



South Carolina State University Cheerleading Program **APPLICATION**

Application must be turned in on the first day of try-outs.
If you have NOT been a part of the SC State Cheerleading program before, please include with your application one letter of recommendation (i.e. teacher, coach, mentor).

Please check all that apply:

Cheer Team ___ Mascot: ___

Name: _____
 First Middle Last Name Called

Gender: Male ___ Female ___

Permanent Home Address: _____
 Street, P.O. Box, Route, etc.

 City State Zip Code

Campus or Local Address: _____
 Dorm room, Street, P.O. Box, etc.

 Zip Code

Primary Phone Number: _____

Primary E-mail Address: _____

Student Identification #:900/9000 _____

Date of Birth: _____ Age: _____

Classification for the 2017-2018 Academic Year:
Freshman ___ Sophomore ___ Junior ___ Senior ___

If Incoming Freshman,
Have you applied to SC STATE? Yes ___ No ___

Have you been accepted? Yes ___ No ___

Are you a transfer student? Yes ___ No ___

If yes, from where? _____

Overall Years of Cheering: _____ Years of Competitive Cheerleading: _____

Have You Cheered At SC State Before? Yes ___ No ___

If Yes, How Many Years: _____

Style of Last Squad:

Technical ___ Stomp/Shake ___

Stunt Position (Check all that apply)

Base ___ Secondary Base ___ Flyer ___ Backspot ___ NONE ___

-If Flyer, What Body Positions Can You Pull:

Liberty ___ Heel Stretch ___ Bow -n- Arrow ___ Scorpion ___
Scale ___ Arabesque ___ Pretty Girl ___ NONE ___

Splits: (Please check all that apply)

Left _____ Right _____ Middle _____

Dance Technique: (Please check all that apply)

Double Pirouette _____ Jeta (leap) _____ Second leap (Please indicate) _____
Check all that apply:

Gymnastics ability

Standing back handspring: () yes () no () with spot
Series of back handsprings: () yes () no () with spot
Standing back tuck: () yes () no () with spot
Layout back flip: () yes () no () with spot
Full twists: () yes () no () with spot

****IMPORTANT NOTICE****

The undersigned is aware of and acknowledges the risks associated with the participation in cheerleading/dancing/mascot activities, including but not without limitation, the risk of catastrophic injury, paralysis and even death. Nevertheless, it is the undersigned's desire to participate and to try out for the SC State Spirit Program at South Carolina State University. The undersigned assumes all risk of injury associated with the tryout, and specifically agrees to indemnify and hold free and harmless South Carolina State University from any and all claims or causes of action arising out of his/her participation

in the tryout, no matter what the cause. The undersigned further acknowledges and certifies that he/she is at least 18 years of age.

- Application Check list: _____ If an SC State Student; copy of class schedule and GPA Audit
_____ If a transfer student or incoming freshman; copy of acceptance letter to SC STATE
_____ All applicants; copy of insurance card front and back
_____ All applicants; copy of SC State Waiver form
_____ All applicants; copy of photo ID

The score sheets are the property of the South Carolina State University Spirit Program and **ARE NOT MADE PUBLIC. ALL JUDGES DECISIONS ARE FINAL.**

Signature: _____ Date _____

Signature of Applicant having read and understood the above notice

If under age 18, this form MUST be signed by a parent or guardian prior to participation.

Parent/Guardian Signature _____ Date _____

SC State Cheerleading Team General Tryout Information

Tryout Eligibility

1. Anyone who is a full time student at SC State or has received a letter of acceptance may tryout. This includes incoming freshmen and transfer students. Current SC State students must have a minimum 2.5 GPA and be free of any academic or disciplinary probation

Current Student(s) - ensure that you are eligible for tryouts.

Incoming students- get your application in to the university as soon as possible to insure that you are accepted to attend SC State.

Physical condition- Our cheerleading team members are competitive athletes who in addition to doing a variety of aerobic workouts the cheerleaders also lift weights. We have listed some tips below to help you prepare for cheerleading tryouts at SC STATE.

2. Physical Fitness- Begin to add some type of aerobic activity to your current workout regimen. We strongly encourage that you add a combination of long distance running, weight lifting, & circuit training to improve your overall ability to perform at your highest level.

Material learned and skill requirements: *Each prospective cheerleader will be evaluated on the following:*

- Motions (a cheer and a fight song/ band dance will be taught)
- Jumps (Toe Touch, Hurdler (left & right), & Pike)
- Chant & Cheer
- Dance
- Ability to lead and engage a crowd in a collegiate manner
- Stunting
- Tumbling
- Interview

Method of Evaluation

All candidates will be evaluated by a panel of qualified judges. The judges will range from administrators, faculty, & alumni cheerleaders, and professional cheer coaches. Ultimately, each team is selected by the SC State Spirit Program Coaching Staff.

Cuts are made after each session until the final day when the team is named. Tryouts will be a closed session all three days.

Tryout Schedule & Locations

- Cheerleading tryouts will be held on the 21st & 22nd of April starting at 5:30pm
- Sapphire Pom Squad tryouts will be held on April 25th-28th starting at 5:30pm
- All tryouts will be held in Dukes Gym on the campus of South Carolina State University.

Frequently Asked Questions:

What to Wear

Our school colors are Garnet, Blue, and White. These are the colors that we recommend you wear to the tryout, but it is acceptable to add Gray or Black as your bottoms (example; Blue and/or White Sports Bra, with Garnet, White, and / or Gray/Black Shorts Our school bookstore offers a wide selection of SC State attire. It may be helpful to note that our cheerleaders have a very clean and neatly groomed image.

Men - comfortable practice shorts and a T-shirt (no tank tops for the men). Our male cheerleaders are generally clean shaven with a close haircut.

Women - practice shorts and a T-shirt, tank or "full length" sports bra. Please refrain from wearing anything to "baggy". Females' hair and makeup should be game-ready. Generally, our team wears make-up that matches the skin-tone and is natural as possible w/ red lip stick.

Please note:

- 1.) *No jewelry of any kind is permitted (belly rings and other body piercings.*
- 2.) *Recommend that you cover any tattoos.*
- 3.) *Attire for Males and Females should not be revealing.*

What to Bring the First Day of Tryouts

1. Completed tryout packet with letter of recommendation
2. Copy of your SC State Student I.D.
3. Copy of your acceptance letter.
4. Copy of your medical insurance card.

*** Please do not bring the originals as a copy machine will not be available***

Is prior cheerleading experience required?

- Experience is not required, but highly recommended. Basic cheerleading skills such as jumps, motions, technique, and tumbling can be a plus.

Can I Tryout by Sending a Video Tape?

- Yes, but our program prefers that you make every effort to be present at cheerleading tryouts. Please contact a member of the coaching staff to find out details.

Hotels Located Close to SC State University:

- 1) Baymont Inn
- 2) Howard Johnson
- 3) Hampton Inn

- 4) Fairfield Inn
- 5) Comfort Inn
- 6) Holiday Inn & Suites
- 7) Country Inn & Suites
- 8) Sleep Inn

• **SC State Spirit Program Contact Information:**

Byron Larrymore, Head Cheerleading Coach (803)662-5472 Email: blarrymo@scsu.edu, or
Franklin L. Pressley, Director of Student Life (803) 516-4826 Email: Fpressl2@scsu.edu

What to do if you have applied but have not been accepted?

If you have applied to SC State University but have not been accepted. We recommend the following:

- We recommend that you still come to the tryout and regularly check your admissions status on line to be certain that they are not waiting for information from you. You may also set up an appointment with admissions counselor to review your potential.

Detach General tryout information from application before turning it in.

Please fill out next page (WAIVER FORM) completely



South Carolina State University

Release and Waiver of Liability, Assumption of Risk, and Indemnity Agreement

I, _____, acknowledge that I am a student at South Carolina State University (SCSU). I would like to participate in the following ACTIVITY:

_____ which is sponsored/organized by the _____ Department/Club and will take place on the following date(s) _____. In consideration for being allowed to participate in this ACTIVITY, I the undersigned, acknowledge, appreciate and agree that:

1. I understand that participation in this ACTIVITY may carry with it certain inherent risks that cannot be eliminated regardless of the care taken to avoid injuries. The specific risks vary from one activity to another, and I choose to voluntarily participate in this ACTIVITY with full knowledge that said ACTIVITY may be hazardous to me and my property. I voluntarily assume full responsibility for any risk of loss, property damage or personal injury, including death, which may be sustained by me as a result of my participation.
2. I certify that I have adequate health insurance necessary to provide for and pay any medical costs that may directly or indirectly result from my participation in this ACTIVITY.
3. I understand that this ACTIVITY is (may be) physically strenuous and I know of no medical reason why I should not participate.
4. I hereby release, waive, and discharge South Carolina State University and its Board of Trustees, its officers, agents, employees and representatives from all claims, injuries, demands, liabilities, rights, causes, and actions of any kind or nature, that may result from or occur during my participation in this ACTIVITY, whether caused by negligence of SCSU, its Board of Trustees, officers, agents, employees or representatives or otherwise. I also agree to indemnify and hold harmless SCSU for any loss, liability, damage or costs, including court costs and attorney's fees that may occur as a result of my negligent or intentional act or omission while participating in this ACTIVITY.

I HAVE READ THIS RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT, ASSURANCE OR GUARANTEE BEING MADE TO ME AND INTEND MY SIGNATURE TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW.

_____ Age _____ Date Signed _____
Participant's Signature

Signature witnessed by: _____ Witness **If participant is under the age of 18; his or her parent or legal guardian must also sign:** I, _____, am the parent or legal guardian of the participant who has signed above. I have read and I fully understand the terms and provisions of this document. I further understand that in freely signing and voluntarily giving my consent to the participant taking part in the ACTIVITY described above, I have given up substantial rights and without any inducement I fully enter into and agree to the above Release and Waiver of Liability, Assumption of Risk and Indemnity Agreement.

_____ Date Signed _____
Signature of Parent or Legal Guardian

Signature witnessed by: _____ Witness In case of an emergency, please contact: _____ Relationship _____ **Proof of Medical Insurance:** _____ **Insurance Company** _____