Team Overview

Welcome to Northern Kentucky University! We are excited for each participant in becoming a 2022-2023 team member. The cheerleaders pride themselves in their goals to promote school spirit and support for NKU, to encourage positive crowd participation at Norse athletic events, and being positive ambassadors for the university/community. Our program consists of Coed and All girl team members. There is no set number of members per team. To be considered as a member for the upcoming season each participant will need:

Paperwork Registration

All incoming participants must have the following paperwork completed and submitted to Coach Shayla Myles-Aaron no later than Tuesday, April 12th, 2022 by 6:30pm EST at Open Gym. Paperwork can be turned in at any open gym previous to the date listed above.
Please include:

1. Acceptance Letter into the University (copy)
2. Northern Kentucky University Cheer Tryout Form (online)
3. Tryout Waiver, Student-Athlete Questionnaire, Proof of Insurance (Front and Back of Ins. card), Pre-Participation Physical (within 6 months), Sickle Cell Trait Policy and Sickle Cell Test Results
4. Letter of Recommendation from one coach or one teacher for incoming members and freshman. For returners, we will need a copy of your current grade status.
5. Unofficial Transcript from High School/College (to show previous grade status)
6. Returners must complete the Tryout Waiver, Student-Athlete Questionnaire, and submit new insurance information if it has changed from the end of the previous season. (Use the link above for paperwork)

**Round 1 - In-person Tryouts - Friday, April 15th 6:00pm-9:30pm**  
Albright Health Center (Rec) Auxiliary Gymnasium

Each athlete trying out for the team must have completed the paperwork by **Tuesday, April 12th, 2022 by 6:30pm EST**. Once an athlete is cleared for tryouts via email, they must attend tryouts on Friday, April 15th from 6:00pm until 9:30pm. During this session, athletes will be asked to showcase their tumbling, stunting, and game-day material. We ask that each participant wear a white t-shirt and black shorts. The participant's facial appearance should be Game day make up (females: smokey eye with red lips) with hair half up for females and males should be clean shaved/professional. We want to encourage that each skill shown should be a skill that can be performed on a dead mat at the first team practice. Participants must construct an all-girl stunt group/coed partner to perform the following skills. If there is a skill that the participant is not confident in, please indicate which skill it is so that the coaches are aware. Each participant needs to have the following skills:

Show 2 of your highest Standing Tumbling skills. Options can be but are not limited to:

a. Standing Back Handspring
b. Standing Back Tuck
c. Standing Back Handspring to Tuck
d. Standing Back Handspring to Elite Skill  
e. If you are coed (male) do the best tumbling skill i.e. round-off or higher skill

2. Show 2 of your highest Running Tumbling skills. Options can be but are not limited to:  
a. Running Round-off Back Handspring  
b. Running Round-off Back Handspring Tuck  
c. Running Round-off Back Handspring Layout  
d. Running Round-off Back Handspring Full Twisting Layout  
e. If you are coed (male) do the best tumbling skill i.e. round-off or higher skill

3. Fight Song-Participants will receive the link after registration deadline or can learn at clinics/open gyms.

4. For stunting, each participant is to show the following skills. If a participant does not have any or all of the skills listed, perform the next best skill possible. We prefer skills to be consistently performed during the 2022-2023 season/year.

<table>
<thead>
<tr>
<th>Coed Stunting Skills</th>
<th>All-Girl Stunting Skills</th>
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<tbody>
<tr>
<td>Toss/Walk-in Chair</td>
<td>Toss Extension</td>
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<tr>
<td>Toss/Walk-in/Hands to Extension</td>
<td>Toss Liberty</td>
</tr>
<tr>
<td>Toss/Walk-in/Hands to Platform</td>
<td>Toss Full Up Stretch w/Double Down</td>
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<tr>
<td>Toss/Walk-in/Hands to Liberty</td>
<td>Toss Cupie to an Elite Spinning Skill</td>
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<tr>
<td></td>
<td>1. Toss Cupie to Toss Full up</td>
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<td>2. Low to High</td>
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<td></td>
<td>3. High to High</td>
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</tbody>
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Optional Elite Stunting Skill  
1. Toss Full Up or Toss Cupie  
2. Round Off or BHS Up/Immediate  
3. Hand to Hand  
4. Rewind  
5. Front HS Up  

Any Elite Inversion  
1. Round Off Up/Immediate  
2. BHS Up/Immediate  
3. Hand to Hand  
4. Rewind  
5. Front HS Up
Round 2-Interviews-Saturday, April 16th 8am-4:30pm
Albright Health Center (Rec) Auxiliary Gym

Pending an invite to the next round, each participant needs to complete an interview with the team's coaches, NKU Cheer Alumni, and administration. We will email each participant to set up your time between 8am-1:30pm on Saturday, April 16th, 2022. Participants will be asked about the university, school history, our athletic teams, athletics staff, and about themselves. We want to get to know who you are and how you will be able to be a great ambassador for our university. After interviews, participants will be asked to participate in a practice-like evaluation from 2pm-4:30pm. Participants will be evaluated in game day overall presence and team interactions/communications.

Round 3-Practice Evaluations

Pending an invite to the next round, each participant that advances through the interview will be invited to team evaluations tentatively Friday, June 10th, 2022 from 6:00pm-9:00pm in Regents Gymnasium on campus. Coaches will evaluate your skills and how well you work as a team member/ambassador.

Open Gyms

Each participant should attend as many open gyms as possible to solidify their stunt group/partner and practice game day material. It is mandatory that you attend an open gym prior to tryouts to confirm paperwork and practice game day material. The dates are as follows:

- Tuesday, March 29th 6:30pm-8:30pm
- Sunday, April 3rd 6:30pm-8:30pm
- Sunday, April 10th 6:30pm-8:30pm
- **Tuesday, April 12th 6:30pm-8:30pm-MANDATORY PAPERWORK DUE**
- Thursday, April 14th 6:30pm-8:30pm
Team Placement Announcements

We will send all information regarding your position via email after each round. Final placements will be decided after the June 10th practice. If you have any questions, contact Shayla Myles-Aaron at myless@nku.edu

Good Luck!

Norse up!