



**MONTANA STATE UNIVERSITY OF BILLINGS 2008-2009  
CHEER/STUNT TEAM TRYOUT INFORMATION**

**\*All information subject to change\***

**Tryout Event Information:**

**Live tryouts**

**Date: April 5<sup>th</sup>**

**Time: 10am to 1pm**

**Location: Main Gym**

**1500 University Drive**

\* A participation waiver must be signed and turned in before any individual may participate in tryouts. This is in conjunction with MHSAA guidelines as we will produce appropriate spotters for your stunts. This notice is to inform you of the inherent risk to collegiate cheerleading that includes the potential of minor to major injury. Such injuries may include, but are not limited to, exhaustion, sprains, strains, bruises, dislocations, lacerations, broken bones and cervical spine injuries. Participation in the tryout process is at your own risk. Neither MSU Billings nor the MSUB Cheer coaching staff may be held responsible for any injuries that may occur to video or live tryout participation during or after the tryout process. You must be 18 years of age to sign participation waiver. Parent or legal guardian may sign the waiver for the attendee.

*This is the only scheduled tryout at this time. Due to interest and or tryout results, there may or may not be an additional tryout in the fall of 2008*

**Cheer requirements:**

You will be required to perform one cheer you will be taught during the tryout. Males will not be required to perform a cheer.

**Dance requirements:**

You will be required to learn a dance you will be taught during tryouts. Males will not be required to but, can perform the dance.

**Jumps and Kicks:**

Right and left kick

Toe Touch

Pike

Herkie-front right or both  
(Front Hurdler-extra)

**Stunting requirements:**

**Males:**

1. Half elevator cradle
2. Full elevator cradle
3. Chairs

**Females:**

**Flyers**

1. Half elevator cradle
2. Full elevator cradle
3. Chair

**Basing:**

1. Half elevator cradle
2. Full elevator cradle

\*Note: Both males and females will have 3 attempts at extra credit stunts such as liberty, arabesque, torch, heel stretch, bow and arrow or scorpion. No penalties will be assessed for not completing extra stunts.

**Interview requirements for cheer and dance:**

The interview portion of the tryout will consist of several questions that will be asked by the head coach, and then answer by both male and female participants in the tryout process. The interview is mainly used to determine the attitude, maturity, drive and personality of each potential cheerleader. Video participants will also be required to complete an interview portion.

**Resume for Cheer/Stunt participants:**

**Due by Friday March 28<sup>th</sup>**

Each resume must consist of the following:

1. Full name
2. Address
3. Phone number
4. Full length photograph. (Does not have to be a professional photograph. Both color and black and white photos are acceptable. Photos will not be returned.)
5. Current education situation including:
  - a. School of Attendance
  - b. Current Cumulative GPA (using a 4-point scale.)
  - c. Field of educational interest.
  - d. Community Service experience
  - e. Additional groups you have been involved in
6. Synopsis of prior cheer and dance experience (or list other athletic activities if no prior cheer and or dance experience.)
7. cover letter that explains:
  - a. Why you would like to be part of the MSU Billings Cheer/Stunt team?
  - b. Why you should be selected to be part of the spirit squad

\*Note: Resumes do not need to be typed. Resumes and photos will not be returned. Participants are responsible for paying the postage. Resumes must be received in the athletic office by Friday March 28<sup>th</sup>. Late arrival of resumes will result in an automatic deduction of 15 points from tryout scores.

Resumes are to be sent to:

**MSU Billings Athletic Department**  
C/o Coach Sherlynn Stewart (Head Cheer Coach)  
1500 University Drive  
Billings, MT 59101-0298

**TRYOUTS ARE MANDATORY FOR ANY PERSON SEEKING A POSITION ON THE MONTANA STATE UNIVERSITY CHEER/STUNT TEAM.**

\*Video tryouts are optional for those who cannot make the live tryout.

\*Live tryouts are open to the public. (There will be an area for viewing.)

Any individual may tryout for a position on the MSU Billings Cheer/Stunt team. However, once offered a position, every person must meet the following requirements by the beginning of the fall 2008 semester to be an official member of the MSU Billings Cheer/Stunt team.

1. 2.00 cumulative GPA and in good standing academically with the university.
2. Scholarships-(spring semester tuition waivers) will be based off of 2.5 GPA and above.

3. Enrolled at Montana State University-Billings with at least 12 credits/semester.
4. Follow all academic rules and regulations for the University and Athletic Department.

**Video tryout requirements:**

Any person not able to attend live tryout's may tryout by video, and must complete the same requirements as the live tryout participants. The video must include the following:

(1) A introduction of yourself and your background in cheer/sports (2) One cheer of your choice; (3) one dance of your choice at least 5 eight counts in length; (4) stunting requirements listed under your gender and position; and (5) Jumps (6) Answer the two following questions: Why do you want to part of the MSU Billings Cheer/Stunt Team?

Why should you be picked to be a part of the MSU Billings Cheer/Stunt Team?

The videos are due by March 28th along with the resumes. If you tryout by video, you are still required to complete a resume. Individuals are responsible for the postage for both the video and the resume. Videos will not be returned.

**Video are to be sent to:**

MSU Billings Athletic Department  
C/o Coach Sherlynn Stewart (Head Cheer Coach)  
1500 University Drive  
Billings, MT 59101-0298

**Video tryouts are due by Friday March 28<sup>th</sup>**

**Judging Information**

The judging panel will consist of no less then 3 judges plus the coaching staff at Montana State University Billings.

**Judging**

15 points-Cheer resume-turned in by March 28th  
5 points-Individual cheer- (say it 2x, do it 3x)  
10 points-Individual Cheer dance-(4-6 eight counts)  
10 points-jumps  
15 points-Stunting  
10 points-Interviews  
20 points-Attitudes  
10 points-Appearances  
5 points-Entrances

Extra Credit-10 points possible gymnastic skills, splits, extra dances or cheers, jumps, or advanced stunting skills. Individuals may only gain points for extra credit activities.

No individual may lose points for any extra credit activity. Attempting extra credit activities does not guarantee extra points being awarded.

### **Tryout attire**

1. Dark shorts
2. Solid color t-shirt
3. Tennis shoes or cheer/dance shoes
4. Long hair must be worn up in a pony tail or bun, bangs out of face
5. Men clean shaven
6. Absolutely no jewelry of any kind-piercing's included
7. You will be given a number please pin it to the front of your shirt for the tryouts.

### **Tryout schedule:**

10-10:15 Stretch/warm-ups  
10:15- 10:30 Kicks/jumps  
10:30-10:45 Cheer  
10:45-11:15 Dance  
11:15-11:45 Practice on own

**Noon tryouts start**

### **Tryout Results for Cheer/Stunt team:**

You will be contact with results within 1 week after tryouts.  
The team will consist of at least 5 males and 12 females

### **Checklist for Tryouts**

1. Cheer resume turned in by March 28<sup>th</sup>
2. Complete and submit participation waiver-must have 18 years or older to sign.
3. Attend live tryouts (or have tryout video in by March 28<sup>th</sup>)
  - a. Get adequate rest before tryouts
  - b. Eat good breakfast
  - c. Wear appropriate attire
  - d. Bring healthy snacks and water bottle
  - e. Complete skills requirements
  - f. Do your best attitude is key to being on this team!

**Thank you for your interest in our outstanding University and our amazing Cheer/Stunt Team. We look forward to another ground breaking year.  
Go Jackets!!!!**

