

***REGIS UNIVERSITY***

***CHEERLEADING***

***2013-2014***



**WWW.REGIS.EDU – CHEERLEADING**

**EMAIL: [BCODY@REGIS.EDU](mailto:BCODY@REGIS.EDU)**

**Dear Cheerleaders,**

**Thank you for your support and commitment to Regis University's cheerleading program. We have given careful consideration in creating and maintaining a program that will benefit everyone.**

**Our objective is to make each athlete the best that he or she can be. We will provide a constructive and disciplined program. While we may not be one of the biggest college cheer programs, we will strive to be one of the best not only in Colorado, but throughout the nation.**

**Anyone who is to be considered for competition needs to adhere to all rules and regulations of this program. This packet of information is very detailed for many reasons most importantly; to protect this organization and its members. The rules and regulations are only beneficial if followed by everyone and no exceptions will be made for anyone!**

**Cheers,**

**Bronwyn Cody**

**Head Cheer Coach**



## REGIS UNIVERSITY CHEERLEADING

### TRYOUT INFORMATION 2013-2014

This packet includes information regarding tryouts, including team guidelines, live and video tryout procedures, and tryout material.

-All cheer team applicants must submit all tryout material. If attending live tryouts, bring the signed forms to registration on September 7th, 2013. Your tryout will not be processed without your form and information.

-**Live tryouts** will be held on September 8th, **2013** at the Regis field house/ Ranger Dome (W. 50<sup>th</sup>, Denver. Co). You are required to attend April 20th from 12:00pm to 3:00pm. Please check our Facebook and Regis website for possible changes and specific times scheduled. If you are planning on attending, please email head coach, Bronwyn Cody @ [bcody@regis.edu](mailto:bcody@regis.edu). Please bring your tryout information sheet, cheerleading resume, and a current photo of yourself to the first day of tryouts. There will be no spring floor, cheer floor only!

**Accommodations-** If you need accommodations while in Denver, check out [www.denver.org](http://www.denver.org).

-**Video tryouts** by DVD-R only (**No you tube videos or VHS tapes**) No video tryouts accepted for Fall tryouts!. Please follow instructions on the tryout procedure page. All video tryouts must be received by April 8th, **2013**. \*Note, all in state auditions should attend live tryouts!

-include your DVR (labeled w/ name), tryout information sheet, cheerleading resume, & a current photo of yourself.

Regis University  
2012-2013 cheer tryouts  
3333 Regis Boulevard | F-6  
Denver, Colorado 80221-1099

-**Tryout results** will be announced September 8th, 2013. You will be notified via phone or email by the head coach. (Physical forms & sports waivers on website).

"I look forward to the upcoming season and appreciate your interest in our cheer program. If you have any questions or concerns, please contact me at [bcody@regis.edu](mailto:bcody@regis.edu).  
Good luck!" ~Bronwyn Cody - R.U. Head Cheer Coach



# REGIS UNIVERSITY CHEERLEADING

## Guidelines 2013-2014

1. Academics and Cheer Team activities are top priorities. Club sports participants must maintain a GPA of 2.0 or higher.
2. Practices, games and competitions are mandatory. You will need to attend every practice in order to compete and hold your spot on the team. Members will not be allowed to miss practices or events due to slight illnesses, injury, homework, jobs, or other non-emergency situations.
3. A member must be at all times a strong representative of Regis cheerleading and maintain a positive reflection of the team.
4. Abusive behavior, lying and any other form of negative behavior are grounds for removal from the team.
5. Members must be on time and ready to begin practice with their cheer shoes on and hair up w/ ribbon.
6. Cheer team members are expected to be in and maintain a healthy and physically fit condition. Members will participate in conditioning and weight training programs.
7. Members will be actively participating in fundraising projects & events, exhibitions & performances, and voluntary activities.
8. Cheer team members will be responsible for all fees including team fees, competitions fees, uniform fees, and travel expenses. Any fees not collected from a student by the due date may result in dismissal from the program. All monies paid towards uniforms, tuition, travel, and fees will be forfeited. No refunds will be issued. Any outstanding balances must be paid.
9. All members will be responsible for their own transportation to & from practices, tumbling class & any off-campus events such as fundraisers. Not finding or being personally responsible for transportation may result in dismissal from the team.
10. All cheer team members will be required to sign a contract outlining the policies and procedures and the code of conduct for the cheer team. Failure to abide by the terms may result in dismissal from the team without any refunds.

**11. Please attach a copy of your birth certificate and insurance card at Registration.**

**Tryout Material and Score Sheet**

Coed and Competitive (male & female)- Skills suggested, but not required.

- <b>Tryout cheer</b> (taught at tryouts)	10pts
- <b>Jump section:</b> Toe touch, pike jump, standing back* suggested	10pts
- <b>Standing pass:</b> B.H.S., tuck, layout, full *suggested (Additional pts awarded for higher difficulty)	10pts
- <b>Running pass:</b> Most difficult specialty pass * not required (Additional pts awarded for higher difficulty)	10pts
- <b>Stunt:</b> * not required (evaluation of technique, strength & difficulty) (Additional pts awarded for higher difficulty) ex: double down, full ups, & elite stunts.	
Technique	5pts
Strength	5pts
Difficulty	5pts
Flexibility (flyers only)	5pts
- <b>Interview/ Appearance</b>	30pts

Game squad/ Possible competitive (male/ female)

***-No previous experience is needed for tryouts! We believe that everyone should have a chance to be part of the Regis cheer program regardless of previous experience.***

- <b>Tryout cheer</b> (taught at tryouts)	15pts
- <b>Jump Section</b> (taught at tryouts)	10pts
- <b>Stunt:</b> (taught at tryouts) Evaluation on technique, strength, difficulty & flexibility)	
Technique	5pts
Strength	5pts
Difficulty	5pts
Flexibility (flyers only)	5pts
- <b>Interview/ Appearance</b>	50pts

**\*Cheer teams and positions**

-Coed: flyer, Side Base, Main Base, Back/2Man, Tumbler.

-Small All Girl: flyer, Base, Back Spot, Front Spot, and Tumbler.

-Game Squad: No experience necessary (learning tumbling, stunting, cheers).

\* scoring criteria is subject to change.

**Video Tryouts:** Please send your most difficult specialty tumbling pass, ending with your hardest skill (B.H.S, tuck, layout, full, double). Show your most difficult stunts



(Flying, basing, back spotting), front & back views. For jumps show triple toe touch, to most difficult skill (B.H.S., tuck, full).

## REGIS UNIVERSITY CHEERLEADING

### PLEASE PRINT CLEARLY & TURN IN AT TRYOUTS

I am trying out for (circle one) **Competitive** **Game** **Both**

I am a (circle more than one if applicable) **Flyer** **Stunter** **Tumbler**  
**Side Base** **Main Base** **Back Spot**

### PERSONAL INFORMATION

FIRST NAME: \_\_\_\_\_

LAST NAME: \_\_\_\_\_

BIRTH DATE: \_\_\_\_\_

R.U. STUDENT ID #: \_\_\_\_\_

PERSONAL EMAIL: \_\_\_\_\_

REGIS EMAIL: \_\_\_\_\_

CONTACT

PHONE#: \_\_\_\_\_

HEIGHT: \_\_\_\_\_ WEIGHT: \_\_\_\_\_

CHEER SHOE SIZE: \_\_\_\_\_

JACKET: \_\_\_\_\_ PANTS: \_\_\_\_\_

T-SHIRT: \_\_\_\_\_

**WOMEN-** SPORTS BRA: \_\_\_\_\_ BREIFS: \_\_\_\_\_

**MEN-** SHORTS: \_\_\_\_\_ SHIRT: \_\_\_\_\_

### MAILING ADDRESS (MAY-JULY 2012)

STREET ADDRESS:

CITY:

STATE:

ZIP:

### PERMANENT ADDRESS (if different from above)

STREET ADDRESS:

CITY:

STATE:

ZIP:

### EMERGENCY CONTACT INFORMATION

NAME/RELATIONSHIP:

CONTACT #:

EMAIL:

### **ADDITIONAL INFORMATION**

High School graduated from: \_\_\_\_\_ Cumulative GPA:  
\_\_\_\_\_

College Transferring from: \_\_\_\_\_ Cumulative GPA:  
\_\_\_\_\_

Major: \_\_\_\_\_

How did you hear about R.U. Cheer program and Tryouts?

Have you previously attended R.U.? Yes \_\_\_\_\_ No \_\_\_\_\_

Have you applied to R.U. and been accepted for Fall Semester? Yes \_\_\_\_\_  
No \_\_\_\_\_

Have you been offered a merit scholarship from R.U.? Yes \_\_\_\_\_  
No \_\_\_\_\_

Have you applied for Financial Aid (FAFSA)? Yes \_\_\_\_\_  
No \_\_\_\_\_

### **INTERVIEW QUESTIONS**

If you are attending live tryouts, please bring a copy of these questions & answers along with a recent photo of yourself. If you are submitting a video, please send or record your answers to the following questions along with your application and photo of yourself.

Please answer the following questions truthfully & thoroughly.

1. What is your full legal name and nickname?
2. How long have you been cheering or involved in tumbling & gymnastics for?
3. What is your competitive cheer/ gymnastics background?
4. Why do you want to be a R.U. cheerleader?
5. Are you willing to commit time and hard work? (Practices, games, fundraisers, events & community service, etc...)
6. What are your educational goals?
7. What motivates you to becoming a stronger and more competitive athlete?

8. What is your favorite band?