



# Missouri State™

## CHEER SQUAD

Dear Prospective Squad Member,

First of all, let me thank you for your interest in the Cheer Squad at Missouri State University. We are very excited to have you choose Missouri State University to further your education, and we are even more excited to have you consider becoming part of the Cheer Squad.

The Missouri State Cheer Squad serves a function as one of the most visible student groups on campus, and we take pride in the role of ambassadors of the University, not only at athletic events on campus and representatives in the Springfield community, but also statewide and at times to the entire country. The 2008-2009 school year looks to be a historic one-of-a-kind year on our campus and is one of those periods in a University's history that will be talked about for a very long time to come. The most notable piece of history will be the opening of the JQH Arena in the fall. JQH Arena is our new 12,000 seat luxury arena which our Men's and Women's Basketball teams will call home for the long-term. Our football team is going to be in the thick of the battle for a conference title and a berth in the national playoffs and the Volleyball team will be striving for their 4<sup>th</sup> consecutive NCAA Tournament berth. Not to forget, the Cheer Squad has just notched our third straight Top 5 finish at the UCA College Nationals with a 4<sup>th</sup> place finish this past year, and things are only looking up for next year. Don't forget about our top notch academic programs, which are garnering national and international accolades almost on a daily basis. No matter how you look at it this is a very exciting time to be a part of Missouri State University's history.

The 2008 Tryout weekend will be May 2,3 & 4, 2008; at which time we will be selecting the squad for the 2008-09 school year. All of the items needed to tryout are on the Tryout Information sheet included in this packet. Preceding the Tryout Weekend we will host three Tryout Clinics, the dates and times of the clinic are on the Information Sheet. The information contained in this packet is everything you need to know to tryout for the Missouri State Cheer Squad. If you have any questions regarding any of the information contained on the following pages or have a question regarding anything related to Missouri State University and your choice of a school to further your education, please don't hesitate to contact me at methods listed below.

Sincerely,

J.R. Longstaff

Head Cheerleading & Mascot Coach  
Missouri State University Spirit Squads  
(417) 818-0965  
JRLongstaff@missouristate.edu

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# Missouri State™

## CHEER SQUAD

### 2008 Missouri State Cheer Tryout Information Sheet

#### Tryout Clinics and Informational Meetings

#### Tryout Clinics 2008

April 13, 2008 1-4pm

April 20, 2008 1-4pm

April 27, 2008 1-4pm

*All clinics will be held in the East Court of Hammons Student Center*

Anyone interested in trying out for the Cheer Squad is strongly encouraged to attend these clinics. The Tryout Clinics are specifically designed to help with Co-Ed Partner Stunting, Standing Tumbling, Running Tumbling, and the Missouri State Fight Song. Participants also benefit by personally meeting with the coaches and learning first-hand information about the tryout process.

Each clinic will conclude with an information session, these will be designed to cover all information regarding tryouts, benefits of being on the squad, what to expect when you make the squad and the standard of conduct of squad members.

These clinics are not mandatory to tryout for the squad, however, most successful tryout participants attend at least two if not all of the clinics.

#### **To participate in the clinics you must have:**

- 1. Proof Of Insurance (Current Medical Insurance Card or Copy of insurance Card, no exceptions)**
- 2. \$20 Clinic Fee (Cash Only, No Checks Please)**
- 3. Signed Insurance and Medical Release Waiver (Available at the Clinic or on the website)**

Proper attire is required for all participants:

Ladies—Cheer Shoes, Shorts, Spankies, T-Shirt and a Sports Bra

Men—Tennis Shoes, Shorts, and T-shirt

## 2008 Missouri State Cheer Tryout Information Sheet(cont'd)

### Tryout Weekend 2008

#### Schedule of Events

May 2, 2008

5:30-6:00pm—Registration and Open Practice

6:00-9:00pm(approx.)—Tryout Semifinals

May 3, 2008

9-4pm(approx.)—Tryout Finals and 2008-09 Squad Announcement

May 4, 2008

11-4pm—New Squad Orientation and Practice

*All Tryout Weekend 2008 events will be held in the East Court of Hammons Student Center*

#### General Tryout Information

All participants will tryout in person on May 2 & 3, 2008.

No videotaped or specially arranged tryouts will take place regardless of conflict

There will be two Selection rounds. Semi-Finals will be on Friday evening with the Finals on Saturday.

Selection of 2008-09 squad will be made on Saturday.

**All participants are evaluated on how they perform an individual skill but they are also evaluated on how much POTENTIAL they have to become a collegiate cheerleader and to contribute to the squad.**

#### Tryout Eligibility

To be eligible to tryout you must complete the following:

1. Submit A Signed & Completed Missouri State Cheer Tryout Application By April 30, 2008.

You may either submit the application in person at a clinic or by mail to:

**Missouri State University**

**J.R. Longstaff--Hammons Student Center**

**901 S. National Ave.**

**Springfield, MO 65897**

2. Submit a recent photograph attached to your application
3. Submit a Signed Insurance & Liability Waiver(available at a clinic or on the website)
4. Show proof of acceptance to Missouri State University for the Fall Semester of 2008(A photocopy of your acceptance letter )
5. Pay The **\$25** Tryout Application Fee (Cash only, no Checks Please)

#### Tryout FAQ's

##### **Tryout Location/Parking:**

All events will be held in the East Court of Hammons Student Center(660 John Q. Hammons Pkwy, Springfield, MO 65897) which is located directly to the West of the JQH Arena(large construction site), you can park directly to the South of the facility and enter through the Southeast doors through the Racquetball lobby)

##### **Lodging/Accommodations**

For those needing overnight accommodations here are the three closest hotels to the University.

#1—University Plaza Htl Conv Center 333 S John Q Hammons Pkwy, Springfield, MO (417) 864-7333

#2--Holiday Inn Express Hotel & Suites 1117 E Saint Louis St, Springfield, MO (800) 345-8082

#3--Days Inn South 621 W Sunshine St, Springfield, MO (417) 862-0153

**Any other questions can be directed to Head Coach J.R. Longstaff at [JRLongstaff@missouristate.edu](mailto:JRLongstaff@missouristate.edu)**

# 2008 Missouri State Cheer Tryout Information Sheet(cont'd)

## Tryout Weekend 2008

### Tryout Skills

We don't require participants to have ALL of these skills listed below so please don't allow the list intimidate you, but it will show us a sampling of exactly what skills you can perform and how well you do each.

### **Tumbling (All tumbling will be performed on non-spring mats.)**

- Standing Back Tuck
- Standing Back Handspring Back Tuck
- Other Standing Tumbling (i.e.Handspring, Handspring Full; Standing Full)
- Running Tumbling Pass

### **Stunts**

- Toss Liberty with a Pop Off
  - (Will be executed with a participant chosen for you and will be judged on how easily you perform the stunt.)
- Optional Stunt---Any Stunt you wish to execute
  - Examples of favorable stunts
    - Full Up to Liberty/Heel Stretch/Cupie
    - Double Down out of a Heel Stretch/High Torch Arabesque
    - Rewind to any extended stunt

### **Sideline/Collegiate Image**

- Cheer (Will Be Taught As Part Of The Tryout Process)
- Missouri State Fight Song (To be taught at the clinics)
- A personal interview with the coaches/judges will also be a part of the evaluation process

*\*\*Skills May Be Added or Removed from the tryout As Deemed Necessary by the Coaches and Judging Panel*

### **Tryout Appearance Standards**

(Individuals not wearing the proper apparel will not be allowed to participate in the Tryout Process)

#### Ladies

Maroon or Black Sports Bra  
White, Maroon or Black Shorts with  
Spankies underneath  
Cheer Shoes  
Hair should be ½ up with a white bow  
Make-Up Should Project a collegiate  
image

#### Men

Maroon, White or Black T-Shirt  
Maroon or Black Shorts  
Tennis Shoes  
Clean Shaven  
Hair should be styled in a collegiate  
manner

Tryout Participants may not wear any apparel that identifies them with a particular squad or school. No High School, or All-Star Squad apparel, or competition shirts will be allowed. Generic apparel with just the Missouri State logo is recommended.

No piercings(this includes all visible and non-visible piercings), or jewelry(including earrings) and any visible tattoos must be concealed either by tape or makeup concealer. These standards for appearance will hold true for all appearances throughout the year and are in accordance with AACCA College Safety Guidelines.

## 2008 Missouri State Cheer Tryout Information Sheet(cont'd)

### **Tryout Agreement and Performance Contract**

All individuals participating in the tryout process will sign a statement agreeing to the final decision of the Coaches and Judging panel and will acknowledge that the judges decision is final and that no further recourse is warranted. Once an individual is selected for the Squad, they will sign a performance contracts stating that they will fully abide by the squad Code of Conduct and must fulfill each requirement stated therein, to receive the stated benefits of squad membership. They will also agree that if they terminate their membership as a member of the squad at any point prior to the completion of the entire season, that all expenses and benefits provided on their behalf by the University are to be paid back in full to the University.

### **Required Summer Practices & Events**

All individuals making the squad must return on several occasions over the summer for practices, to host and attend UCA College Camp, to teach at the Middle School Sideline camp and to perform at the MCCA High school regional competition. These dates will be published as early as possible. Attendance or lack there of at these events will greatly diminish opportunities at camp and for appearances well into the semester.

**2008 Missouri State Cheer Squad Application**  
**Personal Information**

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First Name MI Last Name

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Home (Permanent Address) City State Zip Code

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Current Mailing Address (If different from Parents) City State Zip Code

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E-Mail Address. @

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( ) - ( ) -  
Home Phone # Cell Phone #

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( ) - / /  
Parents Phone # (If Different from above) Date of Birth

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- - M or F  
Social Security # Sex

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Mother's Name Occupation

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Father's Name Occupation

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**Academic Information**

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High School Attended City, State Year of Graduation

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Previous Colleges or Universities Current Classification (FR, SO, JR, SR, GR)

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Intended Major(s) Projected Graduation (Semester, Year)

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## Cheer Squad Experience

Please list all squads that you have been a member of:

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High School Squad	Years (From-To)
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High School Coach/Advisors Name	Phone #
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All Star Cheer Squad or Gymnastics Team	Years (From-To)
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All-Star/Gymnastics Coach/Advisors	Name Phone #
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College Squad	Years (From-To)
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College Coach/Advisors Name	Phone #
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