

## TEXAS SOUTHERN UNIVERSITY CHEER/MASCOT 2022-23 TRYOUT PACKET

**PLEASE PRINT PACKET**

Thank you for your interest in joining the Texas Southern University Spirit Program. Tryouts will be held April 21<sup>st</sup>- 23<sup>rd</sup> 2022 in the Texas Southern University Recreation Center .

To try out, all of the following items MUST be submitted on the first day of tryout **\*Place all items in a manila folder with your name on it.**

### **CHECKLIST**

1. \_\_\_\_ \$50 Application Fee (checks & money orders made payable to TEXAS SOUTHERN UNIVERSITY ) *NON-REFUNDABLE*
2. \_\_\_\_ Application Form
3. \_\_\_\_ Copy of Acceptance Letter from TSU (Incoming freshman/transfer students only)
4. \_\_\_\_ Copy of your academic transcript or spring/fall semester grades. (Current students)

5. \_\_\_\_ Assumption of Risk, Release, Waiver of Liability Form

*This waiver is necessary for any possible injuries you might sustain in tryouts. If under 18, you must have a parent sign the Minor Release form. TSU will not cover any expenses from injury at tryouts for incoming or returning candidates.*

6. \_\_\_\_ Liability Waiver over the age of 18 years old.

7. \_\_\_\_ Review 'Important Information'

For questions regarding items needed to complete your packet, please visit us online at: <http://www.tsu.edu> or contact the Head Cheerleading Coach, Shontrese Comeaux, directly [shontrese.comeaux@tsu.edu](mailto:shontrese.comeaux@tsu.edu)

#### **Notes:**

All candidates must turn in try-out packet items on the first day of try-out clinic at check in.

Male, Flyer, and Base candidates will be judged on separate criteria.

All tumbling must be performed without the use of a spotter during tryouts.

**Cuts can be made at anytime during try-out clinic.**

**Candidates whose GPA is lower than 2.5 cannot be selected for the team.**

**\*\*\*CLINIC AND TRYOUTS ARE CLOSED!\*\*\***

**Texas Southern University CHEER/MASCOT**

## 2021-22 TRYOUTS

### TSU Recreation Center

April 29 & 30

#### FITNESS REQUIREMENT

We do not have minimum or maximum height/weight requirements. There are, however, fitness requirements. Cheerleading Squad members must be in good physical condition to properly wear the uniform and to handle the intense physical training and performing.

#### CHEERLEADER GENERAL REQUIREMENTS

5. Minimum grade point average (G.P.A.) for all currently enrolled full-time TSU students trying out for Cheerleader is **2.5** (cumulative)
6. Must have a letter of acceptance from TEXAS SOUTHERN UNIVERSITY (required for all incoming freshman and transfer students)- ATTACHED TO YOUR APPLICATION
7. Previous cheerleading experience is recommended (High school level or All-star)
8. Must have stunting ability/skills
9. **Tumbling – Minimum standing back tuck (must be performed on gym floor/ MAT) and running back handspring back tuck**
10. **Jumps: Toe Touch, Pike, Triple Jump Combination**
11. **Co-ed Stunts (male): Toss chair, Toss Hands Extension and optional stunt**
12. **Partner stunts (female): best stunt**
13. **Dance – taught during clinic**
14. One (1) Cheer - taught during clinic
15. One(1) Chant - taught during clinic
16. Fight Song – taught during clinic (available on YouTube Link : TSU Cheerleaders Fight Song)
17. **Attire for tryouts:** Female - Black shorts, black sports bra and white cheer shoes.  
Male – Black shorts, black t-shirt or black under amour shirt, and black or white shoes.
18. **Appearance:** (Female) For Friday tryouts, look “game-ready,” with hair and make-up done as you would for a game.  
**FRIDAY :**Wear a grey, white or maroon/maroon bow with hair in a ponytail (**all the way up or half-up**). Stud earrings may be worn.
19. No long nails
20. (Male) For try-outs, you should be clean-shaven and well groomed. No jewelry.

#### TEX/ REX/ LEX THE MASCOT GENERAL REQUIREMENTS

- Minimum grade point average (G.P.A.) for all full-time currently enrolled ASU students trying out for Mascot is **2.5**(cumulative)
- Must have a letter of acceptance from Texas Southern University (required for all incoming freshman and transfer students)
- Must provide black tights and black gloves for performance
- Bring two (2) clean T-shirts for performance day
- Performance Guidelines:
  - Never talk while in uniform
  - Perform a 2-3 minute routine with props and music (you must provide your own music)
  - Gesture to game situation questions asked by judges. Show spirit on and off performance area.

#### CONDUCT

- Candidates are expected to encourage and be supportive of other candidates.

- No food, beverages, or gum are allowed in the facilities other than water bottles & personal belongings.
- No videotaping of tryouts.
- Dispose of any trash and help keep our facilities clean.
- Jewelry must be removed for tryouts and clinic. Females may wear stud earrings.
- Candidates should have the appearance or exhibit behavior of an TSU Cheerleaders at all times during clinic/tryouts. Candidates with colored hair or candidates that exhibit an appearance/behavior unlike an TSU Cheerleader may be cut immediately.

#### **SAFETY GUIDELINES**

- The use of springboards and mini-tramps are prohibited.
- Remember to stretch before and after performance.
- Jewelry, other than one set of pearls earrings, is not allowed during tryout clinic or during tryouts.
- Long nails are prohibited.
- **Candidates who wear unauthorized jewelry or have long nails, may be cut immediately.**

## 2021-22 TRYOUT APPLICATION

PLEASE PRINT CLEARLY

SELECT ONE:  MASCOT  CHEERLEADER

### GENERAL INFORMATION

NAME: \_\_\_\_\_ DOB: \_\_\_\_\_

STUDENT T Number #: \_\_\_\_\_ GPA: \_\_\_\_\_ SELECT ONE:  MALE  FEMALE

CLASSIFICATION:  HS SENIOR  FRESHMAN  SOPHOMORE  JUNIOR  SENIOR

ADDRESS: \_\_\_\_\_

PHONE NUMBER: \_\_\_\_\_ EMAIL ADDRESS: \_\_\_\_\_

### EXPERIENCE

COLLEGE  HIGH SCHOOL  ALL STAR  NONE MASCOT EXPERIENCE:  YES  NO

SELECT ONE (FEMALES ONLY):  FLYER  BASE

BASES (FEMALE ONLY): TOSS TO HANDS (WITH AN ASSIST)  YES  NO

FLYERS:  LIB  HEEL STRETCH  ARABESQUE BASKETS:  TOE TOUCH  TUCK  KICK  FULL

DO YOU HAVE CO-ED EXPERIENCE (MALES & FLYERS ONLY):  YES  NO

MALES:  COED CHAIR  TOSS TO HANDS  EXTENSION  LIB  CUPIE

TUMBLING:  STANDING TUCK  STANDING FULL  BHS TUCK

RUNNING BHS  RUNNING BHS TUCK  RUNNING BHS FULL  RUNNING BHS LAYOUT

OTHER SKILLS (ALL): \_\_\_\_\_

LIST ALL EXISTING INJURIES: \_\_\_\_\_

### PARENT/GUARDIAN INFORMATION

PARENT'S NAME: \_\_\_\_\_

PARENT'S ADDRESS: \_\_\_\_\_

PARENT'S CELL PHONE: \_\_\_\_\_ PARENT'S HOME PHONE: \_\_\_\_\_

### SIZES

\_\_\_\_\_ SHOE SIZE \_\_\_\_\_ SKIRT/PANTS \_\_\_\_\_ T-SHIRT \_\_\_\_\_ SHORTS \_\_\_\_\_ JACKET

Are you willing to abide by the rules, regulations, and constitution, "THE STANDARDS", for the Texas Southern University Cheerleaders/Mascot?

\_\_\_\_\_  
(Signature)

\_\_\_\_\_  
(Date)

**Texas Southern University CHEER/MASCOT  
2021-22 TRYOUT APPLICATION**

Please attach

Why do you want to be an TSU Cheerleader/Mascot and what strengths would you bring to the team other than your skills or your love for cheerleading?

Multiple horizontal lines for writing an answer.

JUDGING CRITERIA

EVALUATION #1

- Candidates will be judged in the following categories: Appearance, Standing Tuck, Stunt, and Fight Song.

Appearance

- physique (looks athletic, would cheerleader look presentable in uniform)
-hair, bow, pearl earrings
-no extra jewelry
-nicely groomed (males)

Stunt

- (base/flyer)
- technique
- difficulty

Standing Tuck

- zero points for not landing
-zero points for not executing a tuck
-must be executed on Mat
-technique

Fight Song

- memorization
-sharpness

Difficulty scale for female bases:

- 1-3pts – assisted elevator level stunt
1-6pts – assisted extended two-legged stunts
1-7pts – assisted extended one – legged stunts
1-10pts – full up/tick-tock

- 1-8pts – toss chair
- 1-8pts – no assist, walk in or toss to hands (co-ed style)
- 1-10pts – no assist, walk in or toss to hand, press extension/one-legged stunt (co-ed style)

**Difficulty scale for male co-ed bases:**

- 1-3pts step up to shoulder stand
- 1-3pts toss to shoulder sit
- 1-3pts – walk in chair
- 1-6pts – toss chair
- 1-7pts – toss chair to hands
- 1-8pts – toss to hands/walk-in to hands
- 1-10pts – toss to hands press to extended stunt/ walk-in hands to press extended stunt

**Difficulty scale for flyers:**

- 1-3pts – walk-in chair, elevator, shoulder sit, shoulder stand
- 1-5pts – toss to chair
- 1-6pts – extended two-legged stunt with a pop off or straight cradle
- 1-6pts – elevator or extension full down
- 1-6pts – lib with a pop off or straight cradle
- 1-8pts – lib full down
- 1-8pts – arabesque, heel stretch, scale, or scorpion pop off or straight cradle
- 1-10pts – arabesque, heel stretch, scale, or scorpion full down
- 1-10pts – elite stunts (tick tock, rewind, full up; all elite stunts must be dismounted via full or double full down.)

- Each category is out of ten points. Candidates will have the possibility to score eighty points (Forty possible points from each judge).
- Candidates who do not score above sixty points and/or score lower than six points in any categories, may be cut after evaluation #1.
- Basket tosses are not allowed.

**EVALUATION #2**

- Candidates will be judged in the following categories: Spirit, Tumbling (standing and running), Jumps, Fight song, Cheer, Dance, Stunt (males), and Overall appeal.

**Spirit**

- entrance/exit
- crowd appeal
- voice projection

**Standing Tuck**

- must be performed on hard-wood floor
- zero points for not landing
- zero points for not attempting

**Standing Tumbling**

- perform best pass
- technique
- difficulty

**Running Tumbling**

- perform best pass
- technique
- difficulty

**Jumps/ Combination**

- technique
- flexibility
- height

**Cheer**

- knowledge
- motion technique
- spirit/voice
- tumbling/jumps executed

**Dance**

- energy
- knowledge
- rhythm
- motion technique
- jumps tumbling executed

**Stunt (Males only)**

**Required stunts**

- shoulder sit 1-5pts
- shoulder stand 1-5pt

**Overall Appeal**

- appearance (hair up with bow/no long nails, clean and neat, stud earrings (females)
- physique (looks athletic, looks physically fit in required tryout attire)
- showmanship

-chair 1-5pts

-overall talent

**Required optional Stunt**

-chair to hands 1-3pts

-toss hands 1-4pts

-hands extension 1-5pts

-hands lib, cupie 1-5pts

-toss lib, cupie 1-5pts

- Each category is out of five points. Flyer, base, and male top scorers will be selected for the team.
- Tryout results will not be discussed at tryout clinic or at tryouts.
- Team Letters will be sent to your registered emails and Tryout numbers will be posted to the cheer instagram page.
- Tryout Clinic/Tryouts may be recorded for record-keeping purposes.

**ASSUMPTION OF RISK, RELEASE, AND WAIVER OF LIABILITY**

**(Minors' form: to be completed by parent only if tryout participant is under the age of 18)**

I, \_\_\_\_\_, am a parent/legal guardian of \_\_\_\_\_, and give my consent for my minor child to participate in tryouts and/or activities (hereinafter collectively referred to as Activity) conducted and/or sponsored by the Texas Southern University Cheerleading Squad. I understand that participation in cheerleading, gymnastics, tumbling, dance, and related activities involves certain risks, and may result in unavoidable injuries due to the height, rotation, and motions involved in a unique environment. The injuries may include muscle strains and tears, broken bones, and severe injuries including, but not limited to, permanent paralysis, or even death. I am fully aware of the risks and possibility of injury involved and acknowledge that I am assuming the risk of such injury by my child's participation in the Activity.

I further acknowledge that I have health insurance and will be responsible for any and all medical and related bills that may be incurred by my minor child for any illness or injury that he/she may sustain during the Activity.

I further acknowledge and authorize the employees or agents of the Texas Southern University Cheer Squad, to act according to their best judgment in any situation requiring medical attention, whether an emergency or not.

Knowing these facts and in consideration of my minor child's participation in the Activity, I agree to release and hold harmless Texas Southern University and its officers, directors, Board of Trustees, representatives employees, coaches, and agents and the coaches and support staff of the TSU Cheerleading Squad, from any and all liability for negligence or any other claim, demand, action, judgment, loss, liability, cost and expenses (including without limitations, attorney's fees and costs) arising out of or in connection with the

Activity, whether directly or indirectly, including, but not limited to, any illness, injury, damage or loss to person or property that my minor child may incur or sustain during the Activity.

I further acknowledge and authorize the Texas Southern University Cheerleading Squad the right to photograph my minor child and use the photo and/or other digital reproduction of him/her or other reproduction of his/her physical likeness for publication processes, whether electronic, print, digital or electronic publishing via the Internet.

I acknowledge that I have read this Assumption of Risk, Release, and Waiver of Liability in its entirety and fully understand its contents. I am aware that this Release contains an acknowledgement of my voluntary and knowing assumption of the risk of illness or injury for my minor child. I further acknowledge that I have signed this document voluntarily and of my own free will.

\_\_\_\_\_  
Parent's Signature

\_\_\_\_\_  
Date

**\*\* FEMALE CANDIDATES MUST TRYOUT IN A BLACK SPORTS BRA AND BLACK TIGHTS/SHORTS, WITH A GOLD/YELLOW, WHITE, OR BLACK BOW, AND ONE PAIR OF PEARL/STUD EARRINGS. MALES MUST TRYOUT IN A BLACK T-SHIRT/MUSCLE SHIRT AND BLACK SHORTS (NO JEWELRY). BLACK OR WHITE CHEER/ATHLETIC SHOES MUST ALSO BE WORN.**

**Note: The 2021-2022 TSU Cheer Squad will be announced 30 – 45 minutes after try-outs via instagram. Results will not be discussed at try-outs.**

## **TEXAS SOUTHERN UNIVERSITY CHEER/MASCOT**

### **2020-21 TRYOUTS**

#### **IMPORTANT INFORMATION**

TSU Cheerleaders & Mascot must:

- Attend summer bootcamp( tentative ): two – three weeks prior to camp  
TSU Cheer Camp Dates: TBA
- Have a covid test completed and bring the results to the first practice.
- Have a physical completed by TSU trainers. More information TBA.
- **\*\*Attend summer camp – July 23<sup>rd</sup> – 25<sup>th</sup> 2021 at Southern Methodist University NCA Camp**

**\*\*If you do not have on-campus housing, you will be responsible for your own housing.**



# TRYOUT CONTRACT

Dear Cheer Candidate,

If you have reached this page, that means you have read the tryout packet in its entirety in hopes of becoming a member of the Texas Southern University cheerleading squad. As a member of the squad, you will have many team responsibilities and requirements to adhere to, as well as serving Texas Southern University and our community as a university ambassador. Once school starts, all selected team members must be a current full-time student of TSU, attend scheduled classes, and maintain a 2.5 GPA. Please note, being a member of the cheer team does require an extreme amount of time, sacrifice, and time management. Before school starts, all cheerleaders are required to attend a two week boot camp prior to mandatory NCA Cheer Camp in Dallas at SMU . Once classes start, team members are required to attend workouts two days a week. Practice times may vary; however, they will normally be in the evening Monday through Thursday during football season from 6:00 pm to 7:30 pm. Please schedule your classes around the times mentioned. Cheerleaders must be available for all football and basketball games, and any athletic / university events that are scheduled throughout the seasons. With this cheerleaders may not be able to go home on weekends, holiday, spring break, etc, until all obligations have been met and the coach has given permission to do so. Any cheerleaders who leaves the team voluntarily or involuntarily will be required to return any items provided by the program, if not, the cost of the items will be placed on your university account to pay. If you are selected for the team and cannot fulfill your obligations & duties (behavior infractions & suspensions included ) , you will be released from the squad.

*By signing this form below, means that you have read and agree to all information on this form and in the cheer tryout packet. If selected for the team, you agree to all the rules and regulations of the team at all times.*

Print Name: \_\_\_\_\_ Date \_\_\_\_\_

Signature: \_\_\_\_\_ Date \_\_\_\_\_

Coach Signature: \_\_\_\_\_ Date \_\_\_\_\_