2019-2020
MIDDLE TENNESSEE STATE UNIVERSITY
CHEERLEADING PROGRAM
TRYOUT APPLICATION
(FRIDAY & SATURDAY, MAY 17 & 18, 2019)
NAME: ________________________________

(Last) ____________________________ (First) ____________________________ (Middle) ____________________________

GENDER: (Circle One) FEMALE MALE BIRTH DATE: ____________________________ (MM/DD/YYYY)

ADDRESS: ________________________________ ________________________________

(Street Address) (City, State, Zip)

CELL PHONE: ____________________________ HOME PHONE: ____________________________

CLASSIFICATION: INCOMING FRESHMAN | RISING SOPHOMORE | RISING JUNIOR | RISING SENIOR | TRANSFER STUDENT

(Circle all that apply)

HIGH SCHOOL/COLLEGE ATTENDED: ________________________________

EMAIL ADDRESS: ________________________________

(Please list an email address that you check on a regular basis.)

SOCIAL MEDIA: ________________________________

(Please list all social media handles/usernames i.e. Instagram, Twitter, Facebook, etc.)

SSN (last 4 digits) or MTSU Banner ID #: ____________________________

If you are a high school senior or transfer student, have you been formally accepted to Middle Tennessee State University? Please check one:

_____ YES, I have been accepted to MTSU. _____ NO, I have not yet been accepted to MTSU

SIZING INFORMATION:

Please fill in or circle all that apply. Please note that you are not guaranteed exact sizes on all attire.

Height: _______ feet _______ inches Weight: _______ lbs.


Varsity Uniform Top: (circle one) 30 32 34 36 38

Varsity Uniform Skirt: (circle one) 4-11 5-11 6-11 7-12 8-12 9-12 10-12

MALE: Chest Measurement (i.e. 38, 40, 42, etc.): _______ Pant Size: (waist) _______ (inseam) _______ Nike Shorts: _______


Nfinity Cheer Shoe Size: _______
I, ____________________, submit this application for the 2019-2020 MTSU Cheerleading Program tryouts. My academic classification in the fall of 2019 will be ______________ (freshman, sophomore, junior, senior) and my cumulative GPA is currently __________. In submitting this application, I consent that the information provided is true and accurate. I accept and understand that the decision of the coaches and/or judges will be final.

Applicant’s Signature: __________________________ Date: __________________________

I CERTIFY THAT I MEET ALL OF THE FOLLOWING REQUIREMENTS:

1. I am a full time student at MTSU, or I have provided with this application a copy of my formal acceptance letter to Middle Tennessee State University. (If you have not yet received your official acceptance letter at the time of tryouts, the highest position you may tryout for is alternate status)

2. I have included with this application, a front and back copy of my current medical insurance card.

3. I have included with this application, a 4x6 head to toe color photo, a 4x6 color headshot photo, and a resume of my accomplishments both cheer/dance related and non-cheer/dance related. (only if you are not a current member of the program)

4. I have included with this application, a completed and signed the mandatory Tryout Waiver Form/Liability Release (enclosed). (Both current and new members must complete)

5. I have no health and/or physical defects that would hinder my ability to perform as a cheerleader/dancer/mascot or which may cause these activities to be unsafe to my health.

6. I have included with this application a $25.00 non-refundable tryout application fee (Cash, Cashier’s Check, Money Order, or Personal Check). Please make payable to MTSU. (Both current and new members must submit tryout application fee)

Applicant’s Signature: __________________________ Date: __________________________

Applicant’s Name: __________________________

(please print)

Once your application and all of the above items are received and processed, you will receive a confirmation email sent to the address listed in the tryout application. If you have any further questions, please feel free to contact Spirit Coordinator Danté Tennant at dante.tennant@mtsu.edu.

APPLICATIONS ARE DUE IN OFFICE BY 5:00 PM ON MAY 15TH, 2019
IF YOU ARE MAILING YOUR APPLICATION, IT MUST BE POSTMARKED BY MAY 9TH, 2019.

Please send your application to:

Dante Tennant | Spirit Coordinator
Attn: 2019-2020 Tryouts
1301 E. Main Street | Box 556
Murfreesboro, TN 37132
The following page is just for your information and does not need to be mailed in with your tryout application.

**TENTATIVE TRYOUT SCHEDULE**

**Day 1 – Friday, May 17th, 2019 from 4:00 PM to 9:00 PM**

- Registration (begins at 3:30 PM in Student Recreation Center, 1848 Blue Raider Drive)
- Brief meeting and overview of tryouts
- Learn all tryout material
- Evaluation of individual skills
  - Tumbling (Running and Standing), Stunting, etc.
- FIRST CUT (if necessary)

**Day 2 – Saturday, May 18th, 2019 9:00 AM to 4:30 PM**

- Review of tryout material and practice time
- Final tryout will begin at approximately 1:00 PM
- 4:00 PM – 2019-2020 Team Meeting

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**TRYOUT SKILL REQUIREMENTS:**

*(INCLUDE, BUT ARE NOT LIMITED TO)*

**Stunts**

- Performing your respective part in coed stunts and/or group stunts (main base, side base, back spot, or flyer), everyone will be evaluated on a variety of stunts that will include, but are not limited to:
  - **GROUP STUNTS** - Switch ups, Full ups, 1.5 ups, Double ups, Low-High/High-High tick tocks, BHS ups, Rewinds, Double Downs, Flipping Dismounts, etc.
  - **COED STUNTS** – Basic Toss Stunts Required (Hands, Extension, Lib, Cupie)
- Flyers must be able to show all body positions (heel stretch, scorpion, scale, arabesque, bow and arrow) and must have Double Down from a front and side body position.
- Must be open to trying new skills!

**Standing & Running Tumbling**

- Standing Tuck - Required on all surfaces (*mats, grass, gym floor, etc.*)
- Standing Back Handspring (one or two) to a minimum of a tuck/layout
- Jumps to Tuck
- Minimum of a round off back handspring layout
- Fulls are **strongly** suggested (running &/or standing)
LIABILITY RELEASE, WAIVER, DISCHARGE AND COVENANT NOT TO SUE

Release executed by ________________________, whose address is ____________________________ to, Middle Tennessee State University.

1.0 I desire to participate in "Cheerleading Tryouts and/or Clinic" sponsored by Middle Tennessee State University to be conducted throughout the Fall 2018 and Spring 2019, respectively. I fully understand and appreciate the dangers, hazards, and risks inherent in the activity, in the transportation to and from the activity, and in any independent research or activities I undertake as an adjunct to the activity, which dangers include but are not limited to personal injury or death as a result or accident, act of God, or physical exertion or damage to personal property.

2.0 Knowing the dangers, hazards, and risks of such activities, and in consideration of being permitted to participate in the activity, on behalf of myself, my family, heirs, and personal representatives(s), I, the undersigned, agree to assume all the risks and responsibilities surrounding my participation in the activity, the transportation, and in any independent research or activities undertaken as an adjunct thereto, and in advance release, waive, forever discharge, and covenant not to sue Middle Tennessee State University, its governing board, officers, agents, employees, and any students acting as employees (hereafter called the 'Releasees'), from and against any and all liability for any harm, injury, damage, claims, demands, actions, causes of action, costs, and expenses of any nature that I may have or that may hereafter accrue to me, arising out of or related to any loss, damage, or injury, including but not limited to suffering and death, that may be sustained by me or by any property belonging to me, whether caused by the negligence or carelessness of the Releasees, or otherwise, while in, on, upon, or in transit to or from the premises where the activity, or any adjunct to the activity, occurs or is being conducted.

3.0 I understand and agree that Releasees are granted permission to authorize emergency medical treatment, if necessary. I understand and agree that Releasees assume no responsibility for any injury or damage which might arise out of or in connection with such authorized emergency medical treatment.

4.0 It is my express intent that this release and hold harmless agreement shall bind the members of my family and spouse, if I am alive, and my estate, family, heirs, administrators, personal representatives, or assigns, if I am deceased, and shall be deemed as a ‘Release, Waiver, Discharge and Covenant’ not to sue the above-named Releasees. I further agree to save and hold harmless, indemnify, and defend Releasees from any claim by me or my family, arising out of my participation in the "Cheerleading Tryouts and/or Clinic" activity sponsored by Middle Tennessee State University to be conducted throughout the Fall 2018 and Spring 2019, respectively.

5.0 In signing this Release, I acknowledge and represent that I have fully informed myself of the content of the foregoing waiver of liability and hold harmless agreement by reading it before I sign it, and I understand that I sign this document as my own free act and deed; no oral representations, statements, or inducements, apart from the foregoing written statement, have been made. I understand that Middle Tennessee State University does
not require me to participate in the "Cheerleading Tryouts and/or Clinic," but I want to do so, despite the possible dangers and risks and despite this Release. I further state that I am at least eighteen (18) years of age and fully competent to sign this agreement; and that I execute this release for full, adequate, and complete consideration fully intending to be bound by the same. I further state that there are no health-related reasons or problems which preclude or restrict my participation in this activity, and that I have adequate health insurance necessary to provide for and pay any medical costs that may be attendant as a result of injury to me.

6.0 I further agree that this Release shall be construed in accordance with the laws of the State of Tennessee. If any term or provision of this Release shall be held illegal, unenforceable, or in conflict with any law governing this Release the validity of the remaining portions shall not be affected thereby.

Insurance Information

Name of Insurance Company:

Policy/Group/Member Number:

_I certify that the above listed insurance company covers me by signing below_

Participant's signature:

Parent's signature (if participant is under 18):

_IN WITNESS WHEREOF, I have executed this release this __________day of _______________________._

_THIS IS A RELEASE OF LEGAL RIGHTS. READ AND BE CERTAIN YOU UNDERSTAND IT BEFORE SIGNING._

Student/Participant Signature      Printed Name

Parent’s Signature (if participant is under 18)      Printed Name

Witness Signature      Printed Name

_IF THE PARTICIPANT IS NOT 18 YEARS OF AGE OR OLDER, THIS DOCUMENT MUST BE SIGNED BY A PARENT OR LEGAL GUARDIAN_