

Dear Future Ram,

We are very excited that you are interested in becoming apart of our Ramily and attend Colorado State University as a RAM. You have made an excellent choice: we truly operate as a Ramily here.

For the upcoming 2025 – 2026 season, we are looking to fill our teams with talented student-athletes who are ready to wear the Green & Gold. You will find all of the necessary information needed in order audition for the cheer team. We are offering two options: either in person or video submission for those who are unable to travel in.


Please let me know if you have any questions & we look forward to meeting you.

Go Rams,




Coach Dawn Burton

Quick info to know regarding the season (July – Mid April)


We have 2 spirit teams in the spirit program:


-  Cheerleaders: which consists of 24 - 28 student athletes

All teams support 3 CSU athletic teams, which consist of cheering for:

-  Football
-  Men's & Women's Basketball
-  Volleyball

Applicants must be currently enrolled, or in the process of currently enrolling for the 2025 Fall semester & 2026 Spring semester @ CSU, must be in good academic standing, with a cumulative GPA of 2.0 or higher.

-  Applicants must live in the Northern CO area during the academic school year.

 Applicants are required to be covered by personal injury medical insurance throughout the period of being in the spirit program @ CSU.

-  Applicants must be available for summer fundraising, practices during the month of July AND practices Mid-August.

Contact Information:

-  Coach Dawn Burton -Head Cheer Coach & Spirit Director
E. dawn.burton@colostate.edu

PAPERWORK

*Applicants must be preregistered at: <https://www.csucheerdance.com/csu-cheer-tryouts.cfm>

Paperwork to be submitted at check-in, on the 1st day of auditions:

- ✓ Completed Application below
- ✓ Medical Wavier
- ✓ Current Headshot
- ✓ Letter of recommendation from current coach, professor, or school administrator (this can be emailed)

QUICK TIMELINE DETAILS

May 1st - Online Registration & Payment

***Video Submission Deadline: May 1st**

**Video & In person applicants must pre-register*

ALL VIDEOS MUST BE RECEIVED IN THE CSU OFFICE

May 3rd and 4th In Person Skills Assessment

May 1st IN ORDER TO BE CONSIDERED FOR

May 4th '25 – '26 Cheer Team Announced

TEAM.

*****If you are auditioning in person you WILL NOT submit a video, this is only for those who are not attending in**

TUMBLING REQUIREMENTS

FEMALE TUMBLING REQUIREMENTS

1. Standing Back Handspring (no spots)
 - In addition, a Standing Back Tuck is highly encouraged & will be asked to show without a spot
2. Round-off back handspring Back Tuck - no spots
3. One Additional Tumbling Series Pass – ending in a minimum of a tuck - no spots

MALE TUMBLING REQUIREMENTS

1. Standing Back Handspring
 - In addition, a Standing Back Tuck is highly encouraged & will be asked to show without spots
2. One Tumbling Series Pass - no spots

STUNTING REQUIREMENTS

PARTNER 4 STUNTING

1. Step in Stretch Full Down
2. Two-part Stunt Sequence – ending with at least a Full Down

We are looking for Flexibility & Body control elements portrayed throughout your skills. Examples to show: Stretches, Arabesque, Scales & etc.

The two-part stunt sequence needs to show your stunting ability in a sequence. In addition to the basic skills, we will be looking for a variety of skills such as: Inversions, Switch ups, Spinning Skills & etc.


CO-ED STUNTING

1. Extended skill
2. Two-part Stunt Sequence – ending with at least a cradle

We are looking for body control & technique portrayed through your skills.

The two-part stunt sequence needs to show your stunting ability within a sequence.

WHAT TO WEAR TO TRYOUTS

-  All applicants are required to be “Game Ready” for the entire try-out. That includes hair pulled back & make up. *This includes all piercings to be removed & tattoos covered.
- **FEMALES:** Black, White or Forest Green Sports Bra or Fitted Tank Top and Black or Forest Green shorts (Exception: Sports bras can be any CSU color or design, with the CSU logo on it) AND Athletic Shoes
 - **MALES:** Black, White or Forest Green T-shirt and Black or Forest Green Shorts (Any CSU printed Apparel is ok) AND Athletic Shoes

VIDEO SUBMISSIONS

*****ONLY for those not attending auditions in person**

Video needs to include the following:

- Short intro – stating your name, where you are from, what position you are auditioning for and why you want to be a RAM
- 8-count dance and short cheer showing your motion/dance technique. (And your RAM PRIDE)
- Required Stunting & Tumbling skills listed above
- Be sure to be dressed in your CSU gear

*Full Video needs to be either emailed to Coach Dawn, with the accessible link. OR mailed in on a flash drive.

*All paperwork must be mailed in with video OR emailed in PDF Form, with video to Coach Dawn by May 1st 2025.

***Print this form out, complete it and submit at check-in.**

COLORADO STATE UNIVERSITY APPLICATION

2025-2026 CHEERLEADER TRYOUTS

*The following information needs to be the applicant's information, not the parents, unless the applicant is under 18 years of age.

NAME: _____ DOB: _____ CSUID: _____

APPLICANT CELL PHONE#: _____ APPLICANT E-MAIL: _____

CURRENT ADDRESS: _____

CURRENTLY (circle one): H.S. SENIOR *If in High School, which High School: _____

College Freshman College Sophomore College Junior College Senior

Cumulative GPA: _____

I AM AUDITIONING FOR:

CHEER POSITION: (Circle) BASE BACK TOP MALE CHEERLEADER

Describe your cheerleading or dancing experience:

List prior injuries or any required braces:

List any activities that you are currently involved in High School or College?

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PLEASE READ & INITIAL EACH ONE:

_____ (initial) *To be a Cheerleader or Pom at Colorado State University, I understand that I am expected to attend all practices, weight room sessions, squad planning sessions, booster/community events, camp activities, pep rallies, football and basketball games.

_____ (initial) *I understand being a Cheerleader or Pom is a **MAJOR PERSONAL COMMITMENT** for the entire season.

_____ (initial) *I understand that in order to be an effective member of the team, I will be expected to schedule all other activities around my cheerleading schedule; work, sorority/fraternity, etc.

****I fully understand that all try-out decisions made by the judges, coaches and/or the spirit director are final. I also understand that I may be cut at any time during the try-out process. In addition, I have read this entire application and fully understand the guidelines for trying out for the CSU Spirit Group.***

Signature_____ Date:_____

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COLORADO STATE UNIVERSITY MEDICAL WAIVER

DEPARTMENT OF ATHLETICS VOLUNTARY PARTICIPATION, ACKNOWLEDGMENT AND ASSUMPTION OF RISK, WAIVER OF LIABILITY AND MEDICAL RELEASE

READ THIS IMPORTANT LEGAL DOCUMENT COMPLETELY. BY SIGNING BELOW, I REPRESENT THAT I HAVE READ THIS DOCUMENT CAREFULLY AND IN FULL, THAT I AGREE TO ALL OF ITS PROVISIONS, AND THAT I SIGN THIS RELEASE OF MY OWN FREE WILL

Name: _____ Date of Birth: _____

Activity: Cheer Team '25- '26 Auditions **Date(s):** May 3rd and 4th, 2025

In consideration of the Board of Governors of the Colorado State University System, acting by and through Colorado State University for the benefit of the Department of Athletics, its directors, officers, agents, employees, volunteers, representatives and any other persons or entities acting on their behalf ("Colorado State University") allowing me to participate in the clinics & tryouts, on the date(s) listed above and all related events and activities, including activities on the Colorado State University campus (the "Event"), I do voluntarily and willingly acknowledge and enter into the following agreement ("Release").

I am exercising my own free choice to participate voluntarily in the Event and I promise to take due care during such participation. I hereby release, discharge, waive, indemnify, and hold harmless Colorado State University, and any successors and assigns, for any and all claims and demands of any kind that arise from or relate to my participation in the Event. I acknowledge and understand that this Release releases and discharges Colorado State University from and, and all liability and claims, including but not limited to any liability or claim by me or anyone else with respect to any bodily injury, personal injury, illness, death, property damage, or economic damage of any kind that may result from my participation, whether caused by me, a third party, the negligence of Colorado State University, or otherwise.

I acknowledge and understand that there are known, and unknown hazards involved in my participation in the Event, including, but not limited to, pulled/strained muscles, injuries, or damages to joints and ligaments, cuts and bruises, concussions, sprains, broken bones, damage that can result from increased heart rate including heart attack or stroke, and death. I also understand that the hazards described herein are only a partial list of the risks and hazards and that other hazards may be involved that have not been identified in this document or otherwise disclosed, and I fully assume those hazards as well. By signing this Release and choosing to participate in the Event, I expressly and knowingly assume the risks of the hazards described herein, and any other known or unknown hazards involved in participating in the Event and waive all claims against Colorado State University. I understand that I am solely responsible for any costs arising out of any bodily injury or property damage sustained through my participation in normal or unusual acts associated with the Event.

I declare that I am currently in good health and have not been diagnosed with a medical condition and/or heart condition that would disqualify me from athletic competition or from participating in the Event. I understand that medical services or facilities may not be readily available during the Event. In the event of an emergency, I hereby authorize, consent, and give my permission to Colorado State University to obtain medical treatment for me at the nearest hospital, medical facility, or doctor, at my sole expense. I further authorize appropriate Colorado State University personnel to treat any injury or illness as they think best for my welfare, if necessary.

I understand that this Release shall be construed broadly to provide a release and waiver to the maximum extent permissible under applicable law, and that if any portion of this Release is declared invalid, for whatever reason, the remaining portions shall continue to be valid and legally binding. I affirm that we have read the terms and provisions of

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the Release prior to its execution and that I have had the opportunity to consult with whomever I wish, including an attorney, and that Colorado State University has made no representation, statement, or inducement, directly or indirectly, on which I rely, and that this Release contains the entire agreement between Colorado State University and me. I agree that this Release shall be governed by the laws of the State of Colorado, without regard to any conflict of law's provisions. I fully understand and acknowledge that Colorado State University has never expressly or impliedly assumed any responsibility for my participation in the Event. On my own free will, I hereby personally assume all risks in connection with participation in the Event or any other activity connected therewith. This Release shall be binding upon me, my spouse, my children, my heirs, administrators, personal representatives, and assigns, forever.

You must describe ANY pre-existing medical conditions or any special instructions (such as present medications or allergies):

Signature of Participant: _____ Date: _____

(NOTE: A parent or legal guardian must also sign this document if participant is under 18 years of age.)

I, *(print name)* _____, certify that I am the parent/legal guardian of the participant who has signed above, and that I am authorized to consent for the participant. I have read and understand the provisions of this document. I agree and consent to the participant's involvement in the Event, and I fully enter in to and agree to this Release, individually and on behalf of the participant.

Signature: _____ Date: _____