



**2022 - 2023**

## **TRYOUT INFORMATION**

### **Date/Time:**

- Friday, May 6, 2022 6:00PM-9:00PM
- Saturday, May 7, 2022 9:00AM Interviews, Auditions 1:00PM
- Sunday, May 8, 2022 First Team Practice 9:00AM-1:00PM

### **Cost:**

- \$35 (*cash or check only*)

### **Location:**

- Cam Henderson Center 1817 3rd Avenue Huntington, West Virginia 25755

### **Minimum requirements needed for tryout participation on or before May 6, 2022.**

- ☐ Tryout Application (online submission)
  - ☐ [2022 - 2023 Tryout Application](#)
- ☐ Teacher/Coach Recommendation (online submission in Tryout Application)
- ☐ Medical/Liability Release Form (online submission in Tryout Application)
  - ☐ [Medical/Liability Release Form](#)
- ☐ Verification of Enrollment/Acceptance (online submission in Tryout Application)
  - ☐ Current MU students - unofficial transcript
  - ☐ High School Seniors/Transfer Students - Copy of Acceptance Letter
- ☐ Proof of Medical Insurance (online submission in Tryout Application)
- ☐ Copy of Current Physical (*within the last 12 months/online submission in Tryout Application*)

# 2022 - 2023 MARSHALL UNIVERSITY CHEERLEADING TRYOUTS

## **METHOD OF EVALUATION:**

The coaching staff will be looking for well-rounded athletes with a positive attitude, strong work ethic, and strong skill technique throughout the tryout process. Day 1 will be evaluated by the coaching staff. Day 2 will be evaluated by the coaching staff, administration and alumni as a judging panel. All Day 1 scores carry over to Day 2. There are limited positions available based on stunting positions. Candidate scores will be compared by position.

## **TRYOUT ATTIRE:**

### **FEMALES**

- Top: Fitted Tanktop or Sports Bra in a Marshall color (green, white, black, or gray)
- Shorts: Fitted black shorts/spandex
- Cheer shoes or athletic shoes
- White crew/tall socks
- Hair in a tight low ponytail, curled with plain white bow/ribbon
- Natural make-up with red lipstick

### **MALES**

- Top: Tanktop or Shirt in a Marshall color (green, white, black, or gray)
- Shorts: Black shorts
- Cheer shoes or athletic shoes
- White crew/tall socks
- Groomed hair
- Groomed facial hair or clean shaven

## **ADDITIONAL TRYOUTS:**

Additional tryouts will only be held if positions are not filled at the spring tryout or if positions become available throughout the year. If a second tryout is needed the details will be posted [Online](#).

## **TRYOUT TIPS:**

- Submit your application for enrollment to the University.
- Review the recommended tryout skills and work on mastering them.
- Showcase stunting versatility.
- Familiarize yourself with Marshall University and Athletic traditions.
- Attend one of our college prep clinics. Clinic attendance **IS NOT** a tryout requirement, but it is recommended to help candidates become more familiar with our program.
- Do not underestimate the importance of the game day aspects of tryouts (sideline chant, fight song, etc.)

## **AUDITION EXPECTATIONS AND SCHEDULE**

### **DAY 1 Friday, May 6th:**

**5:30pm** Registration/Check-in

**6:00pm** Warm up/Stretch

**6:20pm** Tumbling/Jumps Progressions and Evaluations

- 3 Consecutive Standing Handsprings, Tucks, or Fulls (***set 1, swing 3, land 5, stand 7, repeat***)
- Jump(s) (*1, 2, or 3 jumps of your choice*)
- Jump(s) (*1, 2, or 3 jumps of your choice*) to Standing Tumbling
- Standing Tumbling landing in a handspring, tuck, layout, or full.
- Running Round off backhandspring to handspring, tuck, layout, or full

**7:00pm** Basic Stunt and Technique Evaluations - All straight pop dismounts, (***all 3 stunts required***)

- Groups: Unassisted Toss (Quick Toss) Liberty, Switch Up Stretch, & Full Up
- Coed: Toss Extension, Hands Liberty, & Hands Cupie

**8:15pm** Sideline Chant and Fight Song Evaluation,

- **Sons of Marshall** (Females) **Sons of Marshall** (Males)
- **Sideline Chant** (Both Females and Males)
- ***You are required to arrive at tryouts with the sideline chant and fight song WORDS and motions memorized (available online) Fight song will incorporate poms (provided), motions and a standing tumbling skill.***

**8:45pm** Q&A

**9:00pm** Dismissed

### **DAY 2 MORNING, May 7th:**

**9:00am** Interviews (*Candidates will each get a 10-minute interview time slot on Day 1*)

- *Be prepared to answer questions regarding the Cheer Program and University*
- ***Business Casual Attire***

### **DAY 2 AFTERNOON, May 7th:**

**1:00pm** Warm up/Stretch

**1:30pm** Elite Tumbling Evaluations

- Running Tumbling (Best/specialty pass)
- Standing Tumbling (Best/specialty pass)

**2:30pm** Elite Stunting Evaluations. Candidates will have the option to choose between Coed Stunting, Group Stunting, or Both)

- **Coed Stunting:**
  - Toss or Hands Liberty, Pop Off **AND**,
  - Choose one sequence from options below:
    1. Platform stretch, turn Aero Single or Double Down
    2. Full up or Inversion to Platform or Immediate Stretch, turn Aero Single or Double Down
- **Group Stunting:**
  - Toss Extension, Low to high Full Around, Pop Off **AND**,
  - Choose one sequence from options below:
    1. Full Up to Immediate Liberty, Stretch Single or Double Down
    2. Back Handspring or Rewind to Stretch, turn Aero Single or Double Down

**DISMISSAL:** Upon completion of all auditions.

**FINAL TEAM ROSTER POSTED ON HERDZONE BY 9PM**

## **TEAM EXPECTATIONS:**

- Uphold and reflect the goals and image of Marshall University.
- Support the Marshall University athletic teams and promote crowd involvement at games and events.
- Serve as ambassador for the University and Athletic Department.
- Attend all practices, games, workouts, and a select number of community/University events.
- Adhere to all academic requirements and team policies.

## **ELIGIBILITY:**

All team members must be full time students. Incoming freshmen and transfer students must provide proof of acceptance. Current Marshall University students must have a cumulative GPA of 2.0 or higher and be free of any academic or disciplinary probation to be eligible to tryout.

## **SEASON OVERVIEW/PRACTICE SCHEDULE:**

**May-July:** Team members are expected to maintain the skills demonstrated at tryouts over the summer and complete various "summer challenges" to display ability level/progress. A game day video will be provided, and all material must be learned **before** preseason practices begin. ALL team members are expected to participate in team fundraising for the program by obtaining sponsors over the summer on their own.

**August:** Preseason practices begin approximately 1-2 weeks before classes begin.

**September-December:** Regular season practices begin: 3 days of practice and 2 days of weights and conditioning each week. The team cheers at football, volleyball, and preseason basketball games. Various University, community, and athletic events occur during these months as well.

**December-January (*Finals/Winter break*):** Attendance at Men's and Women's Basketball games as well as travel to postseason football events may be required over winter break. No mandatory practices will be held during finals week.

**January-April:** Regular season practices continue. One of the weekly evening practices will be used to prepare for basketball games, the other practice will be designated for team members interested in competing at NCA Collegiate nationals. Travel for postseason Men's and Women's basketball will take place in March. Team members who are selected for the competition team will be required to return early from spring break and attend all competition practices and fundraisers.

## **Unable to Attend Auditions:**

- If you are unable to attend auditions in person, email Coach Taneisha ([Cheerleading@marshall.edu](mailto:Cheerleading@marshall.edu)) no later than April 23rd for additional options.