Northern Arizona University Cheerleading Information and Tryout Packet

2019 - 2020

Tryout Dates:

Friday, April 19th and Saturday, April 20th, 2019
NAU’s Health and Learning Center (Bldg #25)

LUMBERJACK ATHLETICS

www.nauathletics.com
About the Program:

The NAU Cheer Team is a great way to become actively involved within the University while meeting new people. The primary role of the NAU Cheer team is to support Athletics. Members will be cheering at all home football and basketball games along with special event appearances. The NAU Cheer Team has placed 2nd in 4-Year All Girl Show Cheer and 3rd place in All Girl Group Stunt at the USA Collegiate Championships in 2015, placed top 10 at UCA College Nationals for All Girl Division 1 in 2016, placed 2nd for All Girl Group Stunt and placed 3rd for All Girl Show Cheer at USA Collegiate Championships in 2016, and placed top 10 at UCA College Nationals for Cheer All Girl Division 1 and 3rd for the University World Cup Cheerleading Championships in 2017. This past season the NAU Cheer Team became University World Cup Cheerleading CHAMPIONS at UCA College Nationals in Orlando, Florida. We are proud of our success at UCA and USA College Nationals and hope to continue to rise nationally in the years to come.

Competitions Attended at Coaches Discretion:

<table>
<thead>
<tr>
<th>All Girl</th>
<th>Co-Ed</th>
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<tbody>
<tr>
<td>Universal Cheerleading Association (UCA)</td>
<td>United Spirit Association (USA)</td>
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<tr>
<td>College Nationals</td>
<td>Collegiate Championships</td>
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<tr>
<td>Orlando, Florida – Disney World</td>
<td>Anaheim, California – Anaheim Convention Center</td>
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<tr>
<td>January</td>
<td>February</td>
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As members of the NAU Athletic Program, the cheer team will receive priority enrollment, academic assistance via the athletics study hall, access to athletics trainers, uniforms, practice attire including shoes, and four tickets to all home football games and two tickets to all home basketball games. We will be holding tryouts for our All Girl Team and Coed Team! Come tryout for the team and become part of a wonderful athletic program.
There is a $40 NON-REFUNDABLE tryout fee due at the tryout check-in on Friday (new candidates only).
Check or cashier’s checks. Please make checks out to NAU Athletics.
No credit cards or cash accepted.

NORTHERN ARIZONA UNIVERSITY CHEER TEAM

INDIVIDUAL CONTRIBUTION:

1. As an athletic program, each participant is responsible for a fundraising contribution of $1500 for the NAU Foundation Account – Cheer and Dance Excellence Fund. Solicitation letters will be provided after the teams are announced that can be sent to family and friends. We will also have a booster club set in place to help with fundraising. We are thankful for the support that NAU Athletics provides us with academic assistance, priority registration, access to the team doctor/training room, practice attire and uniforms. The donations received helps support transportation to and from College Nationals, hotel accommodations for Nationals, choreography for Nationals, music for Nationals, extra attire for the season, cost of tumbling practices.
2. Each participant will commit approximately 20 hours per week for practice, strength and conditioning, games, and promotional events. School is your first priority followed by being a part of the cheer team. Work and other extracurricular activities must not interfere with your commitment to the team.
3. The Cheer team may have the opportunity to travel to conference playoff games and select away contests.
4. Other commitments will be announced as they arise.

GENERAL INFORMATION:

1. In addition to regularly scheduled practices, strength and conditioning practices are also included as mandatory practices. Periodic testing will be administered by the strength and conditioning staff.
2. The priority of each NAU Cheer member is to support and cheer at NAU Athletic events. Outside appearances and competitions are secondary and at the discretion of the coaches and director.
3. Each NAU Cheer member must be enrolled as a full-time student at NAU and carry 12 credit hours per semester. In addition, a 2.0 cumulative grade point average must be maintained each semester. All freshmen and transfer students may have to participate in NAU Athletics Study Hall for their first year (regardless of their academic status). This is at the discretion of the coaches and director.
4. All NAU Cheer members will participate with the NAU Athletics drug testing policy.
5. All interested participants must have applied and been accepted to Northern Arizona University.
6. Being a fulltime student at CC2NAU does not qualify you to compete on the NAU Cheer Team.
7. Each participant will receive four complimentary tickets per game for all football, and two complimentary tickets for all basketball home games.
8. Each Cheer Team member is required to adhere to the Code of Conduct outlined by the Athletic Department and is located in each team members Athletic Handbook. It is the responsibility of the team member to read the handbook and be familiar with all rules and regulations.
PRACTICE SCHEDULE:

1. Practices will be held Monday, Wednesday, and Friday’s. Tentative times are subject to change.

   Monday: 7:00 PM-9:30 PM
   Wednesday: (Tumbling) 7:00 PM-9:30 PM
   Friday: 5:30 PM-8:00 PM

2. Strength and Conditioning times will be announced at a later date.

3. Be prepared to have a week to 10 days off for Winter Break. The rest of the break will be used for 2 a day practices in anticipation for Nationals.

TRYOUT SCHEDULE

TRYOUTS WILL BE HELD IN NAU HEALTH AND LEARNING CENTER

FRIDAY AND SATURDAY

<table>
<thead>
<tr>
<th>FRIDAY: APRIL 19, 2019</th>
<th>SATURDAY: APRIL 20, 2019</th>
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<tbody>
<tr>
<td>5:00-5:30 PM Check-in</td>
<td>Time Assigned Physical w/team doctor</td>
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<tr>
<td>5:30-6:00 PM Warm-up</td>
<td>10:00AM-12:00 PM Interviews</td>
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<tr>
<td>6:00-6:30 PM Review Game Day Material</td>
<td>12:00-2:30 PM Stunt Clinic</td>
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<tr>
<td>6:30-7:00 PM Warm Up Standing Tumbling</td>
<td>4:00-4:30 PM Warm Up Stunt and Tumbling</td>
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<tr>
<td>7:00-8:15 PM Standing Tumbling Tryouts</td>
<td>4:30-6:30PM Final Tryout</td>
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<tr>
<td>8:30 PM First Cut Announced</td>
<td>7:00PM Final Team Announcement</td>
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<tr>
<td>8:30 PM Sign Ups for Physicals</td>
<td>7:00PM Mandatory Team Meeting</td>
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THE FOLLOWING CRITERIA WILL BE USED IN JUDGING TRYOUTS

RETURNERS: You will be expected to perform at a higher standard than other candidates, being that you have been a part of the NAU program for at least one year. In addition to standard tryout requirements, you will also be judged on attitude, work ethic, integrity and character that you displayed over the course of the year by the coaches. All returning NAU Cheer members are required to try out each year.

REQUIRED TRYOUT PACKET PAPERWORK: Following the directions for the required trout packet paperwork is mandatory. It is important that the email included is a current email address that is checked often, the Tryout Game Day Material Video as well as other important information will be sent out through email.

COLLEGIATE APPEARANCE: Participants should look their best with a clean collegiate look. Avoid oversized clothing and don’t be afraid to show your enthusiasm by wearing NAU apparel.

Female Participants –
- Game Day Hair and Make Up (example will be shown in Tryout Game Day Video). Hair will need to be in a slicked back pony tail. Hair should be out of your face in a bow and should not affect skills during the tryout process.
- NO JEWERLY ALLOWED!! All jewelry must be removed (covering piercings with tape is not acceptable).
All fingernails should be kept short and safe. Nail polish should be a neutral or non-distracting color.
Practice clothes can be black, navy blue, gold, or white.
Friday Attire - Tops: T-shirts and fully covered tank tops are allowed. NO SPORTS BRAS can be worn as a top.
Friday Attire - Bottoms: Soffees, running shorts, and spandex can be worn.
**Mandatory Saturday Attire** - Attire can be black, navy blue, gold or white. **T-shirts** tucked into either soffees or running shorts will be worn. Clean cheerleading shoes or tennis shoes are required. No street shoes please.

**Male Participants** –
- NO JEWERLY ALLOWED!! All jewelry must be removed (covering piercings with tape is not acceptable).
- Practice clothes can be black, navy blue, gold or white.
- Friday Attire - Tops: T-shirts and tanks are allowed.
- Friday - Bottoms: Shorts are to be worn.
- **Mandatory Saturday Attire** - Attire can be black, navy blue, gold or white. **T-shirts** tucked into **shorts** will be worn. Clean cheerleading shoes or tennis shoes are required. No street shoes please.

**INTERVIEW**: Each participant will be interviewed by the coaches and the judging panel. This interview should be in professional attire with a professional look. Please do not show up in a ponytail and practice shorts. During this process, candidates should be completely honest when answering all questions. Also, this will be your opportunity to show the coaches your personality – so let it shine through!

**GAME DAY MATERIAL**: Once the Required Tryout Packet is completed and received, candidates will receive a confirmation email as well as the Tryout Game Day Video. **Fight Song**: Participants will perform the Northern Arizona University fight song to music. They will be judged on confidence, energy, motions placement, sharpness of motions, collegiate natural smiling, and ability to throw their standing tumbling (tuck required for All Girl) within the routine without hesitation. The material will need to be learned ahead of time. There will only be time allotted at tryouts to review the Fight Song, not to learn it.

**Sideline**: Participants will be judged on crowd leading ability. The judges will be looking for confidence, sharp motions with proper motion technique, strong voice, and spirit during and after the sideline. The material will need to be learned ahead of time. There will only be time allotted at tryouts to review the Sideline, not to learn it.

**ALL GIRL:**
**STUNT**: Participants will perform a stunt sequence they will put together during the stunt clinic. They will be required to include:
1.) A spinning stunt that lands in an extended position (examples: full up to target lib, high to high full around, one and a half up, etc.)
2.) A transitional stunt of the stunt groups choice.
3.) Participants will also be required to perform a stunt of their choice. It is recommended to perform the most difficult stunt possible with a group available at tryouts (inverted and flipping skills are scored higher.)
4.) A twisting dismount, a flipping dismount, or both
5.) Top Girls - 1 body position other than a liberty
TUMBLING- Each athlete will be expected to throw their most difficult standing and running tumbling skills on a regular cheerleading mat. **Participants are encouraged to throw safe skills that they have mastered prior to tryouts.** The Northern Arizona Cheerleading staff will NOT provide spots during tryouts.

Standing Tumbling: The minimum tumbling skill requirement to try out for the All Girl Cheerleading squad is a standing tuck. Athletes will also be given the opportunity to do their standing tuck with poms and/or on the basketball court for extra points. **RETURNING FEMALE CHEERLEADERS: you will be required to do your standing back tuck with poms on the basketball court to try out for the All Girl Team.**

Running Tumbling: The running tumbling requirement is a running series ending in a back tuck or more elite skill.

COED:
STUNTING: Coed partners will show their best partner stunting skills, as the Coed Team is strictly Partner Stunting; 1 base and 1 top - not Group Stunting. Examples of coed partner stunt skills: toss hands, toss extension, toss liberties, hand cupcakes, full ups, etc.

TUMBLING: Each person will be expected to throw their most difficult standing and running tumbling skills on a regular cheerleading mat. **Participants are encouraged to throw safe skills that they have mastered prior to tryouts.** The Northern Arizona Cheerleading staff will NOT provide spots during tryouts.

Females – A standing back tuck is preferred. If you do not have a solid standing back tuck and are close to landing your standing back tuck on a non-spring floor, a video will need to be submitted with your tryout packet.

Males – Standing Back Tuck or the willingness to learn.

VIDEO TRYOUTS

It is highly recommended to be physically present at Tryouts on April 19th and 20th at NAU. In the event that you absolutely cannot be present for Tryouts, you may submit a video to the head coach. Send a Formal Email to Coach Rebecca Virgadamo @ Rebecca.Virgadamo@NAU.edu so you can receive the Tryout Video information.

- Video Tryouts must meet all of the Video Tryout Requirements. Once the Formal Email with intent to Tryout with a video is sent, candidates will receive a confirmation email with Video Tryout requirements and the Game Day Material Video.
- The Formal Email with intent to Tryout with a video will need to be received by April 12th if an athlete intends to Tryout by Video.
- Tryout Packets with the Tryout Video will need to be sent in and received by April 18th.
- In our Pre-Season Practices, if the skills in the video do not match the athlete’s skill level they will be immediately removed from the team.
CHECKLIST

THE FOLLOWING ITEMS MUST BE TURNED IN (completed with all information needed and signatures) FOR YOUR NAU TRYOUT PACKET TO BE PROCESSED AND CONSIDERED COMPLETE (keep this form to check off those items you have completed):

_______ Application for Northern Arizona University Cheer Team

_______ Photocopy of NAU ID card (if current NAU student)

_______ Photocopy of the front and back of your current Insurance Card

_______ A copy of acceptance letter to NAU (if not currently an NAU student)

_______ A copy of your current (unofficial) transcript from LOUIE (if current NAU student).

_______ For new applicants: One letter of recommendation from a prior cheer coach

_______ Signed copy of the NAU Cheer Team Expectation List

_______ $40 Tryout Fee (No Cash will be accepted)

_______ Head Shot (senior portrait/current picture) and 2 action photos (tumbling/stunting)

_______ Tryout Questionnaire

_______ NAU Assumption of Risk Waiver for Health and Learning Center (if not currently an NAU student)
Tryout Packets Due
Tuesday, April 16th, 2019

In order to be considered for tryouts, all attached forms must be received at the NAU Athletics Department in the Skydome (Eastside) by 5:00 PM Tuesday, April 16th, 2019. All forms should be turned in as “attn: Rebecca Virgadamo”.

You will receive a confirmation email with hotel, parking, and maps upon receipt of your tryout packet. If you do not receive this email by Wednesday, April 17th, 2019 please contact Rebecca Virgadamo at Rebecca.Virgadamo@nau.edu to make sure we have received your tryout packet.

**Mailing address: (regular mail)**
NAU Cheer Program
Attn: Rebecca Virgadamo
PO Box 15400
Flagstaff, AZ. 86011

**FedEx (or mail that cannot be sent to a PO box)**
NAU Cheer Program
Attn: Rebecca Virgadamo
1 Skydome Drive
Flagstaff, AZ 86001

**VIDEO TRYOUTS:** Please make sure that this is in a DVD format. Please send your completed packet and video to the address above. Email Rebecca Virgadamo for video requirements. If chosen for the team, you will receive a phone call from Rebecca Virgadamo within 24 hours of the completion of tryouts. If not chosen for the team, you will receive an email from Rebecca Virgadamo within 24 hours of the completion of tryouts. The name of the athletes that make the 2019-2020 Cheer Team will also be posted on our Instagram and Facebook page.

NAUcheer : Northern Arizona University Cheer Team
NORTHERN ARIZONA UNIVERSITY CHEER TEAM
APPLICATION

(Please include a recommendation letter from a previous coach or similar authority stating ability
and contributions to your previous team with application in a sealed envelope)

Paperwork for application must be filled out in Dark Blue Ink.

Name: ___________________________________

NAU Student ID # (can be found on acceptance letter): ________________________________

Year in School for the 19-20 season please circle (i.e. Freshman, Sophomore, Junior, Senior)

Current Email: ________________________________

NAU Email (if different than above): ________________________________

Home Address: _________________________________________________________________

Home Phone Number: (____) _____-_____

Cell Phone Number: (____) _____-_____

NAU Address (if applicable):

________________________________________________________

____________________________________________________________________________

Cheerleading skills: You should be able to perform all below listed tumbling skills without a spot on a
regular flat cheer mat. List all possible skills.

List best standing tumbling skill: ________________________________

List best standing tumbling pass: ________________________________

(Circle one) Standing back tuck on regular cheer mat/non-spring floor? Yes No

List best running tumbling pass: ________________________________

Position (check position you will tryout for):

All Girl –
Main Base: ________
Side Base: ________
Back Spot: ________
Top Girl: ________
Co-Ed –
Top Girl: ____________
Base: ____________

List best stunting skill: ____________________________________________

(Circle One) Are you trying out for: All Girl Coed Both

If you are a top girl and do not make the tumbling cut for the All Girl Team, would you like to be considered for Co-Ed? (Circle one) Yes No

I agree that the selection of the cheer team will be performed by the director, coaches, and selected judges of the NAU Cheer Team. I will respect the decision of the coaches and accept the final outcome of the tryout.

Name (Printed): __________________________________________________________

Signature: __________________________________________ Date: ______________

Tryout Questionnaire

Please type questions and answers in complete sentences on a separate sheet of paper.

Why are you interested in the NAU Cheer Program?

What can you specifically bring to the team that nobody else can?

What does commitment mean to you?

Please explain some of your leadership strengths.

What does it mean to be an ambassador of your school?

What cheerleading experience have you had that prepared you for NAU Cheer? (list all-star experience, high school cheer experience, location, and years participated on the team)

Please list any past injuries, current injuries, surgeries, or medical conditions that can affect your ability to perform as a cheerleader. Include date of injury, date of completing recovery and rehabilitation. If injury was within the past two years, please include medical documentation from your doctor that clears you to cheer.
THINGS TO KNOW ABOUT THE NAU CHEER TEAM

The NAU Cheer Team’s main responsibility is to support and perform at all basketball and football games throughout the year. NAU Cheer also performs and participates at all athletics events such as bonfires, pep rallies and tailgating events. The team is also involved with the community participating in Red Ribbon Week. Keep in mind that our activities do not stop during the Winter Break. In addition, when we are preparing for Nationals, additional practices will be held. Prospective members will also be responsible for returning to Flagstaff a week before school begins to participate in practices.

Prospective members should also have a positive work ethic, respect for self and others, and be dedicated to representing the university and the team in a professional manner. We ask that you be able to commit to ALL team practices, performances and games.

All members must be in good physical condition to properly handle the intense physical training and performance schedule while maintaining this fitness level throughout the season. Each member must be committed to being in good physical condition. A summer workout regimen will be provided for every cheerleader after tryouts to help all team members throughout the summer.

As an athletic program, each participant is responsible for a fundraising contribution of $1500 for the NAU Foundation Account – Cheer and Dance Excellence Fund. Solicitation letters will be provided after the teams are announced that can be sent to family and friends. We are thankful for the support that NAU Athletics provides us with academic assistance, priority registration, access to the team doctor and training room, uniforms and practice attire. The donations received help support transportation to and from UCA and USA College Nationals; choreography for nationals, music for Nationals, hotel accommodations and registration for both USA and UCA college nationals, extra team clothing, and cost of tumbling practices. All donations directly support the competition aspect of our program.

Cheer Camp – Santa Barbara at UCSB, August 8-11, 2019 $430.00 per person in addition to the above individual contribution. We will be fundraising for this cost per person. Camp is optional, this is however, a great opportunity to learn new material and get to know your teammates. All members who elect to attend camp must come to practice in Flagstaff the week of camp. The team will then caravan together to California. We will be driving straight to UCSB and staying in the dorms the night before camp. The above fee covers registration, housing the night before camp and during camp, and food for the days of camp. I will need confirmation for camp by July 1st, 2019.

If you have any questions about this tryout or would like more specific information about the Cheer Team please contact:

Rebecca Virgadamo
Rebecca.Virgadamo@nau.edu
NAU Cheer Team Expectations List

This list outlines the expectations of members of the NAU Cheer Team. If for any reason throughout the season a member is not adhering to any of these expectations, they can be removed from the team. This is in effect to ensure that all members are working to reach the same standards and to create a positive team environment.

- Attend all practices
- Attend all games that are required
- Be on time for all games, practices and activities
- Present yourself in a professional manner at all times when representing Northern Arizona University
- Have a positive attitude at all games, practices and activities. Be energetic in all aspects of performance at games and activities
- This is a team environment; so each member shall do/participate in everything that we do as a team in respect to supporting Northern Arizona University
- Be able to perform all game action material correctly and consistently
- Adhere to the Athletic department Code of Conduct
- Attend all team workouts
- Be on time to all team work outs
- Be able to successfully complete all skills you tried out with at all practices and games
- Be respectful to coaching staff and teammates. Come to practice ready to work. Be prepared!
- Anything that is not specifically listed above that falls within the standards set forth by the NAU Athletic Department and the NAU Cheer Team will also be expected from each collegiate athlete.

If I choose to leave the team for any reason, or not meet expectations, a hold on my Louie account will be posted until I have turned in my uniform and any NAU Cheer Attire that has been paid for by the NAU Foundation - Cheer and Dance Excellence Fund or Operational Budget. I understand that in the event that I resign my position or are asked to leave the team that none of the payments to the NAU Foundation- Cheer and Dance Excellence Fund are refundable.

I fully understand the above expectations and take full responsibility in the event that any of these items are violated.

________________________________________  _____________
NAME  DATE

________________________________________  _____________
SIGNATURE  DATE

________________________________________  _____________
HEAD COACH SIGNATURE  DATE