2019 - 2020
Arizona State University
Sun Devil Spirit Squad
Spirit Leader (Coed Cheer) Tryouts

Tryout Dates: April 12-14th, 2019
Tryout Location: TBD

Tryout Packets Due by Wednesday April 10th, 2019

(please email packets in a PDF format to Dwayne.Burns@asu.edu)

1. $50 Registration Fee, Cash or Cashiers Check Payable to “Sun Angel Foundation.”
2. Sun Devil Spirit Squad Application – Cheer.
3. ASU Release, Indemnity, and Assumption of Risk Waiver.
4. 2 Letters of Recommendation.
5. Freshman and Transfer Students: Include a copy of your letter of Acceptance to Arizona State University.

Please note the change of cash or cashiers check (certified funds) only. It is important that you read and fully understand the enclosed information.

If you have any questions or concerns, please do not hesitate to email Coach Dwayne Burns at Dwayne.Burns@asu.edu
Follow us on Social Media for the latest updates

@asuspiritsquad
Program Overview

Thank you for your interest in Arizona State University and the Sun Devil Spirit Squad. What is a “spiritleader?” We are the official cheer program for Arizona State University. A spiritleader is a traditional cheerleader with an Arizona State University twist. Spiritleaders are required to perform collegiate stunts, basket tosses, pyramids, tumbling, and dance. We lead the crowd in cheers and chants. We are the only program that is permitted to cheer on the sidelines for Sun Devil Football, Men’s and Women’s Basketball, Volleyball, and Women’s Gymnastics. As a spiritleader, you will be allowed to travel to away games during football season, bowl games, Pac 12 Tournaments, and NCAA Basketball Tournaments.

As a member of the team, you are a visual representation of Arizona State University, the Sun Devil Marching Band, and the community. You are an ambassador to all three and are expected to conduct yourself accordingly. This commitment is upheld by dedicated students who devote significant time every week to practices, games, special appearances, clinics, and competition (for Dance). The Spirit Squad is integral to all game day events.

The Sun Devil Spirit Squad is hard working, dedicated, and committed. The rewards from having this experience cannot be measured. Imagine the excitement of being a part of a Pac 12 University. Picture yourself performing at some of the largest nationally televised games and traveling to various stadiums within the PAC 12 Conference. The moments before the game when the entire team and band are lined up in Tilman Tunnel are indescribable.

Again, thank you for your interest in our program. We hope to see you at tryouts.

GO DEVILS!

“Arizona State University's commitment to inclusivity is central to its mission as a New American University and is evident throughout its diverse and talented community."

Michael M. Crow
ASU President
Eligibility:

- Candidate must physically attend tryouts – **under no circumstance do we accept video submissions.**
  - Additionally, candidates must be present the entire tryout. They cannot leave early or come late.

- Candidates must be accepted to or enrolled at Arizona State University, Fall Semester 2019 in order to tryout.
  - **Note:** If your application status is currently wait-listed, please contact Spirit Squad Coordinator Bianca Caryl at B.Caryl@asu.edu about options for you during the tryout process.

- Maintain Full Time Student Status (12 credit hours per semester)
  - Must maintain at least a minimum semester & cumulative grade point average of 2.5.

- Upon making the team, members must be enrolled in the Band Course associated with the Spirit Squad for BOTH semesters.
  - **For questions concerning enrollment in the course or difficulty enrolling in the course – please email Brandy Dubose at Brandy.Dubose@asu.edu and cc Bianca Caryl at B.Caryl@asu.edu, and Dwayne Burns.**

- Must have/maintain valid health insurance.

Expenses:

- A participation fee of $100 is required by all team members. **Due at first team meeting.**
  This covers fall banquet cost, plus embroidery/screening on all Spirit Squad clothes.

- **Camp cost is $340 per person. Camp Expenses are not covered by Arizona State University.**

- All game travel, hotel accommodations for away games, per diem for away games, game uniforms, and poms are provided by Arizona State University.
**Attire:**

For the purposes of tryouts please wear the following:

**Male Candidates**

Plain Black Crew Neck T-Shirt – No writing, no v-neck, no logos, no inside out t-shirts, no ASU logos.

Plain Black Shorts – No writing, no logos, no inside out shorts.

Athletic Shoes – please make sure you can properly execute a standing tuck or running tumbling in the athletic shoes.

Clean Shaven Face – candidates are allowed to have a well-groomed beard for the purposes of tryouts, *HOWEVER* members of the team men are expected to have a clean-shaven face for Football Season.

*Please have tattoos and piercings covered at all times.*

**Female Candidates**

Plain Black Sports Bra – candidates are not allowed to have ASU logos, writings, or other schools on the sports bra.

Plain Black Volleyball Spandex Short/Spanky Spandex Short – no writing or logos of any kind.

Hair – Hair will be down for the purposes of tryouts. Candidates choose whether to curl or straighten hair.

Please refer to any photos on social media regarding makeup – No All-Star Cheer/Dance makeup. Game Day makeup only. No Pitchfork Tattoo or Sparky Tattoos on the face.

Please research the proper shade of lipstick for purposes of the tryout – *please stay away from extremely bright or intensely dark colors.*
**Tumbling Requirements:**

Candidates will safely execute standing and running tumbling. *Under no circumstance will candidates receive a spotter at this collegiate tryout.* Candidates are expected to perform tumbling they have mastered and can safely execute.

**Required Standing Tumbling:**

Standing Tuck on Basketball floor

**Required Running Tumbling**

Roundoff series backhandspring to a tuck

**Preferred Running Tumbling:**

Roundoff backhandspring full

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**Required Stunts for the Arizona State University Spirit Squad are as follows:**

***Toss chair, walk-in extension, and liberty basic game time stunt expected to be performed at tryouts.***

**Toss Extension** – candidate should be able to demonstrate the ability to toss the stunt (or be tossed) completely to the top without difficulty.

**Toss Target Liberty** – candidate should be able to demonstrate the ability to toss the stunt (or be tossed) to the top, land in a target (legs and ankles together) and pull a liberty without difficulty.

**Toss Target Heel Stretch** – candidate should be able to demonstrate the ability to toss the stunt (or be tossed) to the top, land in target and showcase the appropriate placement and flexibility required for a heel stretch.

**Toss Hands Cupie or Toss Cupie** – candidate should be able to demonstrate the ability to toss the stunt (or be tossed) to hands and press a cupie; or toss the stunt directly to a cupie cleanly.

**Ball-Up-Stretch** – candidate should be able to demonstrate proper technique by holding the “ball” and open a heel stretch at the top of the stunt.

**Full-Up Liberty** – candidate should be able to demonstrate proper technique in executing a full up liberty to the top. Top girl must finish stunt in a target position and pull high V and liberty leg in unison.

*stunts require at least two spotters for the purposes of tryouts*
Summer Workout and Responsibilities:
Candidates who are chosen for the team MUST maintain their dance, stunt, and tumbling skills throughout summer.

Candidates are required to run 2 miles a day, 3 times a week for the month of June.

Candidates are required to run 3 miles a day, 3 times a week for the month of July.

* Summer Runs and Times are monitored through an App that will be discussed at the first tryout meeting.*

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Summer Camp Information:

UCA College Camp - Santa Barbara, CA

August 8-11\textsuperscript{th}, 2019

$340 per participant

Each member is responsible for the cost of camp. Cashiers Checks can be made payable to Sun Angel Foundation.

Camp Payment will be due the first week in June.

Each member is required to participate in the entire camp (you cannot arrive late or leave early from camp under any circumstance).

Each member must be in town for nightly practices starting July 20\textsuperscript{th}, 2019 – which will be roughly 2 weeks prior to departure for camp.
**Tentative Football Schedule for 2019-2020 Season**

(Only veteran members are eligible to travel to away games)

<table>
<thead>
<tr>
<th>Date</th>
<th>Match</th>
<th>Location</th>
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<tbody>
<tr>
<td>August 29</td>
<td>ASU vs. Kent State (Thursday)</td>
<td>Tempe, Arizona</td>
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<td>September 6</td>
<td>ASU vs. Sac State (Friday)</td>
<td>Tempe, Arizona</td>
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<td><strong>September 14</strong></td>
<td>ASU vs. Michigan State</td>
<td>East Lansing, Michigan</td>
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<td>September 21</td>
<td>ASU vs. Colorado</td>
<td>Boulder, Colorado</td>
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<td><strong>September 27</strong></td>
<td>ASU vs. Cal State (Friday)</td>
<td>Berkeley, California</td>
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<td>October 5</td>
<td>Bye Week</td>
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<td>October 12</td>
<td>ASU vs. Washington State</td>
<td>Tempe, Arizona</td>
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<td><strong>October 19</strong></td>
<td>ASU vs. Utah</td>
<td>Salt Lake City, Utah</td>
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<td>October 26</td>
<td>ASU vs. UCLA</td>
<td>Los Angeles, California</td>
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<td>November 2</td>
<td>Bye Week</td>
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<td>November 9</td>
<td>ASU vs. USC</td>
<td>Tempe, Arizona</td>
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<td><strong>November 16</strong></td>
<td>ASU vs. Oregon State</td>
<td>Corvallis, Oregon</td>
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<td>November 23</td>
<td>ASU vs. Oregon</td>
<td>Tempe, Arizona</td>
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<tr>
<td><strong>November 29</strong></td>
<td>ASU vs. Arizona (Friday)</td>
<td>Tucson, Arizona</td>
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Goes
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Please place an “X” next to the team you wish to audition/tryout for:

_____ Spirit Leader (Coed Cheer)

_____ Dance Team  _____ Competition  _____ Game Day

_____ Mascot

**Personal Information:**

Full Name:______________________________________  Birthdate:________________

Current Address:______________________________  City/State:_____________  Zip:________

Home Phone:_______________  Cell Phone:_______________

Email (ASU):__________________________  Personal Email (if different):________________

Insurance Provider:________________________  Policy No.:________________________

Assigned Dorm:________________________  Campus:________________________

ASU ID:____________________________________

List any major injuries:_______________________________________________________________________

_____________________________________________________________________________________

List medications:_________________________________________________________________________

Allergies:______________________________________________________________________________

Parents Name(s):________________________  Parent(s) Phone:________________________

Parents Address (if different):____________________________________________________________

**Emergency Contact:**

Name:______________________________  Relationship:________________________

Home Phone:_______________  Cell Phone:_______________
**Additional Information:**

University or School currently attending: ___________________________  Year: ________

Are you a member of Cheer, Dance, or Mascot:   YES   NO

How many years have you been a member of the team: _________________

Position on Team: _______________  Leadership Position: _______________

Were you ever disciplined for any reason while a member of the team:   YES   NO

If yes, explain (attach a separate sheet if necessary): ________________________________________________________________

______________________________________________________________________________

Former Head Coach’s Email: ______________________________________

**discipline does not automatically disqualify a person from the Spirit Squad**


Does your Major at Arizona State University require clinical hours, student teaching, etc: ______

If yes, please explain: ________________________________________________________________

______________________________________________________________________________

Are you involved in Greek Life or plan to rush:

YES   NO

Are you a member of an outside Dance or Cheerleading Team (Studio or All-Star):

YES   NO

If yes, what team and what is the time requirement: __________________________________

______________________________________________________________________________

Did you attend a Spirit Squad Stunt or Dance Clinic:   YES   NO

If no, briefly explain: ______________________________________________________________

______________________________________________________________________________
Please briefly share your experience as a member of a team (outline what type of team, how long you were a member, and your position):

Have you ever quit or been removed from a team for any reason? Please explain.

What is the most important role on a team?
**Sizing Information:**

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<td>Warm Up Jacket Size</td>
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<td>Uniform Skirt Size</td>
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Men’s Adidas Shoe Size: _____  Cheer Shoe Size: _____

*Adidas shoes only come in Men’s Sizes*
I certify that the information above is true and accurate to the best of my knowledge. I also agree to abide by the decisions of the Judges involved in the tryout/audition process, as well as the decisions of the Arizona State University Spirit Squad Coaching Staff. All decisions are final. I fully understand the financial and time commitment expected of me if I am a member of the Spirit Squad. Arizona State University is committed to creating a diverse and inclusive environment within all programs to represent the community in which we serve.

Print Name:_____________________________________
Signature of Applicant:_________________________ Date:______________________

If under 18:
Parent Signature_______________________________ Date:______________________