



Missouri State[™] CHEER SQUAD

Dear Tryout Candidate,

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 continue a long tradition of individuals who have chosen Missouri State University to further their education, and we are even more excited that you have considered continuing the tradition of the Missouri State Cheer Squad.

The Cheer Squad serves as one of the most visible student groups on campus, and we take pride in the role of University ambassadors, not only at athletic events, but also to the entire country, the state of Missouri and the community in which we live. The upcoming school year is going to be a year in which we build on our foundation of high standards of excellence and leadership. The past year has seen the Cheer Squad be apart of some of the biggest events in our campuses' history. The past year included the opening of JQH Arena, our 11,000 seat luxury arena, our new video board and the addition it provides to our Football game day experience, and our Volleyball team and their 5 straight NCAA Tournament appearance. Then to top it all off, the Cheer Squad garnered our highest finish ever at UCA College Nationals, 3rd Place in Division 1, cleanly hitting a very difficult routine. In the 2009-2010 year we will build on our foundation we have cemented and will only look up as we continue to live history and continue to excel not only as cheerleaders, but as visible, vital members of the Missouri State University community.

Tryout Weekend 2009 will be May 1, 2, & 3, 2009; at which time we will be selecting the squad for the 2009-10 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

CHEER SQUAD

901 South National Avenue, Springfield, MO 65897

Phone: (417) 836-6747 • Fax: (417) 836-6886

www.missouristate.edu/cheer • CheerSquad@missouristate.edu

2009 Missouri State Cheer Tryout Information Sheet

2009 Tryout Clinics

April 5, 2009 1-4pm

April 19, 2009 1-4pm

April 26, 2009 1-4pm—Tryout applications due

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

Tryout Clinics and Informational Meetings

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 squad members are held to.

These clinics are not mandatory to tryout for the squad; however, most successful tryout participants attend at least two 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

Tryout Weekend 2009

May 1, 2009

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

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

May 2, 2009

9:00am-4:00 pm (approx.)—Tryout Finals

May 3, 2009

12:30—4:00 pm —New Squad Orientation and Practice

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

General Tryout Information

- All participants will tryout in person on May 1 & 2, 2009.
- No videotaped or arranged tryouts will take place, regardless of conflict.
- There will be two Selection rounds; Semi-Finals will be on Friday evening and Finals on Saturday.
- All tryout events are closed to the public, only those trying out will be allowed in the facility.
- Final selection of the 2009-2010 squad members will be made on Saturday.
- Those selected for the squad will return on Sunday for practice, fittings, and meetings.
- *All participants' evaluations are based 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 26, 2009.

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

Missouri State University

J.R. Longstaff—Alumni 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 2009
(A photocopy of your acceptance letter)
5. **Pay the \$25 Tryout Application Fee** (Cash only, no Checks Please)

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; 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 two 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

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 contract 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 by them 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 staff and work other specified events and camps. These dates will be published as early as possible. Attendance or lack thereof, at these events will greatly diminish opportunities at camp and for appearances well into the semester.

Tryout Skills Guide

Not all candidates will have all of the skills listed below.

This listing is provided to give you an idea of what we are looking for in an ideal tryout candidate.

Being able to perform all of the skills listed below does not guarantee that you will be accepted for the squad.

Tumbling (All tumbling will be performed on a cheer floor.)

- ✓ Standing Back Tuck
- ✓ Standing Back Handspring Back Tuck
- ✓ Other Standing Tumbling (i.e. Handspring, Handspring Full; Standing Full)
- ✓ Running Tumbling Pass(Round off Back handspring back tuck)

Stunts

- ✓ Required stunt: Toss Heel Stretch with a Pop Off
(Will be executed with a participant chosen by the coaches.)
- ✓ 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/Traditions

- ✓ Cheer (Will Be Taught As Part of the Tryout Process)
- ✓ Missouri State Fight Song (To be taught at the clinics)
- ✓ All participants will be tested on their knowledge of the lyrics of the Missouri State Fight Song & Missouri State Alma Mater (A link to the lyrics is available on the Cheer Squad website.)
- ✓ 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 adhering to the standards listed will not be allowed to participate in the Tryout Process)

General Standards:

- 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.

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

2009 Missouri State Cheer Squad Application
Personal Information

First Name MI Last Name

Home (Permanent Address) City State Zip Code

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

E-Mail Address. @

(_____)_____-_____
Home Phone #

(_____)_____-_____
Cell Phone #

(_____)_____-_____
Parents Phone # (If Different from above)

_____/_____/_____
Date of Birth

_____-_____-_____
Social Security #

M or F
Sex

Mother's Name Occupation

Father's Name Occupation

Academic Information

High School Attended City, State Year of Graduation

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

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

Cheer Squad Experience

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

High School Squad Years (From-To)

High School Coach/Advisors Name Phone #

All Star Cheer Squad and/or Gymnastics Team Years (From-To)

All-Star/Gymnastics Coach/Advisors Name Phone #

College Squad Years (From-To)

College Coach/Advisors Name Phone #