to campus toward the end of July or beginning of August to prepare for and attend camp. Camp dates and location(s) are TBD. The rest of the cheerleaders will return to campus during the second week of August to prepare for preseason performances and for the first home football game. Cheerleaders are expected to check their Liberty email accounts regularly over the summer. All questions or concerns are to be directed to Coach Jordan at cheer@liberty.edu.

⁸ All results will be posted at the following website: <https://twitter.com/LUCheerleading>

VIDEO TRYOUT PROCEDURE

It is understandable that some cannot attend the on-campus cheerleading tryout for various reasons (e.g., prom, another cheerleading competition, distance, etc.). As an alternative, candidates may tryout by video, though it is more advantageous to attend the on-campus tryout so that the coaches and judges can see the athlete cheer, stunt, and tumble in person. Before submitting a video, please review the above information about what we are looking for at the tryout. Video tryouts are due by [April 15, 2016](#) and must include the following:

1. Liberty University Cheerleader Application (see above)
2. One letter of recommendation from a coach
3. Copy of the letter of acceptance to Liberty University
4. Copy of transcripts (unofficial or official)
5. The tryout video itself

REQUIRED VIDEO CONTENT

Each tryout video must be uploaded to YouTube as a private, unlisted video, and the link must be emailed to Coach Jordan Ballard at cheer@liberty.edu. All required tumbling and stunting must be filmed on a dead mat, grass, or track. Each tryout video should include the following content:

1. Three Liberty University sideline cheers + fight song⁹
2. Standing back tuck + best standing tumbling sequence + best running tumbling pass
3. Three basic sideline stunts of your choice (single-man, two-man, or multi-based)
4. Three elite stunts of your choice (coed, two-man, or multi-base): full-up, low-to-high or high-to-high full-around, BHS-up, FHS-up, roundoff-up, rewind, round-off rewind, and hand-in-hand pop through, including double-downs and flipping dismounts
5. Monologue explaining the athlete's Christian testimony, why he/she cannot attend the on-campus tryout, and why he/she wants to be a Liberty University cheerleader.

OPTIONAL VIDEO CONTENT

1. Standing and/or running tumbling skills on a spring floor
2. Additional stunts or stunting positions (e.g., main base vs. back spot; two-man vs. multi-based; coed vs. multi-based, base vs. flyer, etc.)
3. Basket tosses (collegiate baskets preferred)
4. Game or competition footage

⁹ The three sidelines and fight song can be found here: <http://youtu.be/wupCSoUbl2c>.

**LIBERTY SPORTS MEDICINE PRE-PARTICIPATION PHYSICAL EVALUATION HEALTH
QUESTIONNAIRE**

NAME: _____
_____/_____/_____

Sex: M/ F

AGE: _____

DOB: _____

Answer all questions and explain all "YES" answers below:

Yes No

1. Do you have an ongoing chronic illness? (i.e. diabetes, ADHD, etc.)
2. Have you ever had surgery or been hospitalized overnight?
3. Are you currently taking any prescription or nonprescription medications? (i.e. inhalers, supplements or birth control)
4. Have you ever taken supplements to lose or gain weight or improve your performance?
5. Have you ever been told you have sickle cell or sickle cell trait?
6. Do you have any allergies? (i.e. pollen, medicine, foods or stinging insects)
7. Have you ever had a rash or hives develop during exercise?
8. Have you ever been dizzy, passed out, or had chest pains during or after exercise?
9. Do you get tired more quickly than your friends do during exercise?
10. Have you ever had racing of your heart or skipped heart beats?
11. Have you had high blood pressure or high cholesterol?
12. Have you ever been told you have a heart murmur?
13. Has any family member or relative died of heart problems or of sudden death before the age of 50?
14. Have you had a severe viral infection such as mononucleosis or myocarditis within the last six months?
15. Has a physician ever denied or restricted your participation in sports for any heart problems?
16. Do you have any current skin problems? (i.e. itching, rash, warts, fungus, blisters, etc.)
17. Have you ever had a head injury or concussion?
18. Have you ever been knocked out, became unconscious or lost your memory?
19. Have you ever had a seizure?
20. Do you have frequent or severe headaches?
21. Have you ever had numbness or tingling in your arms, hands, legs or feet?
22. Have you ever had a stinger, burner or pinched nerve
23. Have you ever become ill from exercise in the heat?
24. Do you have asthma?
25. Do you cough, wheeze or have trouble breathing during or after activity?
26. Do you have seasonal allergies that require medical attention?
27. Do you use any special protective or corrective equipment that are not currently used for your sport?
28. Do you have any problems with your eyes or vision?
29. Do you wear glasses, contacts, or protective eyewear?
30. Have you ever had a sprain, strain, or swelling after injury?
31. Have you ever fractured any bones or dislocated any joints?
32. Have you had any problems with pain or swelling in muscles, tendons, bones, or joints? Circle all that apply:
 - Head / Neck / Back •Shoulder / Upper Arm •Ankle / Foot •Knee •Chest
 - Elbow / Forearm •Hand / Finger •Hip / Thigh •Shin / Calf •Wrist
33. Do you want to weigh more or less than you do right now?

Females: How many periods have you had in the last year? ____ When was your most recent menstrual period? _____

EXPLAIN ALL "YES" ANSWERS

HERE: _____

I hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct.

Signature of Athlete _____

Date: _____

Liberty University
Pre-Participation Physical Evaluation

PHYSICAL EXAMINATION

Name _____ Date of birth _____
 Height _____ Weight _____ % Body fat (optional) _____ Pulse _____ BP ____/____ (____/____, ____/____)
 Vision R 20/____ L 20/____ Corrected: Y N Pupils: Equal ____ Unequal ____

	NORMAL	ABNORMAL FINDINGS	Initials*
MEDICAL			
Appearance			
Eye/Ears/Nose/Throat			
Lymph Nodes			
Heart			
Pulses			
Lungs			
Abdomen			
Genitalia (males only)			
Skin			
MUSCULOSKELETAL			
Neck			
Back			
Shoulder/arm			
Elbow/forearm			
Wrist/hand			
Hip/thigh			
Knee			
Leg/ankle			
Foot			

*station-based examination only

CLEARANCE

- Cleared
 Cleared after completing evaluation/rehabilitation for: _____

Not cleared for: _____ Reason: _____

Recommendations: _____

Name of physician (print/type) _____ Date _____

Address _____

Signature of physician _____, MD

LIBERTY UNIVERSITY
SPORTS MEDICINE
TRYOUT WAIVER

Name: _____ Sport: _____

Date of Tryout: _____

I understand that while I am trying out for the Liberty University _____ team, I may sustain an injury to any part of my body. I accept this risk and wish to participate in tryouts. I also understand that the Liberty University Sports Medicine Department will only provide first-aid procedures to manage the injury. However, if I do receive medical services off campus (i.e. emergency room, orthopedic physician, x-ray, etc.), I will solely be responsible for the cost of any such treatment. I also understand and accept that it is the LU Sports Medicine Department's judgment as to when or if I will be allowed to participate after such an injury has occurred.

I understand that in order to be eligible to try out for any athletic team at Liberty University, according to NCAA Bylaw 17.1.5, I must present to the LU Sports Medicine Department proof of a physical examination that has been completed by a licensed physician within the previous six months of my tryout stating that I am physically capable and cleared to participate in collegiate athletics. I also understand that if I am selected as a member of the team for which I am trying out, I must obtain a physical examination, if I have not already done so, by a Liberty University team physician before I am eligible to participate. I also understand that I am responsible for all costs associated with each required physical exam.

This signed document releases Liberty University, its employees, agents, representatives, coaches, athletic trainers, and volunteers from any liability or **cost** associated with any injury.

This waiver is effective for three tryout sessions that must be performed within a seven day period of the first session.

SIGNATURE OF PARTICIPANT

DATE

SIGNATURE OF PARENT OR LEGAL
GUARDIAN OF MINOR PARTICIPANT

DATE

LIBERTY UNIVERSITY CHEERLEADER CONTRACT

As a member of the Liberty University Cheerleading squad I, _____, fully accept the policies set forth by the program and the university and promise to do my best to portray a positive self-image at all times. I will support and respect the values of the cheerleading program as well as the athletics staff, coaches, and athletes at all times.

As a member of the Liberty University cheerleading squad, I commit to:

- Attend all practices, workouts, games, and events
- Attend all appointments with Athletics Academic Advising or other staff members
- Arrive on time unless there is an emergency
- Respect all athletics staff, coaches, and athletes
- Adhere to the guidelines outlined in the Liberty Way
 - Not consume alcoholic beverages or illegal drugs
 - Follow guidelines in regards to proper sign-out from the dorms
 - Not stay the night with someone of the opposite sex
 - Abstain from premarital sexual activity
- Maintain an optimal level of physical fitness with exercise and a healthy diet
- Work my hardest for my teammates, my university, and my Lord
- Always do my best to carry myself in a respectful and modest manner
- Be a positive role model for the university, for the cheerleading team, and for Christ by making wise choices and by using discernment with all social media outlets
- Value the expectations of the program and coaches by abiding by all guidelines
- Remember who I am representing at all times: Christ, Liberty University Cheerleading, and Liberty University

As a member of the Liberty Cheerleading squad, I understand that:

- If I do not uphold these commitments, then I am subject to discipline by the coaches. The coaches reserve the right to decide what disciplinary actions may be administered. Discipline may be in the form of, but not limited to, physical conditioning, suspension from practices, games, and/or competition, or dismissal from the team.
- My scholarship may be withdrawn if I do not follow the guidelines and expectations of both the cheerleading program and Liberty University.
- If I quit for any reason, my scholarship will be withdrawn immediately, and I will be required to return all clothing issued to me as a Liberty University cheerleader.

Cheerleader Name: _____

Cheerleader Signature: _____ Date: _____

*This contract will be renewed each year the athlete returns to the cheerleading squad.