We are excited you are interested in trying out for the GCU Cheerleaders.

**Tryouts are April 7th, 8th and 9th, 2017. Exact timeline is found below.**

In this packet, you will find extremely important information. Please read it completely and thoroughly. Take note of important dates, mandatory expectations, and details of our program.

If you have any questions, please email gcucheerleaders@gcu.edu.

Here is what you will find in this packet:

**PROGRAM OVERVIEW**
- Spirit Program Coaching Staff
- Cheerleading Team Overview
  - Mission
  - Objectives
  - Description of Teams
- Overall Requirements & Expectations
- Summer Requirements, Time Commitments & Mandatory Dates
- Season Requirements & Time Commitments
- Team Fees, Financial Obligations & Fundraising
- Benefits
- Scholarships
- Competition

**TRYOUTS OVERVIEW**
- Tryouts Check-List
- Description of Required Materials
- Tryout Application Questions
- Potential Student Athlete Physical Paperwork
- Tryout Specific Information
- Tryout Timeline
- Tryout Evaluation Details
- Other Important Information and FAQ’s
- Tryout Acknowledgement & Acceptance
SPIRIT PROGRAM COACHING STAFF
Emily Stephens – Director of Spirit Programs & Head Cheer Team Coach
Jacque Genung-Koch – Head Dance Team Coach
Keegan Hubbard – Associate Head Cheer Coach
Seth Thomas – Strength & Conditioning Coach
Jake Aganus – Athletic Trainer

The cheer and dance teams are separate, and do not operate as a spiritline; the teams do practice separately. However, they are under one direction, and do work very cohesively together. They attend camp together and often perform and appear together at university functions and community outreach events. Both teams are blessed to have their own Strength & Conditioning Coach who creates work-outs specific to our sport and skills and oversees our strength program and progress. We also have an Athletic Trainer who attends every practice, game, and event. Safety, injury prevention and treatment are of the utmost importance to our program and our Athletic Trainers are highly qualified and provide immediate and one-on-one treatment to our athletes.

CHEERLEADING TEAM OVERVIEW
Mission
The mission of the Grand Canyon University Cheerleaders is to support, promote and represent Grand Canyon University through proper promotion of school spirit, pride, tradition, and student involvement.

Objectives
- Support GCU Athletics by cheering at all home men’s and women’s volleyball matches, men’s and women’s basketball games and other select athletic contests and events.
- Support University Relations & GCU Marketing by attending and performing at various promotional events on campus and within the community.
- Demonstrate qualities of commitment, discipline and responsibility, as well as to serve as exceptional representatives and ambassadors of Grand Canyon University, the GCU Spirit Program and the cheerleading team.
- Display appropriate Division I collegiate level cheerleading skills and technique and reinforce those concepts during games and performances.

Description of Teams
- GCU Cheerleading is comprised of a CO-ED team and an ALL-GIRL team that both incorporate game day cheering, partner & group stunting, pyramids, basket tosses and tumbling.
- Both Co-Ed and All-Girl work cohesively together. They have combined practices/work-outs that allow both groups to work together when needed, but also develop distinct skills needed for each specialty.
- Females must declare a team they plan to tryout for, but may be asked to show stunting skills with the other team at tryouts.
- Both teams combine for camp and many other events.
- Both teams are considered GCU Athletic teams and under the supervision of GCU University Relations and Campus Events with a dotted line to Athletics.

OVERALL REQUIREMENTS & EXPECTATIONS
- Demonstrate exceptional academic leadership in the classroom by attending all classes, being an outstanding student, and being committed to academic excellence.
- Each semester, must be enrolled as a full-time student at Grand Canyon University (12 credits per semester). Must have and maintain a 2.0 GPA to be eligible for scholarship, maintain a C (75%) or above grades in all classes in order to participate, and provide bi-weekly grade checks.
- Abide by all rules and regulations set by NCAA Division I (National Collegiate Athletic Association) and the Western Athletic Conference (which GCU athletics falls under) as they pertain to collegiate cheerleading.
Maintain all athletic training paperwork and abide by ALL athletic compliance policies & guidelines, including: drug & tobacco policies, random drug testing, medical insurance coverage and behavioral conduct standards.

Follow all AACCA (American Association of Cheerleading Coaches & Administrators) safety rules and display proper understanding and demonstration of safety technique to help prevent injury.

All athletes must exhibit appropriate personal conduct. It is critical that the GCU Cheerleaders are a positive reflection of GCU and align with the 4 pillars in which GCU was founded upon: Academic Advancement, Christian Camaraderie, Extra Curricular Excellence and Wellness & Well-Being.

All athletes must possess a strong dedication to academic excellence and show dependability, honesty, and commitment to being/growing into a servant leader.

All athletes must have a positive attitude and be willing to learn, accept instruction/constructive criticism from coaches & captains, grow with the GCU team as a team player, respect all decisions of coaches & captains and respect the integrity of the mission of the GCU Cheer program. Ultimate acceptance of the GCU cheer team’s mission and responsibilities are required to remain on the team.

All athletes must act like a mature and responsible adult and treat cheerleading like a job where you are accountable, timely and disciplined. Must possess excellent time management and prioritizing skills.

Priorities are academics, then cheer...nothing in between

All athletes must show an understanding of responsibility and commitment regarding maintaining health and wellness, nutrition, safety, and injury prevention.

SUMMER REQUIREMENTS, TIME COMMITMENTS & MANDATORY DATES

We strongly believe in the power of the “OFF SEASON” and expect athletes to take responsibility and initiative in improving their skills and physical well-being during the summer. Failure to do so may result in removal from the team.

If you live in the Phoenix metro area, you’ll be required to work-out (following our set program) 3 times per week, one of which will be required to be on campus with our trainer. The required day/time will be announced at tryouts.

If you live outside the Phoenix area, you’ll be required to follow a set home work out program 3 times per week.

All members will be required to work their stunting and tumbling skills at least 2 times per week for 1 hour minimum.

All other fundraising and university events will be required as much as possible for returning members.

Attend mandatory weekend practice sometime in June (exact weekend to be announced at tryouts).

○ Athletes will be responsible for travel & food.
○ We will plan lodging for out-of-town members with local members.
○ Parents can accompany member for the weekend, but lodging will not be available. If parents would like to come with member, member and parents will need to find their own lodging.

Mandatory Dates:

○ July 28-29 – Returner’s Leadership Retreat
○ July 29 – Move in to GCU Student Housing
○ July 29 – Parents Meeting (not mandatory, but highly recommended)
○ July 30-August 7 – Pre-Camp Practices
○ August 8-12 – UCA Collegiate Cheer Camp in Santa Barbara, CA.
○ August 12-20 – Team Week (additional practices, community outreach events, fundraising events and team bonding events)
○ August 21-27 – Welcome Week (soccer game, orientations, Lope-A-Palooza)
○ August 28 – Fall Semester begins
SEASON REQUIREMENTS & TIME COMMITMENTS

- Attend all season practices, strength and conditioning, games and other university/community events beginning of fall semester & continuing through mid-April 2017. In general, a commitment of 20+ hours per week can be expected each week.

- Practices/Strength and Conditioning:
  - Exact practice and strength and conditioning days/times will be announced at tryouts, but will be 3 days per week.
  - Practices consist of progression and perfection of game day material (chants, band dances, rallying, etc.) as well as progression and perfection of tumbling and stunting. We will also spend quality time on leadership development, character growth and team cohesiveness.
  - Missed practices are NOT permitted unless there is an emergency situation. Family vacation, work conflicts, etc. are not reason for missing practice.

- Games:
  - The GCU Cheerleaders cheer at all home men’s and women’s volleyball matches, men’s and women’s basketball games and other select athletic contests upon requests such as soccer and rugby.
  - Between 16-18 athletes will be chosen from the co-ed and all-girl team to cheer for the men’s basketball games (Purple Squad) and will be chosen based on experience, rallying skills, tumbling & stunting skills, as well as attitude, grades and overall performance. Men’s basketball is our highest profile sport and is completely televised; therefore this will be the most experienced team. Remaining athletes will cheer for the women’s basketball games (White Squad). Both teams will divide other games for other sports.
  - You must be available for all games that might be scheduled over Thanksgiving, Christmas, Spring Break and other holidays.
  - Missed practices, events & games are NOT permitted unless there is an emergency situation. Family vacations, work conflicts, etc. are not reason for missing a game.

- Other University & Community Events:
  - The GCU Cheerleaders are truly athletic forms of marketing and are used in many ways to promote GCU. We attend and perform at pep rallies, media events, community events such as cancer walks, festivals, etc. Being in the public and being the face of GCU is a role that is not taken lightly and requires the cheerleaders to be very approachable, personable, and mature.
  - We do everything we can to plan accordingly and give the athletes as much notice as possible. However, additional events do come up periodically and we ask team members to be flexible.

TEAM FEES, FINANCIAL OBLIGATIONS & FUNDRAISING

- FEES:
  - $25 non-refundable online tryout registration fee (online service charges apply)
  - $150.00 non-refundable team fee will be due upon making the team at our first team meeting immediately after tryouts
  - $150.00 team fee will be due on July 29th

- FINANCIAL OBLIGATIONS:
  - Approximately $200 worth of additional practice apparel will be required and will be paid by the athlete. Purchases will be expected at the end of June.
  - Athletes will be responsible for their own food/meals during pre-camp practices.
  - Periodic additional fees for team gatherings, holiday gifts, etc

- FUNDRAISING:
  - Additional fundraising efforts will be necessary for competition. All members will be expected to participate in fundraising and set expectations of items to sell (for example, everyone must sell 10 calendars or 10 t-shirts) will be implemented. Failure to sell expected amount will result in member paying for items. Start to build your support system NOW!
BENEFITS
- Scholarships!! (See below section).
- Nike attire and gear (practice clothes, shoes, warm-ups, duffle bag, pom poms, etc.). All paid for by and property of GCU Cheer!
- GCU Cheer uniforms and other GCU marketing apparel
- Fully funded trip to Santa Barbara for UCA Cheer Camp, including food.
- Opportunity to cheer & have a front row seat for all home Volleyball, Basketball, and other games/events in the newly remodeled 7000 seat GCU Arena and be affiliated with exciting new and upcoming NCAA Division I athletic programs.
- Use of GCU’s athletic weight room & a customized training program developed by one of GCU’s top-notch strength & conditioning coaches.
- Access to GCU’s athletic training facilities and trainers for any team related injuries.
- Possible opportunity to travel to any basketball tournaments and championship games.
- Possible opportunity to compete at a collegiate level cheerleading competition.
- Opportunities for professional development and networking within University partnerships.
- A solid support network that fosters personal purpose and growth from the challenge of a dynamic Christian dedicated team.

SCHOLARSHIPS
All team members receive a scholarship upon making the team if all eligibility requirements are met, however, the exact amount varies each year and is dependent on the programs overall scholarship budget, number of team members, financial need, and the ratio of veteran to rookie team members. Scholarship potential is highest for the veteran team members who have been on the team the longest. Other GCU scholarships offered have to be considered as well and are restricted to the following combination cap limits:
- Presidents Scholars on campus housing may receive up to $16,500
- All other scholars on campus housing may receive up to $14,000
- All other scholars living off campus may receive up to $11,500

Team members will be given their scholarship amount by the end of June 2017.

COMPETITION
We are first and foremost game day cheerleaders! However, we do believe with the right amount of discipline, time management, passion and heart, great game day cheerleaders can also be highly competitive. The GCU Cheerleaders have competed twice at USA Collegiate Nationals placing 5th in small co-ed (2012) and 1st in large co-ed (2014). In 2015, we placed 5th Division II Large Co-ed and most recently, just a few weeks ago, placed 2nd in Division II Small Co-Ed at the UCA Collegiate National Championship in Orlando, Fl. We plan to continue to compete at UCA from here on out.

Important information and policies in regards to competition:
- It is a privilege, not a right and should NOT be the reason you are trying out for this team.
- NEW THIS YEAR! GCU will be eligible to compete for Division I as the University will be out of our 4 year probationary period during our transition from DII to DI. For now, we only plan to compete co-ed. Whether we compete large or small co-ed may vary from year to year.
- 16 athletes will be chosen from the co-ed and all-girl team to make-up the competition team. Yes, we compete co-ed, but many all-girl athletes may have the skills that we need (tumbling, baskets, pyramids) in order to be fully well-rounded at competition.
- Coaches and choreographers will make the final decision on the 16 athletes who will compete. It will be based upon attitude, grades, experience, required skills, and availability of extra practices.
- GCU funds quite a bit of the cost, but additional fundraising will be necessary and required of all team members.
- If we feel we have the right group, we will consider taking an all-girl stunt group or co-ed partner stunt to compete.
TRYOUTS CHECK-LIST
Use this check-list to guide you through all required paperwork that must be submitted. Explanation of each required piece can be found on page 6. You WILL turn this page in as part of your packet. **Initial each item.**

First Name: ___________________________________  Last Name: ___________________________________

✓ Complete Online Registration by March 31 – found at [www.gcucheercamps.com](http://www.gcucheercamps.com)_________

✓ Complete Tryout Packet, organized in the following order:

1. Cheerleading Tryouts Check-List ________
2. Tryout Application Questions ________
3. Headshot Photo ________
4. Two Letters of Recommendation ________
5. GCU Acceptance Letter ________
6. Athletic Training Packet ________
7. Tryout Acknowledgement & Acceptance ________

Basic Uni-Sex T-Shirt Size ________________

OPTIONS FOR TURNING IN PAPERWORK:

1. Mail to:
   Grand Canyon University
   ATTN: Emily Stephens, Director of Spirit Programs
   Cyprus Hall, Room 108
   3300 W. Camelback Rd., Phoenix, AZ  85017
   Mailed paperwork must be received by Friday, March 31st

2. Bring in person to the final Cheer Clinic on Saturday, April 1st held in the Lopes Performance Center. Must bring between the hours of 9:30am-2:00pm. You do not need to be registered for the clinic to drop off paperwork.

3. GCU Students – interoffice through the GCU Mail Center. Attention to Emily Stephens, Cyprus Hall, Room 108. **Must be received in my office by Friday, March 31st.** Packet cannot be dropped off in person. Plan accordingly.

IMPORTANT NOTES:
- **INCOMPLETE, LATE and/or EMAILED SUBMISSIONS WILL NOT BE ACCEPTED. NO EXCEPTIONS.**
- GCU will not responsible for lost paperwork sent via mail. We suggest sending with a tracking number.
- Do not mail recommendation letters or fees separately. Send everything in one package. Emailed recommendation letters will not be accepted.
DESCRIPTION OF REQUIRED MATERIALS

Online Registration:
- Completed by Friday, MARCH 31, 2017
- Link can be found under tryouts tab (where you found this packet) or by going to www.gcucheercamps.com.
- This is where you pay your $25.00 fee. Online processing fee will apply.

Tryout Packet:
- Completed and received no later than FRIDAY, MARCH 31, 2017
- It is highly recommended to mail tryout packet via certified mail to ensure it is received. GCU coaching staff will not make other arrangements for tryout packets that are lost by postal services.
- Tryout packets are being accepted now and it is recommended to get your packet in as early as possible.

Tryout Packet includes:
1. Cheerleading Tryouts Check-List – page 6 above
   All items initialed & filled out.

2. Application Questions – page 8 below
   Please follow instructions for the application questions. Questions are found on page 8 below.

3. Potential Student Athlete Physical Paperwork
   All candidates are required to have a current physical (completed within the past 6 months) & completed forms in order to tryout.
   POTENTIAL STUDENT ATHLETE PHYSICAL PAPERWORK INCLUDES (KEEP IN THIS ORDER):
   - Completed Physical Form (within 6 months of tryout date) – Use your doctor’s form
   - Front and Back Copy of Medical Insurance Card
   - Completed and Signed Potential Student Athlete Pre-participation Form – page 9 below
   - Signed Release Agreement – page 10 below

4. Two Letters of Recommendation
   Recommendations must be from:
   1. A current or previous cheer coach; and
   2. A teacher, counselor, employer
   For person writing the letter, include:
   - Role you had in the candidates life and duration of relationship with them
   - Evaluation of your abilities, character, and contributions; specific examples that illustrate strengths
   - Summary that explains why they would recommend you for the GCU Cheerleading Team
   - Contact information for further reference

5. GCU Acceptance Letter
   Please submit a copy of your GCU Acceptance Letter. If you have not received your acceptance letter, your admissions counselor may email you your status and include a copy of the email with your tryout packet. Current GCU students are not required to provide a letter, but must provide a copy of their student I.D. to verify.

6. Tryout Acknowledgement & Acceptance
   Applicants must print, sign and date form and have parent sign if applicant is under 18 at the time of tryouts.
TRYOUT APPLICATION QUESTIONS
Please retype all questions on a separate piece of paper. Be sure to follow exact instructions in each question.

1. Bullet list all high school and/or all-star cheer experience, the school/location, and how long you’ve participated on team.

2. Bullet list all awards you have received and leadership opportunities you have held (in high school or college).

3. Bullet list all stunting positions you have experience in and highest skills you have mastered in that position. (Mastering a skill means it can be performed without bobbles or falls. You are strong enough to compete in that position). For example:
   - Main Base, 360 full-up and double down
   - Group Flyer, straight up liberty, cradle

4. Bullet list and describe any current or past injuries, any medical conditions with treatments that could affect how you perform athletically and medical procedure/surgeries you have had. Include date(s) of injury and doctor’s or therapists seen for injury.

5. In complete sentences, please tell us the activities you like to participate in during your spare time and include the school clubs/organizations you belong to.

6. In complete sentences, explain the composition of your family and describe your family’s relationships and dynamics. Please also report how your family would describe you.

7. In complete sentences, please tell us how your friends/teammates would describe your personality?

8. Bullet list 3 positive traits you possess that will help you succeed in college and describe how the same traits translate into being a successful team member?

9. In complete sentences, tell us one unique thing about you.

10. In complete sentences, tell us why you want to be a GCU Cheerleader and how you will contribute to the team?
PSA Pre-Participation Form

Full Name (Print): ____________________________ Date: ___/___/20___
Sport: _______________________________________
DOB: ___/___/_____ Age: _____ Current Year in School: _______
Phone: __________________
Emergency Contact Name (Print): ___________________________
Emergency Contact #: __________________

History
1. Have you been hospitalized, seen a physician, or had a major illness or injury since last year’s pre-participation physical? Y N
2. Have you recently had a surgery or are you currently ill or injured in any way? Y N
3. Have you or anyone in your family been diagnosed with a heart condition? Y N
4. Are you currently taking any prescribed/over the counter medications or supplements? Y N
5. Do you currently have or have you previously had any general health concerns that you would like to discuss with a GCU Club sports medicine staff member? Y N
6. Have you been tested to determine whether you are sickle cell trait positive? Y N
7. Has anyone in your family ever been diagnosed as sickle cell trait positive? Y N

Explain all “YES” answers here:
________________________________________________________
________________________________________________________

I hereby state that, to the best of my knowledge, my answers to the above questions are correct. I hereby authorize the athletic trainers at Grand Canyon University, who are under the direction and guidance of the Grand Canyon University Team Physicians, to render care to my son/daughter or myself, any preventive, first aid, emergency treatment or hospitalization that they deem reasonably necessary to the health and well-being of the student-athlete.

Print Full Name: __________________________________________

Signature of Athlete: ____________________________ Date: ____________

Signature of Parent/Guardian: ____________________________ Date: ____________
(If participant is under 18)

***PLEASE BRING OR ATTACH A COPY OF YOUR CURRENT HEALTH INSURANCE CARD AND MOST RECENT PHYSICAL***
Release Agreement

I, the undersigned, do hereby acknowledge and understand that participation in this event may expose me to the risk of property damage and bodily or personal injury including, but not limited to, broken bones, sprains, strains, concussions, as well as other risks that may not be foreseeable.

I acknowledge and assume any such risk to my personal health should I use the Grand Canyon University Club Sports facilities and its equipment with or without supervision. In addition, I acknowledge that I have had a complete physical within the last six (6) months or six (6) months prior to my last season and am able to participate in this workout.

In exchange for the Grand Canyon University Club Sports granting me access to the facilities, I hereby release and forever discharge Grand Canyon University, Grand Canyon University Club Sports, their members individually and their officers, agents and employees from any and all claims, demands, rights and courses of action of whatever kind, arising from or by reason of any personal injury or property damage, or the consequences thereof, resulting from or in any way connected with my voluntary choice to access the Grand Canyon University Club Sports facilities.

I further covenant and agree that for the consideration stated above I will not sue Grand Canyon University, its officers, agents, or employees for any claim for damages arising or growing out of my voluntary choice to access the Grand Canyon University Club Sports facilities.

I understand that the acceptance of this Release, Waiver of Liability and Covenant Not to Sue by Grand Canyon University shall not constitute a waiver, in whole or in part, of sovereign immunity by said officers, agents and employees.

I have read and fully understand the contents of this agreement and execute same as my own voluntary act.

Signature:_________________________________________ Date:__________________
(Participant)
Name (printed):_____________________________________
(Participant)
Parent/guardian signature__________________________________ Date______________
(If participant is under 18 years of age)
Parent/guardian printed name_______________________________
TRYOUT SPECIFIC INFORMATION

Dates and Times of Tryouts
Friday, April 7 * 5:00pm-10pm – Evaluations & Cuts
Saturday, April 8 * 9am-10pm – Evaluations & Cuts
Sunday, April 9 * 9am-8pm – Final Tryout & Final Cut, First Required Team Practice, Fittings, Etc.

- All current members must be invited to tryout based on their performance through-out the year, mid-season evaluation, & evaluations from professors.
- Returning Members will NOT attend day one of tryouts.
- New applicants will be required to attend all 3 days. No exceptions. End times are subject to change depending on number of applicants.

NEW THIS YEAR! New applicants who attend the final Prep Clinic on April 1st will have the opportunity to receive a PASS for FIRST CUTS of tryouts from the coaching staff.
- Eligible applicants would be those who show strong Game Day presence and tumbling skills as well, all paperwork was turned in at the April 1st (or mailed prior) and is compete.
- A PASS does NOT guarantee your placement on the team.

Game Day Material Video
- If all tryout packet requirements (online registration & tryout packet) are received, applicant will be emailed the Game Day Material Video on April 2, 2017 by 11:59 MST.
- Game Day Material must be learned prior to the start of tryouts. Incorporation will be taught at tryouts.
- It is extremely important that the email you list on your online registration is current. The GCU coaching staff will NOT be responsible for undeliverable messages when the Game Day Material is emailed out.
- Game Day Material will consist of the GCU Fight Song and 2 sidelines

Tryout Material/Skill Requirements

CO-ED TEAM

Returning Males:
Fight Song: GCU Fight Song learned from Game Day Material Video (with megaphone). Fight Song includes:
- Standing tuck (optional but preferred)
- Toss hands press extension

Sideline: Both sidelines taught from Game Day Material Video (with megaphone). Sidelines include:
- Toss extension with different partner than fight song

Standing Tumbling: Tuck is highly recommended, but not required.
Running Tumbling: Running tumbling is highly recommended, but not required

Coed Stunt: Stunts listed above in Fight Song and Sideline at minimum. Additional stunts, choose one of the following, plus show one additional stunt of choice:
- Hands liberty
- Hands cupie

Rookie Males:
Fight Song: GCU Fight Song learned from Game Day Material Video (with megaphone). Fight Song includes:
- Standing tuck (optional preferred)
- Toss toe-touch chair

Sideline: Both sidelines taught from Game Day Material Video (with megaphone). Sidelines include:
- Toss hands (extension preferred)
Must be shown with different partner than Fight Song

Standing Tumbling: Tuck is highly recommended, but not required
Running Tumbling: Running tumbling is highly recommended, but not required

Coed Stunt: Stunts listed above in Fight Song and Sideline. In addition, base Purdue to shoulder stand and show additional skills.

**All Females:**

**Fight Song:** GCU Fight Song learned from Game Day Material Video. **Fight Song includes:**
- Standing tuck with poms
- Toss hands press extension with poms

**Sideline:** Both sidelines taught from Game Day Material Video. **Sidelines include:**
- Toss extension
- Returners with different partner than Fight Song
- Performed with poms

**Standing Tumbling:** Standing tuck performed 3 times consistently on the gym floor
**Running Tumbling:** Round-off back-handspring series on gym floor
- Round-off back-handsprings to a tuck on gym floor
- Layout and above preferred on mat

**Coed Stunt:** Stunts listed above in Fight Song and Sideline.
- Purdue to shoulder stand, toss hands, press to liberty & cupie pop off
- Ability to also fly **All-Girl** with heal stretch, full twisting cradle preferred

**ALL-GIRL TEAM**

**All Females:**

**Fight Song:** GCU Fight Song learned from Game Day Material Video. **Fight Song includes:**
- Standing tuck (with poms)
- Straight-up liberty
- May be shown as base, back, or flyer
- Flyer must perform with poms

**Sideline:** Both sidelines taught from Game Day Material Video. **Sidelines include:**
- Quick toss half, press to extension
- May be shown as base, back or flyer
- Flyer must perform with poms

**Standing Tumbling:** Standing tuck performed 3 times consistently on gym floor
**Running Tumbling:** Round-off back-handspring series on gym floor
- Round-off back-handsprings to a tuck on gym floor
- Layout and above preferred on mat

**Group Stunt:** Stunts listed above in Fight Song and Sidelines. **In addition as base, back, flyer:**
- Straight up heal stretch with full twisting cradle
- 360 to extension
- All-Girl shoulder stand
- Candidates moving on to 2nd round:
  - Versatility to stunt in different positions preferred
Tryout Appearance

Friday, April 7:
- **Females**: Plain black form fitting tank top, sports bra with black spandex or shorts. *Tank tops need to be a higher cut so cleavage is not exposed.* Cheer shoes are preferred, but tennis shoes can be worn. No street shoes are allowed on the gym floor. Hair needs to be up in a mid-level curled ponytail. Bangs must be pulled back from the face. Clean and presentable make up is to be worn. Fingernails should be cut short with no polish. Fake nails are prohibited for tryouts.

- **Males**: Plain black shirt or tank and black shorts with compression shorts. Cheer shoes are preferred, but tennis shoes can be worn. No street shoes are allowed on the gym floor. Hair needs to be clean and presentable and facial hair needs to be well-groomed and non-excessive.

Saturday, April 8:

- **Interview Attire**: Professional/business attire – modest dress or blouse & dress pants for females – button up shirt or clean polo & slacks for males. Professional footwear.

- **Females**: Plain purple form fitting shirt or tank, sports bra and black spandex or shorts. *Shirt/tank tops need to be a higher cut so cleavage is not exposed.* Cheer shoes are preferred, but tennis shoes can be worn. No street shoes are allowed on the gym floor. Hair needs to be up in a mid-level curled ponytail. Bangs must be pulled back from the face. Clean and presentable make up is to be worn. Fingernails should be cut short with no polish. Fake nails are prohibited for tryouts.

- **Males**: Plain purple shirt or tank, and black shorts with black compression shorts. Cheer shoes are preferred, but tennis shoes can be worn. No street shoes are allowed on the gym floor. Hair needs to be clean and presentable and facial hair needs to be well-groomed and non-excessive.

Sunday, April 9 (final tryout):

- **Females**: It is recommended to wear at GCU tank or shirt, but not required. If you do not have a GCU tank or shirt, we please wear purple, black or white. Show your GCU pride! You choice of spandex or shorts.

- **Males**: It is recommended to wear at GCU tank or shirt, but not required. If you do not have a GCU tank or shirt, we please wear purple, black or white. Show your GCU pride! You choice of shorts. Cheer shoes are preferred, but tennis shoes can be worn. No street shoes are allowed on the gym floor. Hair needs to be clean and presentable and facial hair needs to be well-groomed and non-excessive.
TRYOUT TIMELINE
*All times are approximate to the total # of applicants and are subject to change.

Friday, April 7, 2017 (5:00pm-10pm): GCU Lopes Performance Center
5:00pm: Check-in begins
5:15pm: Welcome
5:25pm: Dynamic Warm Up & Stretch
5:45pm: First Evaluation: Game Day Material, Tumbling & Tryout Packet Score
7:15pm: Dinner Break – options on campus are Chick-Fil-A, Subway, Panda Express, Einstein Bagels, Qdoba
8:00pm: Second Evaluation: Group Interview/Activity & Practice Game Day Incorp
   • First Cuts will be made.
9:30pm: Policy & Procedure
10:00pm: Done

Saturday, April 8, 2016 (9:00am - approx. 9:00pm): GCU Lopes Performance Center
9:00am: Interviews, Rallying/Crowd Appeal & Game Day Material Practice
12:00pm Lunch Break
   • Second Cuts will be made.
1:00pm: Third Evaluation: Rallying/Crowd Appeal & Game Day Material with Incorporation
5:00pm: Fourth Evaluation: Strength & Conditioning and Advanced Stunting
   • Fourth Cuts will be made.
6:30pm: Dinner Break – see above for food options
7:30pm: Final Stunts and Tumbling Practice
9:00pm: Done

Sunday, April 9, 2016 (9:00am- 8:00pm): GCU Lopes Performance Center
9:00am: Final Tryout
1:00pm: Final Team Announced!
1:30pm: Team Lunch (food will be provided)
2:30-8pm: First Team Practice & Uniform/Practice Attire Fittings (do not make flight travel plans prior to 10pm considering 8pm finish time and time to get to airport)

TRYOUT EVALUATION DETAILS
Tryout Packet
Tryout Packets will be read by coaching staff. Scoring will be based off complete and concise content throughout the packet. Presentation, neatness, proper grammar, and sentence structure will highly influence scoring. Do not staple any part of the packet or place into a portfolio. Keep packet in order as listed above.

Game Day Material
Points will be scored based on knowledge of material, sharpness/placement/control of motions according to counts, voice projection, rallying presence (normal facial expressions/smiling, relaxed nature while performing material) collegiate appearance and proper incorporation of stunts/tumbling.

Standing & Running Tumbling
Points will be scored based on skill level, potential, consistency, form, technique and speed

Interview
It is our goal to truly get to know you and your character. We want to know why you want to be a GCU cheerleader, how you plan to handle the pressure of being a collegiate athlete, and trust that you will represent GCU appropriately. Applicants will be scored on proper dress, body language, composure, and content/delivery of answers.
**Strength & Conditioning**

GCU Strength and Conditioning staff will be present to monitor correct form and honesty in reporting/recording scores. Two tests will be administered to evaluate each participant’s overall strength and endurance. The first is a full body strength and endurance test. It is a standardized obstacle course consisting of burpees, davies, squats, hurdle hops, sprints, etc. in the least amount of time possible. The second is a plank hold for time. The participant must maintain good plank posture without breaking form or lifting hands/feet from the ground. A demo video will be emailed with the Game Day Material Video.

**Coed & All-Girl Stunt**

Points will be scored based on skill level, potential, consistency, power, posture, technique, and presence

<table>
<thead>
<tr>
<th>Point Breakdown</th>
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<tbody>
<tr>
<td>Tryout Packet</td>
<td>20 points</td>
</tr>
<tr>
<td>Sidelines</td>
<td>10 points (5 for 1st evaluation, 5 for 4th evaluation)</td>
</tr>
<tr>
<td>Fight Song</td>
<td>10 points (5 for 1st evaluation, 5 for 4th evaluation)</td>
</tr>
<tr>
<td>Standing Tumbling</td>
<td>10 points, plus up to 5 bonus for extra skills (10 for 1st evaluation, 5 bonus for final tryout)</td>
</tr>
<tr>
<td>Running Tumbling</td>
<td>10 points, plus up to 5 bonus for extra skills (10 for 1st evaluation, 5 bonus for final tryout)</td>
</tr>
<tr>
<td>Interview</td>
<td>20 points</td>
</tr>
<tr>
<td>Strength &amp; Conditioning</td>
<td>10 points</td>
</tr>
<tr>
<td>Co-ed Stunt</td>
<td>15 points (final evaluation)</td>
</tr>
<tr>
<td>All-Girl Stunt</td>
<td>15 points (final evaluation)</td>
</tr>
</tbody>
</table>

**Total Scoring**

Coaches and judges will score each evaluation based on points above. Scores will be kept for each evaluation and will be compared for final tryout. In short, the better you do at each evaluation, the better chance you have in the final round.

**OTHER IMPORTANT INFORMATION AND FAQ’S**

**What to Bring**
- Adequate water, Gatorade, snacks
- Inhaler or medication for asthma or exercise induced health issues.
- Tape or braces. Our trainer will tape if necessary, but due to the high volume, if you can tape yourself safely, it is recommended.
- All participants need to bring athletic running shoes for Saturday’s Strength & Conditioning evaluations.

**What Not to Bring**
- **JEWELERY OF ANY KIND.** This includes nose rings, eyebrow piercings, belly button rings or any other body piercings. All rings must be taken out. Replacing them with rubber filler is allowed, but only if the coaches feel there is no safely hazard. Taping piercings in prohibited. This is a NCAA rule and no exceptions will be made. **Failure to adhere to the above guideline will be reason for dismissal from tryout.**

**Team Size**

The Co-Ed team will be a total of 18-20 members; ratio of males and females will depend on tryout applicants. The All-Girl team will be 16 females to make up four stunt groups.

**Alternate Positions**

Alternate positions will be considered and conditionally offered at tryouts, but may not be taken as permanent members of the team.
Hotel Accommodations:
If traveling from out-of-town, we recommend staying at the newly renovated Grand Canyon University Hotel:

Grand Canyon University Hotel
5115 N. 27th Ave.
Phoenix, AZ 85017
www.gcuhotel.com
1-844-683-5428

There are other hotel options within a 10-15 miles radius of campus. GCU does not offer special rates or reimburse cost for hotel or any other travel for tryout applicants.

Video Tryout Policy
Trying out by video is definitely not ideal – the judges cannot truly assess your abilities and performance in an adjudicated atmosphere, as compared to other candidates. Video tryouts should only be done by those who simply have no way to attend the actual tryouts and will be subject to the following:

- Video tryouts must meet all video tryout requirements which will only be released upon request.
- Online registration, tryout packet and video must be completed and postmarked by March 31st, 2017.
- If video candidates are selected for the team, they will be placed on the team on a provisional basis. Their skills and character will be further evaluated at the June practice and if what was shown in the video does not match what is shown in person, they will be removed from the team.

Please contact Director Emily Stephens at emily.stephens@gcu.edu to declare plans to tryout by video and to request the requirements for video tryouts.

How can I prepare for tryouts?
Attend the remaining GCU Cheerleaders clinics and prep clinics. For dates, times and to register, go to www.gcucheercamps.com.

Also, remember to:
- Make a good first impression – do your paperwork right, turn in on time, and follow all instructions. This is our first chance to see how responsible you are.
- Stretch and be physically fit for tryouts. Ask for help from a professional trainer if you are unfamiliar with the items listed in the strength and conditioning portion of tryouts.
- Know your material.
- Come to a GCU game! Contact Director Emily Stephens if you would like tickets to a game – both clinics in February are followed by a men’s basketball game. The best way to see what kind of cheerleaders we are looking for is to come watch the current GCU cheerleaders in action.
TRYOUT ACKNOWLEDGMENT AND ACCEPTANCE

I have carefully read and understand all content of the 2017 Grand Canyon University Cheerleading Tryout Packet.

I certify that my information in this packet is true and accurate to the best of my knowledge.

I understand and accept that the coaches’ and judges’ backgrounds, collectively, cover a broad spectrum and many years of cheerleading experience. The panel’s decision for the 2017-2018 GCU Cheerleading Team is final. I understand that GCU is not responsible for any cost associated with trying out for the cheerleading team. I also understand in no way have I been promised a placement on the GCU Cheerleading team by my GCU advisor and understand my tryout is voluntary and is completely separate from my admission process.

I also agree that should I be selected for the 2017-2018 GCU Cheerleading Team I will commit and dedicate myself 110% to this team and all Policy and Procedures discussed during tryouts. I will not accept a spot on this team if I do not fully intend to cheer for GCU and return this fall. I agree that if I do not return to GCU this fall and cheer on this team, I will be responsible for reimbursing the program for any financial loss including the total cost of camp, all travel expenses and apparel which can amount to approximately $1000.

I, ____________________________, agree to the conditions stated above.

Printed Name of Applicant

____________________________
Signature of Applicant

____________________________
Signature of Parent (only needed if Applicant is under 18)

____________________________
Printed Name of Parent (only needed if Applicant is under 18).