



2022-2023

MIDDLE TENNESSEE STATE UNIVERSITY

CHEERLEADING PROGRAM

TRYOUT APPLICATION

TENTATIVE TRYOUT SCHEDULE

Day 1 – Friday, May 20th, 2022 from 5:00 PM to 9:00 PM

- Check-in begins at 4:00 PM in Student Recreation Center Lobby (1848 Blue Raider Drive)
- Brief meeting and overview of tryouts
- Learn all tryout material
- Skills Evaluation
 - Tumbling (Running and Standing), Stunting, etc.
- FIRST CUT (*if necessary*)

Day 2 – Saturday, May 21st, 2022 9:00 AM to 2:30 PM

- Review of tryout material and practice time
- Final tryout Evaluation will begin at approximately 11:00 AM
- 2:30 PM – 2022-2023 Team Announcement
 - Brief Team Meeting (*Location TBA*)
- Suggested attire for both days of tryouts:
 - Girls – Sports Bra or Fitted Tank and Spandex Shorts (i.e. Nike Pro). Hair and Makeup need to be Game Day Ready (Half Up or Ponytail, Curled, with Bow), No Jewelry
 - Guys – T-Shirt and Shorts. Clean Shaven or Trimmed, No Jewelry

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 top person), 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)
- Top Person 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 and/or two) to a minimum of a layout
- Jumps to Tuck
- Minimum of a round off back handspring layout
 - Fulls are strongly suggested (running and/or standing)





2022-2023 Cheerleading Tryout Application

NAME:

(Last)

(First)

(Middle)

GENDER: (Check One) **FEMALE** **MALE**

BIRTH DATE:

(MM/DD/YYYY)

ADDRESS:

(Street Address)

(City, State, Zip)

CELL PHONE:

HOME PHONE:

FALL 2022 CLASSIFICATION: INCOMING FRESHMAN | SOPHOMORE | JUNIOR | SENIOR | TRANSFER | GRADUATE STUDENT

(Please check all that apply)

HIGH SCHOOL/PREVIOUS COLLEGE:

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.)

MTSU Student ID/M Number:

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 check all that apply. Please note that you are not guaranteed exact sizes on all attire.

Height: _____ feet _____ inches

Weight: _____ lbs.

ALL: Warm-Up Jacket:

Warm-Up Pants:

T-Shirt:

Nike Running Shoe Size:

Nfinity Cheer Shoe Size:

FEMALE: Sports Bra:

Spandex Shorts:

Nike Running Shorts:

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

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

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

I, _____, submit this application for the 2022-2023 MTSU Cheerleading Program Tryouts. My academic classification in the fall of 2022 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 health/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, or list of my accomplishments both cheer related and non-cheer related. *(only if you are not a current member of the program)*
4. I have visited the [TRYOUT REGISTRATION link](#), completed the online information, paid the \$25 tryout fee, and signed the Waiver of Liability *(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 or which may cause these activities to be unsafe to my health.

Applicant's Signature: _____

Date: _____

Applicant's Name: *(please print)* _____

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

APPLICATIONS ARE DUE IN OFFICE BY 5:00 PM ON MAY 18TH, 2022

Please email your application to:

cheer@mtsu.edu *(preferred method)*

or mail to:

Dante Tennant | Spirit Coordinator
Attn: 2022-2023 Tryouts
1301 E. Main Street | Box 556
Murfreesboro, TN 37132