



# **BSC CHEER PROGRAM 2018-2019 CHEER TRYOUT PACKET**

## **Table of Contents**

Deadlines, Forms, Tryout, and Mailing Instructions	Page 2
Cheer Tryout Information	Page 3-6
Mandatory Forms	Page 7-11
Sample Scoring Sheet	Page 12-13

## **Important Dates:**

**Monday, April 9, 2018 - All Required Forms Due**

**Wednesday, April 11, 2018 - Video Tryout Submissions Due**

**Saturday, April 14, 2018 - Sunday, April 15, 2018 - Cheer Tryouts**



**BSC CHEER PROGRAM  
2018-2019 CHEER TRYOUT INFORMATION AND APPLICATION  
FORMS**

**Important Note:**

Please mail, email, or hand deliver the **REQUIRED FORMS** by *Monday, April 9, 2018* to:

Kathryn Lowery  
228 Hall Avenue  
Birmingham, AL 35209  
[bsccheerleading@bsc.edu](mailto:bsccheerleading@bsc.edu)

**Forms to return by 4/9/2018:**

- ☐ Cheerleading Tryout Application (Page 7)
- ☐ 2 Coaches Evaluation Forms (Page 8-11)
- ☐ Copy of Insurance Card
- ☐ Copy of Letter of Acceptance from Birmingham-Southern College (Only applicable to freshmen and transfers)
- ☐ Unofficial Copy of Transcript
- ☐ \$15 Tryout Fee (Can be turned in the day of tryouts)

For questions or any additional information:  
Please contact us via email at: [bsccheerleading@bsc.edu](mailto:bsccheerleading@bsc.edu)

## Tryout Information: BSC Coed and All-Girl Cheer

Thank you for your interest in the BSC Cheerleading Program! We look forward to seeing you at tryouts. Tryouts are intended to be a low stress event. For that reason, they will be conducted in a practice-like environment. Candidate's skills, talents, and their ability to work with current and prospective team members, will be evaluated. Candidates should also possess:

- Strong leadership qualities
- Charismatic presence/personality
- Enthusiasm and confidence
- Ability to engage an audience
- Physical fitness and athletic appearance

### **BSC CHEER TRYOUT SCHEDULE OF EVENTS**

#### **ALL EVENTS ARE CLOSED TO THE PUBLIC**

#### **Saturday, April 14, 2018**

8:30 AM - Check-In

9:00 AM - Material Review

10:00 AM - Stunting

12:00 PM - Lunch Break

1:00 PM - Stunting

4:00 PM - Day #1 Tryout Evaluation - Cheer, Band Dance, and Tumbling

#### **Sunday, April 15, 2018**

9:00 AM - Day #2 Tryout Evaluation - Chant and Fight Song

11:00 PM - Interviews with Potential New Members

2:00 PM - New Team Posted

2:30 PM - New Team Meeting and Fittings

#### **IMPORTANT NOTES FOR TRYOUTS:**

- Incoming freshmen and transfer students must have completed the regular admissions application process before the posted deadlines and be accepted to BSC.
- Candidates must be in good academic and disciplinary standing with the university.
- Candidates must possess sufficient physical fitness and proper training to execute all required skills during the selection process.
- Candidates must have proof of health insurance.
- The tryout packet and release form must be completed in its entirety and submitted by the stated due date.

- Candidates must turn in the \$15 tryout fee or they will not be permitted to tryout.

### **Commitment/Requirements:**

- Cheer at **all** home BSC football games, select number of men's and women's basketball games, and some away football games if funding allows.
- Attend community service appearances throughout the year.
- Maintain a minimum of a 2.0 semester GPA
- Attend practices and conditioning practices
- Must be a full time student at Birmingham-Southern College (3 units or more)
- Must be available for early move-in arrival
- Must be willing/capable to pay a membership fee for the maintenance and development of the squad
- Must participate in fundraising events
- Must possess strong leadership skills
- Must be accountable, timely, responsible, and have excellent time management skills.
- Must be positive and respect the program, teammates, self, coach, and advisor.
- All students are subject to the academic and behavioral policies of the college, including but not limited to the Student Code of Conduct, and anti-hazing policies.
- Being on the team is a privilege and must be taken seriously. After academics, cheer should be your next commitment.

### **Squad Size:**

The 2018-2019 team will consist of no more than 20 members. Squad size is ultimately up to the coach and advisors and may contain less than 20 members.

### **Injured Returning Members:**

Previous Birmingham-Southern Cheerleaders who have been injured during the course of the past season and are not cleared to tryout will be eligible to complete a similar tryout process once they are cleared to return. It is at the sole discretion of the coach and advisor whether to add them to the team once they have fully completed the tryout process.

### **APPEARANCE**

Please be aware that this is an important part of your tryout process. You should appear “gameday ready” throughout the entire tryout. **No jewelry, except for small pearl earrings.**

**WHAT TO WEAR FOR TRYOUTS:** Please make sure your selections are appropriate. We suggest that you wear gold, black, or white. Wearing Birmingham-Southern College apparel is

recommended. Any official team apparel that says Birmingham-Southern Cheerleading or Greek attire should NOT be worn.

**LADIES:** Athletic shorts, t-shirt (or tank), and cheer shoes are required each day of tryouts (you may NOT wear only a sports bra.) Gameday makeup should be worn and hair should be in either in a ponytail or half-up, half-down with a bow. Fingernails must be athletic length for safety purposes, and females must wear clear, neutral, or no nail polish. Visible tattoos should be covered.

**MEN:** Athletic shorts, t-shirt (or tank), and athletic shoes are required each day of tryouts. Facial hair should be well-groomed and non-excessive. Visible tattoos should be covered.

### **TUMBLING**

Tumbling is highly encouraged but is not a requirement. However, it will be considered an additional bonus in your overall tryout score. All tumbling must be performed safely without a spotter.

### **STUNTS**

All stunting must be performed with a potential member of the 2018-2019 Birmingham Southern College Cheer Squad attending the tryouts. Applicants can tryout for multiple stunting positions of your choice (base, back, or top). We are looking for strength, technique, and body awareness in stunting in addition to the execution in the loads and dismounts of the skills. Your overall stunting difficulty score will be based on which level stunts below you are able to reach.

**Required: Straight Up Extension and Popoff Dismount**

**Preferred: Liberty, Single Base, and Toss Up**

**Highly Preferred: Arabesque or better body position, Switch Up, and Full Up**

### **COACHES EVALUATIONS AND INTERVIEWS**

Along with skills, we will conduct separate interviews with each participant and ask each participant to provide two coaches recommendations. We are looking for candidates who can show strong leadership skills, accountability, commitment and dedication, respect for others, positive attitudes, and who can represent the cheerleading program well. Please ask two current coaches to fill out the coaches evaluation form, and for confidentiality purposes, after completing and signing the form, please have them seal it in an an envelope and initial across the seal. If you do not have two coaches or are not currently part of a cheerleading squad, please ask advisors or teachers that can accurately fill out the form.

### **TRYOUT MATERIAL**

All tryout material, including fight song, band dance, cheer, and chant can be found on the BSC Cheerleading Squad website. We will be looking for proper motion, technique, rhythm, memorization, natural enthusiasm, ability to learn choreography and crowd leading ability.

### **Video Tryout Information**

It is STRONGLY encouraged for every applicant to attend the tryout, but video tryouts will be accepted for out-of-state applicants or under very special circumstances cleared in advance with the coach and advisors. Please perform the material found on the website along with all the required and preferred skills on the video. All required information must be included in the packet and received by **Monday, April 9, 2018**. Video submission must be received by **Wednesday, April 11, 2018**. Please contact [bsccheerleading@bsc.edu](mailto:bsccheerleading@bsc.edu) for additional information.



## **2018-2019 Cheerleading Tryouts Application**

Full Name: \_\_\_\_\_

Circle One:    Female                  Male

Home Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Email: \_\_\_\_\_

Circle Incoming Year:

Freshman

Sophomore

Junior

Senior

Birthdate: \_\_\_\_/\_\_\_\_/\_\_\_\_

High School: \_\_\_\_\_

Current Overall GPA: \_\_\_\_\_

What main position are you trying out for?

Flyer

Base

Back

If applicable, what secondary position are you trying out for?

Flyer

Base

Back



### **2018-2019 Cheerleading Tryouts Coaches Evaluations**

In order for athletes to tryout for Birmingham-Southern College, each athlete will need to ask his or her current coaches to complete the following evaluation form. We would greatly appreciate your honesty in response so we can pick the best candidates to represent our college. For confidentiality purposes, after completing and signing the form, please seal in an an envelope and initial across the seal. Thank you for your participation!

Athlete Name: \_\_\_\_\_

Coach's Name: \_\_\_\_\_

Name of School or All-Star Program Name: \_\_\_\_\_

Coach's Phone Number: \_\_\_\_\_

**Please rate your responses on a 1-5 scale (5 being perfect):**

1. Ability to work with other teammates  
1      2      3      4      5
2. Ability to take constructive criticism from coaches  
1      2      3      4      5
3. Respect for and attitudes towards authority  
1      2      3      4      5
4. Respect for and attitudes towards peers  
1      2      3      4      5
5. Sense of school pride and can maintain a positive image  
1      2      3      4      5
6. Arrives on time to and attends practices, games, or special events  
1      2      3      4      5
7. Ability to demonstrate time management skills  
1      2      3      4      5
8. Dedication and commitment to school, team, and community  
1      2      3      4      5



What are some of this athlete's strengths?

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What are some areas that have room for improvements?

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Additional comments or concerns:

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Coach's Signature

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Date



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What are some of this athlete's strengths?

---

What are some areas that have room for improvements?

---

Additional comments or concerns:

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Coach's Signature

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Date

## **Birmingham-Southern Cheerleading Tryout Score Sheet**

Contestant Name: \_\_\_\_\_

### **Character Evaluation: 105 Points**

**Coach #1 Evaluation:** 40 Points \_\_\_\_\_

**Coach #2 Evaluation:** 40 Points \_\_\_\_\_

### **Personality Evaluation**

Versatility 5 Points \_\_\_\_\_

Attitude 5 Points \_\_\_\_\_

Improvement 5 Points \_\_\_\_\_

**Interview** 10 Points \_\_\_\_\_

### **Day 1 Tryout Evaluation: 45 points**

#### **Cheer:**

Motion Placement 10 Points \_\_\_\_\_

Sharpness 10 Points \_\_\_\_\_

Game Day Readiness 10 Points \_\_\_\_\_

#### **Band Dance:**

Motion Placement 5 Points \_\_\_\_\_

Sharpness 5 Points \_\_\_\_\_

Game Day Readiness 5 Points \_\_\_\_\_

### **Tumbling (Optional)**

Standing Tumbling: Bonus 5 Points \_\_\_\_\_

(Score Range: BHS: 1-2, Tuck: 2-3, BHS Tuck: 3-4, Full: 4-5)

Running Tumbling: Bonus 5 Points \_\_\_\_\_

(Score Range: ROB(s): 1-2, ROB Tuck: 2-3, ROB Layout: 3-4, ROB full: 4-5)

## **Day 2 Tryout Evaluation: 65 points**

### **Sideline Chant with Stunt:**

Motions	10 Points _____
Difficulty (Stunt)	10 Points _____
Strength/Technique (Bases/Backs); Motion/Technique (Flyer)	10 Points _____
Dismount	10 Points _____
Game Day Readiness	10 Points _____

### **Fight Song:**

Motion Placement	5 Points _____
Sharpness	5 Points _____
Game Day Readiness	5 Points _____

**TOTAL POINTS** (out of a possible 215) \_\_\_\_\_