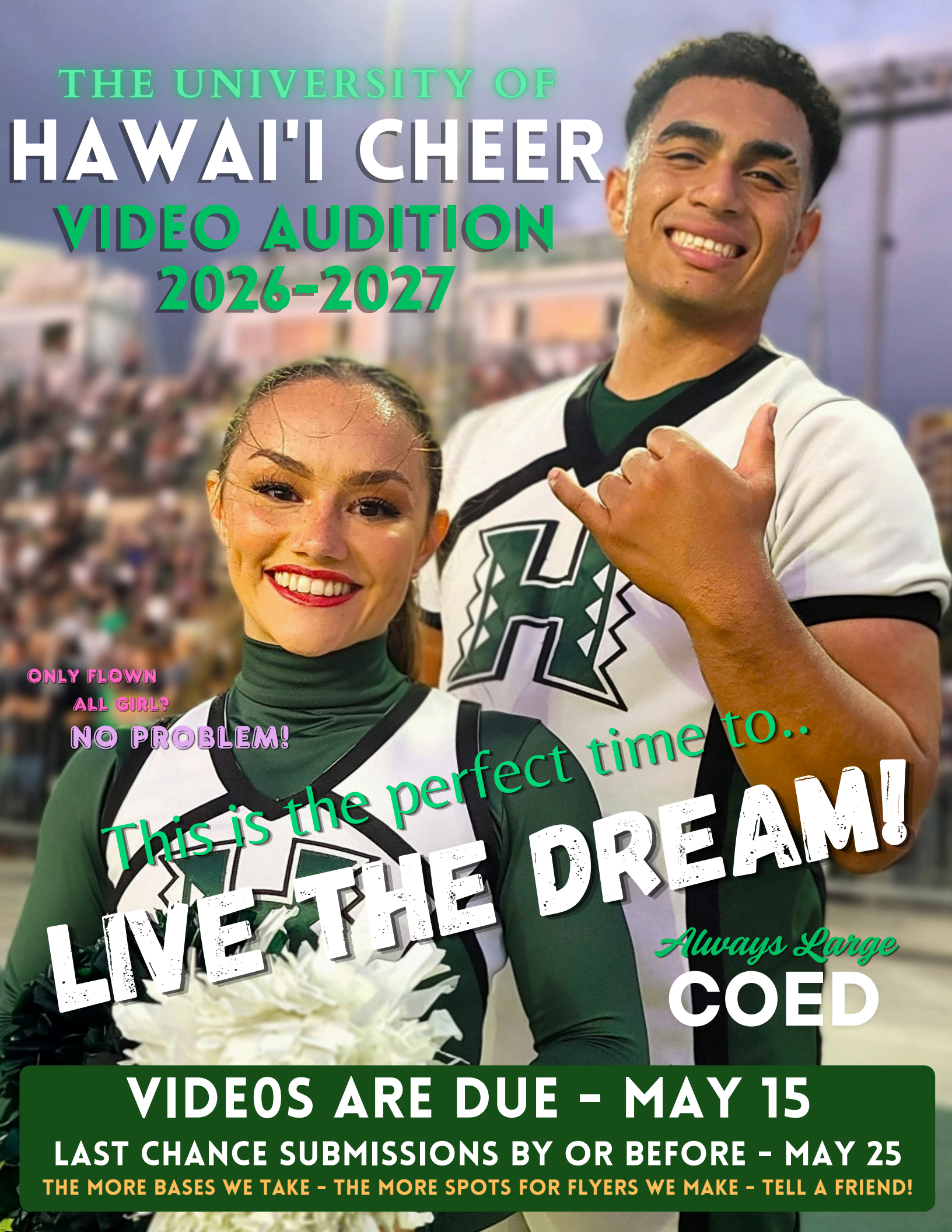

THE UNIVERSITY OF
HAWAI'I CHEER
VIDEO AUDITION
2026-2027
ONLY FLOWN
ALL GIRL?
NO PROBLEM!
This is the perfect time to..
LIVE THE DREAM!
Always Large
COED
VIDEOS ARE DUE - MAY 15
LAST CHANCE SUBMISSIONS BY OR BEFORE - MAY 25
THE MORE BASES WE TAKE - THE MORE SPOTS FOR FLYERS WE MAKE - TELL A FRIEND!

HOW TO STRUCTURE YOUR VIDEO

DON'T WAIT ~ VIDEOS WILL BE ASSESSED EACH FRIDAY THROUGH THE FINAL DUE DATE. - ADDITIONAL SPOTS AVAILABLE - SO JUMP ON IT! POSITIONS WILL BEGIN TO BE FILLED AS SOON AS WE SEE OUR FIRST QUALIFIED CANDIDATE. *LATE VIDEO SUBMISSIONS WILL BE ADMITTED AT THE DISCRETION OF THE HEAD COACH. WE ALSO RESERVE THE RIGHT TO OPEN UP A SECOND ROUND IF MORE SPOTS BECOME AVAILABLE.

HELPFUL TIPS: WHEN CHOOSING YOUR OUTFIT FOR ATHLETIC SECTIONS WE PREFER THAT YOU STAY WITHIN OUR GENERAL COLOR RANGE: WHITE, GRAY, BLACK, AND GREEN. OTHER TRIM/HIGHLIGHTS ARE FINE. WE MAY NOT GET TO WORK WITH YOU IN PERSON PRIOR TO MAKING THE TEAM, SO FOR THE ACTIVE PORTIONS WE SUGGEST THAT YOU WEAR CLOTHING THAT WILL BEST SHOWCASE HOW FIT YOU ARE.

BE SURE TO FOLLOW THIS ORDER FOR YOUR VIDEO

1: TITLE PAGE ~ GENERAL INFORMATION

AT THE BEGINNING OF THE VIDEO LIST: NAME, PHONE NUMBER, EMAIL ADDRESS, HOME ADDRESS AND THE NAME OF THE HIGH SCHOOL OR COLLEGE THAT YOU ARE COMING FROM (LIST CLUB PROGRAM IF APPLICABLE). ~THIS CAN HELD UP BY CARD IF YOU DO NOT KNOW HOW TO EDIT IT IN.

2: PERSONAL INTRODUCTION

ANSWER QUESTIONS A-D. MAKE SURE YOU ARE WELL LIT (SUN/LIGHT IS IN FRONT OF YOU AND NOT SHINING AGAINST CAMERA. ALSO, CONSIDER A MIC.

A) WHO ARE YOU? QUICK INTRODUCTION / YOUR BACKGROUND /ATHLETICS, ACADEMICS, HOBBIES
B) WHAT DO YOU LIKE/LOVE ABOUT CHEER, AND WHAT GOALS DO YOU HAVE?
C) WHAT INTERESTS YOU ABOUT THE HAWAII CHEER PROGRAM?
D) WHY WOULD YOU BE A GOOD ADDITION TO THE UH CHEER PROGRAM?

3: ONE CHANT

PERFORM A CHANT ~ IT MUST BE GAME READY AND INCLUDE UH THEMES SUCH AS: WARRIORS, RAINBOWS, BOWS, GREEN, WHITE, U. H., U OF H, HAWAI'I.
**WE MAY SHOW EXAMPLES OF A CHANT IN OUR STORY/HIGHLIGHTS, BUT WE ARE JUST LOOKING FOR EXPERIENCE, MOTION PLACEMENT AND RHYTHM.

CHANT – MUST BE DONE AS IF YOU ARE AT A GAME AND INCLUDE AN APPROPRIATE TUMBLING/STUNT INCORPORATION SUCH AS A BACK TUCK, OR BACK HANDSPRING - TOSS EXTENSION/LIB - AND RALLY AFTER.

4: TUMBLING

A) STANDING TUMBLING – SHOW YOUR BEST STANDING TUMBLING THAT YOU CAN DO SAFELY.
~ STANDING BACK TUCK/FULL – PERFORM THREE TIMES IN A ROW WITHOUT EDIT.
B) RUNNING TUMBLING – SHOW YOUR BEST RUNNING TUMBLING THAT YOU CAN DO SAFELY.
~ FEEL FREE TO USE SPRING FLOOR, BUT WE RECOMMEND SHOWING THAT YOU CAN TUMBLE ON CHEER MAT (WE DON'T CALL IT DEAD MAT), TURF OR GRASS.

5: STUNTS

A) SHOW YOUR BEST STUNTS:
FYI - YOU CAN SHOW ALL GIRL AND WE CAN ASSESS - WE ALSO TAKE INTO ACCOUNT THE ABILITY OF ANY COED BASES USED
DO YOUR BEST TO SHOW A RANGE OF:
- ENTRY (WALK/STEP UP, TOSS UP, FULL UP, SPRING UP, FLIP UP, PURDUE UP, ETC.)
- POSITIONS
FLYERS: POSITIONS/FLEXIBILITY (NOT OVER-BALANCING) - BASES: GRIPS (LIB-TORCH-CUPIE)/ONE ARM-TWO ARM
- DISMOUNTS
FLYERS CLEAN POSITIONS/TOE POINT -BASES: CATCHING FLYERS LIGHTLY (HIPS IN)

TIPS: YOU SHOULD LOOK PLEASANT (FEEL FREE TO SMILE), UNSTRAINED & LIKE YOU COULD BALANCE A BOOK ON YOUR HEAD. YOU MIGHT LOOK AT OUR INSTAGRAM FOR HINTS ON STYLE.

6: JUMP *TOPS/FLYERS - (BASES ARE NOT REQUIRED TO JUMP)

RECOMMENDED JUMP: TOE TOUCH. YOU MAY ALSO INCLUDE OTHER JUMPS TO SHOW YOUR STRENGTHS.



7: DANCE *TOPS/FLYERS- (BASES ARE NOT REQUIRED TO DANCE)

PERFORM A 20 SECOND MINIMUM (ROUGHLY 5 - 8 COUNTS) - 40 SECOND MAX (10 - 8 COUNTS) DANCE ROUTINE.

8: OPTIONAL ALL: ANY OTHER SKILLS

ANY OTHER SKILLS THAT YOU CAN SHOW THAT COULD PERTAIN TO CHEERLEADING AND SHOW YOUR POTENTIAL.

LAST VIDEO TIP: WE WILL SEE QUITE A FEW VIDEOS, SO PLEASE TRY TO MAKE YOUR VIDEO EFFICIENT, SIMPLE, AND EASY TO FOLLOW, THERE IS NO NEED TO SHOW 5 OF THE SAME TUMBLING PASS. DATE ANY OLD VIDEOS. IF YOU SHOW PART OF A TEAM ROUTINE, MAKE SURE TO SPLICE IT CLOSE AROUND THE SKILL YOU ARE SHOWING.



HOW TO SUBMIT YOUR VIDEO

1) EMAIL COACH BAKER - MKBAKER@HAWAII.EDU

2) SUBJECT TITLE: "VIDEO AUDITION 2026 YOUR NAME"

EXAMPLE: "VIDEO AUDITION 2026 BAD BUNNY"

3) FOR VIDEO SUBMISSION ~ YOU CAN DO ONE, OR BOTH OF THE FOLLOWING:

A) ATTACH YOUR VIDEO TO THE EMAIL (IF UNDER 25MB)
B) UPLOAD YOUR VIDEO TO YOUTUBE.COM (PRIVATE), ADD THE LINK AND OR PASSWORD IN THIS EMAIL.

4) FILL OUT THE "UH 2026 AUDITION INFORMATION SHEET" BELOW AND ATTACH IT TO THIS EMAIL AS WELL



For questions contact: Head Coach Baker - mkbaker@hawaii.edu, or Asst. Coach Kat - kkoh@hawaii.edu

This really is the perfect time to..

LIVE THE DREAM!

WHAT WE DO AS UNIVERSITY OF HAWAI'I CHEERLEADERS:



*Positive representation of our University and Community

*Exceed academic expectations

*Support our athletic department and sports teams

*Make positive contributions to our university and community

*Entertain the world, while passionately working towards winning a D1A College Cheer National Championship

*Leave a memorable and lasting legacy at UH and in cheer

UH 2026 Audition Information Sheet

*Email this document filled out with your Video/Video Link (follow directions above)

Full Name: _____ Nickname: _____

Permanent Home Address: _____

City: _____ State: _____ Zip: _____

Email: _____ Cell Phone: _____ Emergency Contact (optional): _____

Date of Birth: _____ UH Email (if you have) _____ UH Student ID# (if you have)_____

Instagram: _____Snap: _____ TikTok: _____

Male/Female: _____ Base/Top: _____ Height (optional)_____ Weight (optional)_____

High School: _____ Did you cheer?_____ Year of Graduation: _____

All/Any Sports Played: _____

Club/Allstar Program If Applicable: _____

College/Colleges: _____

Have You Applied To UH? _____ Accepted y/n: ____ Waiting: _____ Appealing: ____

How did you find out about Hawai'i Cheer?

_____

Experience:

_____

_____

_____

Name Any Stand Out Successes or Achievements That You Can Think Of:

_____

_____

Past or present injuries that could affect your performance:

_____

_____

_____

Other universities that you are, or plan to tryout at?

_____

_____

_____

Live the Dream!