Dear Candidate,

I am very excited that you are interested in becoming a part of the Western State Colorado University Cheerleading Team! Cheerleaders are responsible for cheering at the home football and basketball games, all cheerleading competitions, practices which are held five days a week, and organized workouts. The team will also participate in a variety of activities such as community service and fundraisers. There will be two camps held during the summer; one cheer camp in Colorado Springs and a football cheer/chant camp one week prior to the fall semester. As a cheerleader for Western State Colorado University you must be dedicated, determined, and prepared to work to your full potential at ALL times.

Try-outs will be held on April 29th and 30th. Friday, April 29th is designated as a clinic night to work on tumbling, stunting, and learning the fight song/dance and try-out cheer and chant. This will begin at 7:00 PM and end approximately at 9:00 PM. Saturday, April 30th is try-out day! Be ready to show us what you got! It starts at 9:00 AM. Everything will be located in the Lower Gym of the Paul Wright Gym building. The announcement of the squad and a meeting for the new team will be held later that afternoon on Saturday. We will go over the expectations, camps, and the upcoming year. I will need your packets prior to try-outs. They can be mailed to the address listed below or emailed directly to me at amy.k.magnus@gmail.com. If there is any additional documentation that is needed, you will be notified. Although it is recommended to be present at tryouts, if you are not able to make the physical try-outs then a video try-out will be accepted in its place. Please include everything listed below in the video and email it with the application packet. We look forward to working with you during try-outs and hopefully for the upcoming season. If you have any questions, please feel free to contact Coach Amy Magnus at amy.k.magnus@gmail.com. See you soon!

Sincerely,

Amy Magnus
Western State Colorado University
Head Cheerleading Coach

If you are mailing your packet, please send to:

Amy Magnus
Western State Colorado University
901 Sunny Slope Drive
Gunnison, Colorado 81230
**Western State Colorado University Try-out Checklist**

- Must be registered as a full-time student (12 credit hours; Seniors may have less)
- Must supply a class schedule
- Must have a 2.0 or better GPA
- Unofficial Transcript (Current Western students)
- Copy of Acceptance to Western (Freshmen and Transfers ONLY)
- Cheerleading Application
- Waiver, Release, Assumption of Risk and Indemnification Agreement

**Requirements:**

**Tumbling**
Standing back handspring
Round-off back handspring

**Jumps**
Toe touch
Front, right and left hurdler
Pike
Jump sequences

**Stunting**
Fliers: Toss to hands (coed), Lib, Heel Stretch, Arabesque, Full Down, Toe Touch Basket Toss
Bases/Back spots: Ability to correctly base or back spot all stunts listed above

*If you do not have all requirements, you should at least be close to performing the skill.*

**Dress Attire:**

Clinic night – cheer appropriate clothing
Try-out day – red shirt and black bottoms
- Athletic shoes (preferably cheer shoes)
- Hair pulled back and out of face
- Absolutely NO jewelry (including belly button and tongue)
**Video Try-out Requirements**

- A brief background, including where you are from and any cheerleading experience
- Why you are choosing to attend Western
- For what position you are trying out (ex. Flyer, main base)
- Why you would like to be a member of the cheerleading program at Western and what you can bring to the cheer program

**Sideline Chant**

- Perform any chant of your choice. You can perform one of your own, but please make sure that your chant is appropriate for Western State Colorado University
- Chant may include incorporations, but be sure it also highlights motion technique and sharpness as well as crowd involvement skills and spirit

**Jumps**

- Demonstrate a toe touch, both hurdlers, & pike jump individually; highlighting flexibility and technique
- Also perform any combination jumps

**Standing tumbling (NO SPRING FLOORS)**

- Include all standing tumbling you can perform

**Running tumbling (NO SPRING FLOORS)**

- Include a maximum of 3 tumbling passes showing your best tumbling ability

**Stunts**

- Demonstrate all minimum requirements for stunts listed above (Please point out which one you are in the stunt when demonstrating)
- Include a maximum of 3 additional stunts showing your best stunting ability into and out of each stunt

**Dance**

- Include a minimum of four 8-counts of dance (preferably set to music)

**(Optional) Basket toss**

- Show a maximum of three tosses exhibiting your best basket tossing ability
Skills Checklist

Check skills you have mastered (meaning you can do it 10 out of 10 times)

Tumbling

- Standing back hand-spring
- Standing back tuck
- Standing back hand-spring back tuck
- Toe touch back tuck
- Round-off back hand-spring
- Round-off back hand-spring back tuck
- Round-off back hand-spring layout
- Round-off back hand-spring full twist

Any tumbling skills you have that are not listed above:

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Stunts

What is your primary stunting position? Base: _______ Flyer: _______ Spot: _______

Check the skills you have mastered (meaning you can do it 10 out of 10 times)

- Straight up extension
- Liberty
- Arabesque
- Heel Stretch
- Bow & Arrow
- Scale
- Scorpion
- Toe touch basket toss
- Back tuck basket toss
- Kick full or kick double basket toss
- Full cradles
- Double full cradles

Any stunting skills you have that are not listed above:

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Cheerleading Background/Experience/Achievements:

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Score Sheet for Tryout # _____

Spirit_____/15
- Entrance/Exit
- Crowd appeal
- Tumbling/Jumps
- Voice projection

Cheer_____/15
- Knowledge
- Motion technique
- Facial expressions
- Crowd appeal
- Voice projection

Jump_____/10
- Form
- Height

Chant_____/15
- Knowledge
- Motion technique
- Facial expressions
- Crowd appeal
- Voice projection

Dance_____/15
- Knowledge
- Rhythm
- Motion technique
- Facial expressions

Tumbling_____/15
- Form
- Difficulty

Overall Appeal_____/15
- Motion technique
- Facial expressions
- Crowd appeal
- Overall talent
READ THIS AGREEMENT COMPLETELY BEFORE SIGNING. BY SIGNING THIS AGREEMENT, YOU RELEASE THE UNIVERSITY FROM ANY LIABILITY RESULTING FROM YOUR PARTICIPATION IN THE ACTIVITIES LISTED BELOW AND WAIVE ALL CLAIMS FOR DAMAGES AGAINST THE UNIVERSITY.

I, ________________________________ (print name), intend to participate in Club Sports (hereinafter the "Activity") sponsored by Western State Colorado University (name of sponsor) on the dates specified by my individual club and the Club Sports Department.

In consideration of Western State Colorado University making arrangements for and permitting and assisting me to participate in this Activity, I agree, for myself, my heirs and assigns, to hold harmless, release, indemnify and forever discharge Western State Colorado University (the “Univeristy”), its board of trustees, officers, directors, employees and agents and any persons acting on their behalf from and against any and all liability, claims, demands, costs and expenses (including attorneys’ fees) arising out of or in any way connected with bodily injury or property damage relating to or arising out of my participation in the Activity even if the liability, claims, demands, costs and expenses may arise, in whole or in part, out of the negligence or carelessness of the persons or entities mentioned above.

I am aware that the Activity may include certain inherent risks and dangers. I understand that specific risks vary depending on the level and nature of the Activity, and can range from minor personal injuries such as scratches, bruises, and sprains to major injuries such as eye injuries and back or joint injuries to catastrophic injuries resulting in paralysis or death.

I understand and assume all the dangers and risks associated with this Activity and waive all claims or causes of action arising out of my participation in this Activity. To the best of my knowledge, I am not aware of any mental or physical disability or health-related reasons or problems that would hinder or otherwise prevent me from safely participating in the Activity. I understand that I am solely responsible for any costs arising out of any bodily injury or property damage sustained through or arising from my participation in the Activity.

**Personal Vehicle Use**

In consideration of receiving permission not to be transported in a motor vehicle leased or owned by the University and in furtherance of my request to use transportation of my own choice, I hereby agree, for myself, my heirs and assigns, to release, waive, discharge and covenant not to sue the University, its board of trustees, officers, directors, employees, and agents (hereinafter referred to as the “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, or other personal injury, that may be sustained by me, or to any property belonging to me, whether caused by the negligence of the Releasees or otherwise, while being transported to or from an athletic event or practice in a motor vehicle not owned by, leased or under the control of the University.

I am fully aware of the risks and hazards connected with my transportation, including, the possibility of automobile accidents and the like. I hereby elect to voluntarily be transported in such motor vehicle not owned by, leased or under the control of the University. I attest that I have the proper license, registration and insurance to operate my vehicle and I understand that in the event of an accident I will not be covered by the University’s insurance. I voluntarily assume full responsibility for any risks of property damage, personal injury, including, but not limited to death.
I further hereby agree to indemnify and hold harmless the Releasees from any loss, liability, damage or costs including court costs and or attorneys’ fees, that they may incur due to my participation in said transportation, whether caused by the negligence of Releasees or otherwise.

This Agreement shall be governed by and in accordance with the laws of the State of Colorado and venue for any action related to this Agreement shall be in the State of Colorado. I expressly agree that this Agreement is intended to be as broad and inclusive as permitted by the laws of the State of Colorado, and that if any portion herein is held to be invalid or unenforceable, the balance shall continue in full legal force and effect. I have carefully read this Agreement, understand the contents herein, and am executing it voluntarily of my own free will. I have had sufficient time to review and seek explanation of the provisions above, have carefully read them, understand them fully and agree to be bound by them.

Nothing in this Agreement shall be construed to waive, limit, or otherwise modify any governmental immunity available to any of the persons or entities released herein under the Colorado Governmental Immunity Act, §24-10-101, et seq., C.R.S.

**Club Sports Programs** Circle each team/event listed below you will be participating in:

- Men’s Rugby
- Men’s Soccer
- Men’s Ice Hockey
- Coed Climbing
- Coed Cheerleading
- Men’s Lacrosse
- Men’s Baseball
- Women’s Rugby
- Women’s Soccer
- Women’s Ice Hockey
- Women’s Swimming and Diving
- Women’s Dance Team
- Women’s Lacrosse
- Women’s Basketball

**Other** List team/event if not listed above:

________________________________________________________________________________________

Participant Signature: ___________________________
Printed Name: __________________________________
Date: _______________________________________
Date of Birth: ___________ Age: ___________
WSCU ID#: ________________________________

**IF STUDENT/PARTICIPANT IS UNDER EIGHTEEN (18) YEARS OF AGE, SIGNATURE OF A PARENT OR GUARDIAN IS REQUIRED.**

Parent or Legal Guardian Signature: ________________
Printed Name: ________________________________
Date: _______