

# Cardinal Cheerleaders

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## 2011-2012 Tryout Information

### WELCOME

This packet includes information regarding the tryout process for the Trinity Valley Community College Cheer Program. Specifically, you will find information regarding the Cheer Team guidelines and responsibilities, terms of tuition waiver, the live and video tryout procedure, tryout material and score sheet, and tryout information sheet. Please review this information thoroughly.

- Applicants who wish to receive scholarship aid are required to apply for financial aid prior to enrollment.
- All Cheer Team applicants must submit a completed **tryout application**.
- **Live Tryouts** will be held on April 15, 2011 and April 16, 2011 at Cardinal Gym in Athens, TX (100 Cardinal Dr. in Athens, TX 75751). You must *attend both days*. If you plan to attend, please email Head Cheer Coach, Charlie Hueber at [chueber@tvcc.edu](mailto:chueber@tvcc.edu) by April 8, 2011. Be sure to include your name, TVCC student ID #or Social Security #, and contact phone number.
- If you need **accommodations** while in Athens you can visit: The Athens Chamber of Commerce for hotel information at <http://www.athenscc.org>.
- **Video Tryout** by Videotape, YouTube, or DVD - Please refer to the **Tryout Procedure** and Tryout Material format for detailed information/requirements and arrange your video accordingly. All tumbling performed on a spring floor will NOT be scored. If you are submitting a hard copy video, only VHS tapes and DVD-Rs will be accepted (No CD-Rs allowed). All video submissions must be received by April 8, 2011.
- Tryout Results - Once the team(s) has been selected, you will be notified via phone, email, and/or mail by the Head Cheer Coach on or before May 1st, 2011. Scholarship amounts will be determined shortly after this date.

I appreciate your interest in our national championship program. If you have any questions, feel free to contact me via email [chueber@tvcc.edu](mailto:chueber@tvcc.edu) or phone 903-675-6353. Good luck and I look forward to viewing your tryouts.

Go Cards,



TVCC Head Cheer Coach

# *Trinity Valley Community College: Cardinal Cheerleaders*

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## **CHEERLEADING GUIDELINES**

1. Cheer Team members are representatives of Trinity Valley Community College in and out of uniform and will be expected to uphold the highest standards of moral conduct and adhere to the TVCC Student Code of Conduct.
2. Academics and Cheer Team activities are top priorities students must maintain a 2.0 GPA to remain active members of the team.
3. A positive attitude must be maintained toward all team members, coaches, and TVCC representatives including faculty and staff.
4. Cheer Team members will be required to sign an agreement outlining the policies and procedures and the code of conduct for the Cheer Team. Failure to abide by the terms may result in termination and revocation of tuition waiver.
5. Any Cheer Team member under the influence of drugs or alcohol during a practice, game, event, or function will be terminated from the team and their tuition waiver revoked. Moreover, unannounced drug tests will be administered.
6. Cheer Team members are required to attend and participate in all practices and conditioning sessions, athletic games, and TVCC events. All team members must be on time and dressed appropriately.
7. Cheer Team members are expected to be in and maintain a healthy and physically fit condition. Thus, all members will participate in a conditioning and weight training program.
8. Sportsmanlike conduct must be maintained at all times. Verbal abuse and cursing will not be tolerated.
9. Cheer Team members will actively participate in fundraising projects, benefit performances, and volunteer activities for the community.
10. If it is determined that the Cheer Team will attend NCA camp and the national competition, team members will participate in various fundraising opportunities in effort to offset expenses associated with these trips.
11. With all of the duties and responsibilities of being a Cheer Team member, there is very little time for a job. Some team members have found jobs that allow them flexible schedules, but they are hard to find. Nevertheless, these waivers are subject to termination at any time if Cheer Team duties are not fulfilled.

Please refer to our website for a complete list of guidelines:

<http://www.tvcc.edu/athletics/cheerleaders/PDF/Guidelines.pdf>

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## TRYOUT INFORMATION

**All applicants must have applied to the College prior to tryouts.**

Tryout appearance should be “**performance ready**”. Please remove all piercings and cover up tattoos. Females: Hair half-up, with bow, straight or curled. Wear a black sports bra and black spandex. Males: Hair should be clean-cut and face clean-shaven. Wear solid colored shirt and black shorts.

**Live Tryouts** will be held on April 15, 2011 and April 16, 2011 at Cardinal Gym in Athens, TX (100 Cardinal Dr. in Athens, TX 75751). You must *attend both days*. If you plan to attend, please email Head Cheer Coach, Charlie Hueber at [chueber@tvcc.edu](mailto:chueber@tvcc.edu) by April 16, 2011. Be sure to include your name, TVCC student ID #or Social Security #, and contact phone number.

**VIDEO TRYOUT - ALL** video tryouts must be received by **April 8, 2011**. Please refer to the *Tryout Material and Score Sheet* for detailed information/requirements and arrange your video accordingly. **Tumbling performed on a spring floor will NOT be scored.**

\*Make sure it is clear which person is trying out on the video. At the beginning of your video, please introduce yourself and indicate which position and team you are trying out for. See “Tryout Material” for the order and list of skills required for your tape. At the end of your tape, please include your personal interview answers. The Interview Questions are listed at the end of the Tryout Information sheet.

**DO NOT** send any extra material or clips of your past performances.  
**DO NOT** send any material performed on a spring floor.

**Videotape and DVD** - If you are submitting a hard copy video, only VHS tapes and DVD-Rs will be accepted (No CD-Rs allowed). Label the top, the side, and the sleeve of your video with your team preference, position, your full name, current address, contact phone number, and email address.

Your video and Tryout Application must be received by April 8, 2011. Please note that all videotape and DVD submissions become property of TVCC and will not be returned.

Trinity Valley Community College  
Cheer Program  
100 Cardinal Dr.  
Athens, TX 75751

**YouTube** - If you are posting your video tryout to YouTube, please email your video link and Tryout Application to [chueber@tvcc.edu](mailto:chueber@tvcc.edu). All YouTube submissions and tryout information must be received by April 8, 2011.

Videos received after April 8, 2011 will be accepted, but may be subject to a waiting list. If a position becomes available, those on the waitlist will be reviewed and notified, if selected for the team. All applicants will be notified of their tryout results via email, phone, and/or mail on or before May 1, 2011. Scholarship amounts will be awarded according to tryout results and determined shortly after this date.

## Spring 2011 TVCC Cheerleader Tryout Application

April 15 and 16

Cardinal Gym- Athens, Texas

We are creating a diverse team with a wide array of talent. Please note the requirements below. Elite members will concentrate on their area of expertise, along with the general team requirements. The team will be well rounded in all areas. Everyone who is trying out must meet at least general team requirements, along with either Elite stunts or tumbling.

You must have the following to be considered for try-outs (but not limited to):

### General Team

1. Toe Back
2. Triple Jumps, No Prep
3. Awesome or Lib
4. Stretch with Full Cradle
5. Running Tumbling Pass

### Elite Stunter

1. Sequence : Toss Stunt/Pop Off into a Stretch; (must get to stretch by Rewind, Full up, Eagle up, etc.,with Double Down)

### Elite Tumbler

1. Front through to Advanced Pass or Alternates
2. Standing 2 to Full/Double

**\*\*TRY OUTS ARE ON A BLUE MAT. NO SPRING FLOOR.\*\***

### Friday, April 15

5:00 p.m. – Check in (Must have a fully completed application and waiver signed before you can tryout)  
5:30 p.m – stretch and warm up on your own  
6:00 p.m. – Open Practice set stunt partners and interviews.

### Saturday, April 16

9:00 a.m. - Weigh in  
9:30 a.m. - Stretch and warm up as a group  
10:00 a.m. - Tryouts begin

### Points to remember:

- You will need to bring your own cheer to try out.
- You will need to provide your own meals & lodging.
- You may NOT use your own stunt partner.
- General stunts will be performed with 2 different partners.
- Try outs are on a blue mat, NO spring floor will be used.
- Try outs are open to family and friends the interviews are not.
- If you are transferring from another college a letter from that college's cheer coach and a copy of your official transcripts must accompany your application.

### Attire:

- Guys: Black or Red Shorts, Solid T-shirt, cheer shoes.
- Girls: Black or Red Spandex shorts, sports bra & T-shirt, cheer shoes.

Results will be announced immediately following try-outs

\*\*\*\*The new squad will spend the remainder of Saturday with the team\*\*\*\*

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**Spring 2011 TVCC Cheerleader Tryout Application**

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip \_\_\_\_\_

Cell Phone: \_\_\_\_\_ Email: \_\_\_\_\_

High School: \_\_\_\_\_ College (if transfer): \_\_\_\_\_

Height: \_\_\_\_\_ Weight: \_\_\_\_\_ Sex: Male  Female

Emergency Contact

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Shirt Size: XS  S  M  L  XL  XXL       Short Size: XS  S  M  L  XL  XXL

Please describe your Cheerleading Experience (attach additional sheets if needed):

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Please list your specific tumbling and stunting skills:

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**REMEMBER: Bring your application and signed waiver to check in on the first day of tryouts. If you are transferring from another college you will also need official transcripts and a letter of release from that college's cheer coach.**

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## TVCC Cheerleading Waiver of Liability and Hold Harmless Agreement

1. In consideration for participating in TVCC CHEER Tryouts and other valuable consideration, I hereby RELEASE, WAIVE, DISCHARGE AND COVENANT NOT TO SUE Trinity Valley Community College, its Board of Trustees, The State of Texas, their officers, servants, agents, and employees (hereinafter referred to as RELEASEES) from any and all liability, claims, demands, actions and causes of action whatsoever arising out of or related to any loss, damage, or injury, including death, that may be sustained by me, or to any property belonging to me, WHETHER CAUSED BY THE NEGLIGENCE OF THE RELEASEES, or otherwise, while participating in such activity, or while in, on or upon the premises where the activity is being conducted or in transportation to and from said premises.
2. To the best of my knowledge, I can fully participate in this activity. I am fully aware of risks and hazards connected with the activity, including but not limited to the risks as noted herein, and I hereby elect to voluntarily participate in said activity, and to enter the above-named premises and engage in such activity knowing that the activity may be hazardous to me and my property. I VOLUNTARILY ASSUME FULL RESPONSIBILITY FOR ANY RISKS OF LOSS, PROPERTY DAMAGE OR PERSONAL INJURY, INCLUDING DEATH, that may be sustained by me, or any loss or damage to property owned by me, as a result of being engaged in such an activity, WHETHER CAUSED BY THE NEGLIGENCE OF RELEASEES or otherwise.
3. I further hereby AGREE TO INDEMNIFY AND HOLD HARMLESS THE RELEASEES from any loss, liability, damage or costs, including court costs and attorney's fees, that may incur due to my participation in said activity, WEATHER CAUSED BY NEGLIGENCE OF RELEASEES or otherwise.
4. It is my express intent that this Release and Hold Harmless Agreement shall bind the members of my family and spouse (if any), if I am alive, and my heirs, assigns and personal representative, if I am not alive, shall be deemed as a RELEASE, WAIVER, DISCHARGE AND COVENANT NOT TO SUE the above named RELEASEES. I hereby further agree that this Waiver of Liability and Hold Harmless Agreement shall be construed in accordance with the laws of the State of Texas.
5. I UNDERSTAND THAT THE COLLEGE WILL NOT BE REPOSNSIBLE FOR ANY MEDICAL COSTS ASSOCIATED WITH AN INJURY I MAY SUSTAIN DURING THIS EVENT.
6. I further agree to become familiar with the rules and regulations of the College concerning student conduct and not to violate said rules of any directive or instruction made by the person or persons in charge of said activity and that I will further assume the complete risk of any activity done in violation of any rule or directive or instruction.
7. I also understand that I should and am urged by TVCC to obtain adequate health and accident insurance to cover and personal injury to myself which may be sustained during the activity or the transportation to and from said activity.

IN SIGNING THE RELEASE, I ACKNOWLEDGE AND REPRESENT THAT I have read the foregoing Waiver of Liability and Hold Harmless Agreement, understand it and sign it voluntarily as my own free act and deed; no oral representations, statements or inducements, apart from the foregoing written agreement, have been made; I am at least eighteen (18) years of age and fully competent; and I execute this release for full, adequate and complete consideration fully intending to be bound by the same.

Name of Participant: \_\_\_\_\_  
PLEASE PRINT

Signature of Participant: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Parent or Gaurdian: \_\_\_\_\_ Date: \_\_\_\_\_  
(only required if participant is under 18)

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## **INTERVIEW QUESTIONS**

If you are attending live tryouts, the following questions will be asked during your personal interview segment. If you are submitting a video, please record your answers to the following questions at the end of your tape.

Please answer the following questions truthfully and thoroughly.

- 1) Why do you want to be a part of the TVCC Cheer Team?
- 2) Describe your experience as a cheerleader.
- 3) Please explain the difference between a team and a family.
- 4) What role do you feel a cheer team should have on a college campus?
- 5) What are your career goals?
- 6) What do you believe your greatest asset to this team will be?
- 7) What do you believe will be your greatest struggle with this team will be?
- 8) This cheer team is a collegiate level team and the time commitment is a great one; how do you feel you will be able to balance cheering with school?
- 9) Cheering at TVCC is part of our athletic program and as such we consider our members to be athletes what role do you believe alcohol and tobacco should play in cheerleading?