LIBERTY UNIVERSITY CHEERLEADING TRYOUT INFORMATION

IMPORTANT DATES
April 1, 2016  Tryout invitation videos due
Returner tryout applications due
April 20, 2016  Registration packets for on-campus tryout due
Video tryouts due for those unable to attend on-campus tryout
May 6-7, 2016  Tryout at the Liberty University Schilling Center

INVITATION
The cheerleading tryout is by invitation only. There are two ways to obtain a tryout invitation. 1) Cheerleaders may receive an invitation by submitting a basic skills video that features his or her best standing tumbling, running tumbling, and stunting. All skills must be performed on a dead mat, grass, track, or basketball court (no spring floors). Please upload as a private video to YouTube and send the link to cheer@liberty.edu. If the skills are not at the current skill level of the team, then the candidate will be asked to work on certain skills and resubmit the video at a later time. All tryout invitation videos are due by April 1, 2016. 2) Coaches may award an invitation after seeing a cheerleader’s skills at one of the LU Cheerleading clinics throughout the year.

PROCEDURE
There are 40 spots to fill for the upcoming season: 11-15 men, 14-16 flyers, and 9-15 bases. The tryout will result in the selection of a Large Coed squad (11 men + 9 flyers) and either a Small Coed squad (4 men, 7 flyers, 9 bases) or an All-Girl squad (5 flyers, 15 bases). The selection of each squad and the placement of individuals on one squad or another will be decided at the tryout and is based on the skill level demonstrated at the tryout.

All returners must tryout to make the team each year, and returner applications are due by April 1, 2016. A separate returner tryout will be held prior to the general tryout, and 20-25 spots will be filled at that time. Returners who do not make the team at the returner tryout may participate in the general tryout and have another chance of making the team. The remaining 15-20 spots will be filled at the general tryout.

The tryout is closed to the public. All skills will be performed on a dead mat. Standing tucks and round-off handspring tucks will also be performed on a basketball court. Day 1 of the tryout is for learning and practicing skills. A panel of judges will evaluate the cheerleaders on Day 2 of the tryout. Those with the lowest total scores will be cut from the team.

ATTIRE
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. Men must be 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, a red bow, and red lipstick (Liberty red).
REGISTRATION
All cheerleaders who receive an invitation to tryout must register by April 20, 2016 in order to participate at the on-campus tryout. Applicants will receive an email notification when the tryout paperwork has been received.

Email to Angela Weatherly: aweatherly1@liberty.edu
1. Form A: Walk-On Tryout Form
2. Form B: Pre-Participation Physical Evaluation Form
3. Sickle cell test results
4. Form C: Walk-On Liability/Waiver Form
5. Proof of Insurance (photocopy of front and back of insurance card)
*All forms can be found here: http://www.liberty.edu/flames/index.cfm?PID=15008

Email to Coach Jordan Ballard: cheer@liberty.edu
6. Liberty University Cheerleader Application
7. Copy of the letter of acceptance to Liberty University
8. Copy of transcripts (unofficial or official)
9. Cheerleader photo (headshot)
10. Cheerleader Contract
*Items 6 and 10 can be found below.

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.
What Are We Looking For?

- All positions: bases, back spots, flyers, and men
- Cheerleaders with a high level of athleticism and a humble attitude
- Cheerleaders who have an incredible work ethic and competitive drive
- Cheerleaders who excel at game-day performances
- Cheerleaders who place the importance of TEAM over that of the individual
- Cheerleaders who are personable and can converse with administrators, fans, and donors
- Cheerleaders who are ambassadors for Christ and for Liberty University

Required Skills

- Bases
  - Tumbling
    - Standing back tuck
    - Standing handspring(s) to tuck, layout, or full (full preferred)
    - Round-off back-handspring back tuck (full or specialty pass preferred)
  - Material
    - Three sideline cheers + fight song with standing back tuck
  - Partner Stunts
    - Mastery of basic stunts such as toss extension, toss platform liberty, and full-ups
    - Ability to learn elite skills at the tryout such as rewind, BHS-up, double-up, or hand-in-hand pop through
  - Pyramids & Tosses
    - Base collegiate pyramids and basket tosses

- Flyers
  - Tumbling
    - Standing back tuck
    - Standing handspring(s) to tuck, layout, or full (full preferred)
    - Round-off back-handspring back tuck (full or specialty pass preferred)
  - Material
    - Three sideline cheers + fight song with standing back tuck
  - Partner Stunts
    - Mastery of basic stunts such as toss extension, toss platform liberty, and full-ups (single-man, two-man, or multi-based)
    - Ability to learn elite skills at the tryout such as rewind, BHS-up, double-up, or hand-in-hand pop through (single-man, two-man, or multi-based)
    - Must perform full-up arabesque (or heel stretch) double-down at the tryout (single-man, two-man, or multi-based)
  - Pyramids & Tosses
    - Ability to learn collegiate pyramids at the tryout
    - Must perform a tuck basket + 1 of the following sideline basket tosses: toe-touch, x-out, layout, bird-front, step-out, pike-open, or pike-split

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2 Videos of the three sidelines and fight song can be found here: [http://youtu.be/wupCSoUbl2c](http://youtu.be/wupCSoUbl2c)

3 See the above footnote.
Men
  o Tumbling
    ▪ Standing back tuck
      • If no standing back tuck: must perform full-up platform liberty
    ▪ Standing handspring(s) to tuck, layout, or full (full preferred)
      • If no standing tumbling series: must perform toss cupie
    ▪ Round-off back-handspring back tuck (full or specialty pass preferred)
      • If no running tumbling: must perform walk-in stretch full-to-feet
  o Partner Stunts
    ▪ Mastery of basic stunts such as toss chair, toss extension, platform liberty, walk-ins, and cupies
    ▪ Must perform full-up arabesque (or heel stretch) double-down at the tryout (single-man or two-man; single-man preferred)
    ▪ Ability to learn elite skills at the tryout such as rewind, BHS-up, or hand-in-hand pop through (single-man or two-man)
  o Pyramids & Tosses
    ▪ Base collegiate pyramids and basket tosses

HOW TO BE SUCCESSFUL AT THE TRYOUT
  ➢ Pray about it. Commit your plans to the Lord (Prov 16:3). Work hard, and trust God.
  ➢ Look like a college cheerleader (hair, makeup, etc.).
  ➢ Sharpen up your motions and perfect motion placement. There is no recovery for missed motions or bad motions at the tryout.
  ➢ Lead the crowd when cheering. Pretend that you are in a college game-day situation. Your voice, facial expressions, and demeanor should make the judges want to join in.
  ➢ Practice your tumbling on the dead mat and basketball court. You do not want to look hesitant at the tumbling evaluation. You should be able to do all skills on command.
  ➢ Tumbling skills that you can only perform on the spring floor do not count, so work on transitioning your tumbling to the dead mat.
  ➢ No steps are allowed before standing tumbling except a step or two before a standing BHS (or two) to full. Stick and stand your landings.
  ➢ Cross tumbling is not allowed except for specialty passes. Practice running tumbling from the back to the front of the mat. Shrug 7, run 1-2, hurdle 3, hands down on 4.
  ➢ Practice the fight song with pom-poms and with the standing tuck.
  ➢ Show honesty and maturity in the interview. Make eye contact and sound articulate.
  ➢ Flyers: jump hard for all partner stunts. Lift, squeeze, freeze, and smile when in the air.
  ➢ Bases/men: combine strength with good technique. This is especially pertinent for tosses, grips, stunt placement, and dismounts. Sketchy stunts will not count.
  ➢ Demonstrate courage when learning new partner stunts, baskets, and pyramids.
  ➢ Show your competitive edge. There are no spots on the team for the timid.
  ➢ Learn quickly and make every rep count. You may not get another opportunity.
  ➢ Listen to the coaches’ directions. Do not coach your peers.
  ➢ Have a good attitude. The judges are watching to see how you do under pressure.
  ➢ You will be called out to perform a certain skill in front of the judges at the end of the tryout. Determine for yourself that you will overcome the pressure and execute the skill.
  ➢ Do your best. If you do not make the team, then you will know that you gave it your all.
**TRYOUT SCHEDULE**

**Day 1**  
**Friday, May 6, 2016**  
3:00-9:00pm  
3:00pm  Check-in for all cheerleaders, including uniform sizing  
3:30pm  Tryout orientation  
3:45pm  Timed one-mile run  
4:15pm  **Practice Session 1:** Standing & running tumbling  
4:45pm  **Practice Session 2:** Sideline cheers & fight song  
5:15pm  **Practice Session 3:** Partner stunts  
6:15pm  Dinner break  
7:30pm  **Practice Session 4:** Partner stunts + basket tosses  
9:00pm  Dismiss

**Day 2**  
**Saturday, May 7, 2016**  
9:00am-9:00pm  
9:00am  Arrival  
9:15am  Devotional and stretching  
9:45am  **Evaluation 1:** Tumbling, cheers, fight song  
10:30am  **Evaluation 2:** Toss extension, platform liberty  
11:00am  **Evaluation 3:** Full-up arabesque (or stretch) double-down  
11:30pm  **Evaluation 4:** Tuck basket + 1 additional sideline basket  
12:00pm  Lunch break  
12:30pm  First cut posted\(^4\)  
1:00pm  Group 1: new cheerleader interviews  
1:15pm  Group 2: new cheerleader interviews  
1:30pm  Group 3: new cheerleader interviews  
1:45pm  Stretching  
2:00pm  **Work Session 1:** Sideline pyramids  
3:00pm  **Work Session 2:** Additional basket tosses  
3:45pm  **Work Session 3:** Elite stunts  
4:30pm  **Evaluation 5:** 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**  
The team 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 equally important that cheerleaders are growing in their walk with Christ over the summer through personal devotions, church involvement, camps and missions trips, etc. A select group of cheerleaders will return to campus at the beginning of August to prepare for the UCA College Camp at the University of Delaware from August 10-13. The rest of the cheerleaders will return to campus during the second weekend of August. Cheerleaders are expected to check their Liberty email accounts regularly over the summer. All questions or concerns are to be directed to Coach Jordan Ballard at cheer@liberty.edu.

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\(^4\) All results will be posted at the following website: [https://twitter.com/LUCheerleading](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 20, 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. Required tumbling must be performed on a dead mat, grass, track, or basketball court. Partner stunts may be single-man, two-man, or multi-based and may be performed on any surface. Each tryout video must include the following content:

- Three sideline cheers + fight song with standing tuck\(^5\)
  - Men must use a megaphone for cheers and fight song instead of doing motions.
- Standing back tuck
- Best standing tumbling sequence
- Best running tumbling pass
- Toss platform liberty
- Full-up arabesque (or stretch) double-down
- One additional partner stunt of your choice (inversions preferred)
- 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 (e.g., standing full)
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

\(^5\) The three sidelines and fight song can be found here: http://youtu.be/wupCSoUbl2c.
LIBERTY UNIVERSITY CHEERLEADING TRYOUT APPLICATION

PERSONAL INFORMATION

Name: _________________________ DOB: ____________________________

LU Student ID#: ____________________ Circle one: On Campus Off Campus Incoming FR

Personal email: ________________________ LU email: ________________________

Cell number: ___________________________ Home address: __________________________

Parent’s name(s) number(s): ________________________________________________

Facebook: ___________________________ Instagram: ___________________________

Twitter: ___________________________ Other: ___________________________

SCHOOL INFORMATION

2016-2017 academic year (circle one): Incoming Freshman Sophomore Junior Senior Graduate

High school (name, city, state): ____________________________

College (if any other than LU): ________________________________________________

Number of credit hours enrolled in (college students): __________

Current GPA: ________ Major: ____________________________

CHEERLEADING INFORMATION

School cheerleading (name & number of years): ______________________________________________

All-star cheerleading (team name & number of years): ______________________________________________

Desired team (circle one): Small Coed Large Coed All-Girl Unsure

Cheerleading position: ________________________________________________

Cheerleading strengths: ________________________________________________

Cheerleading weaknesses: ________________________________________________

Please state a few of the most difficult tumbling and stunting skills you can perform safely and on your own:

__________________________________________________________

Personality strengths: ________________________________________________

Personality weaknesses: ________________________________________________

Special awards/recognition: ________________________________________________
REFERENCES

Please list 2 references below. One must be from your school (not your coach/sponsor). The other may be from a church or other organization, or your coach/sponsor (no family members). Please fill the information out completely.

Name: ______________________________ Relationship/Title: ______________________________
Address: ____________________________________________________________________________
Email: __________________ Phone: ____________________________

Name: ______________________________ Relationship/Title: ______________________________
Address: ____________________________________________________________________________
Email: __________________ Phone: ____________________________

CLOTHING SIZES

Shirt ______________ Warm-up Pants ______________
Shorts ______________ Warm-up Jacket ______________
Shoe Size ______________ Bloomers/compression shorts ______________

PERSONAL RESPONSES

1. Please describe your Christian testimony. Attach a one-page, typewritten document to this application.

2. Please explain why you want to be a Liberty University cheerleader. Attach a one-page, typewritten document to this application. If you have been a Liberty University cheerleader in the past, please explain the reasons for leaving and returning to the team. Attach a one-page, typewritten document to this application.

3. Please also include at least one letter of recommendation from your current coach/sponsor.
**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.*