



Arkansas Tech University Spirit Squads

ATU Cheer Tryout Information Requirements for the 2023-2024 Academic Year

Thank you for your interest in the Arkansas Tech Spirit Squads Cheer Program!

Our mission is to promote school spirit, unity and pride as crowd leaders, spirit raisers, ambassadors, and athletes. Arkansas Tech Cheerleaders promote and spread school pride in and out of uniform by supporting our athletic teams, university, and community organizations. As student-athletes Tech Cheerleaders are held to a high standard in the classroom and are expected to model good sportsmanship, character, and team-building skills. We currently do not compete; however, the future is full of possibilities.

Our cheerleading team consists of 18 members, as well as alternates. As a game-day squad we emphasize side-line activities such as tumbling, pyramids, stunting, and crowd-engagement. Members of the ATU Cheer team are scholarship athletes and will receive a \$725 scholarship per semester if you are selected. Alternate positions will not receive scholarships.

Please keep an eye on our social media pages for helpful tryout tips. These tips will include but are not limited to the interview process, how to look the part, what to wear and what the tryout process consists of.

Good luck to you all! The coaching staff is rooting for each of you and wishes you nothing but the best!

As you consider becoming a member of ATU Cheer, please review the information below about the requirements and time commitments mandatory for each Arkansas Tech Cheer Squad member.

Tryout Requirements

- Incoming first-year students
 - You must submit a copy of your acceptance letter to Arkansas Tech University with your tryout application.
- Incoming Transfers
 - You must submit a copy of your acceptance letter to Arkansas Tech University with your tryout application.
 - You must have a 2.3 cumulative and semester (fall 2022) GPA at your previous institution. An unofficial transcript listing GPAs must be submitted with the tryout application
- Current ATU Student Requirements
 - You must be enrolled as full-time student, on the Russellville Campus (12 hours or required hours for graduating senior status)
 - Be in good academic and disciplinary standing with the University
 - Must have a 2.3 cumulative and semester (fall 2022) GPA. GPA will be checked after the tryout application has been submitted.

Time Commitments

- Athletic Games
 - All home football games.
 - All home women's and men's basketball games.
 - All home volleyball conference games.
- Practice

- Three to Five days a week for 2 hours.
- Cheer practice for Fall 2023 will be held Monday-Friday, 3:30-5:30 PM
- Group Morning workout every Thursday from 6:00-7:00 AM.
- Conditioning: 2 to 3 times a week. Expected to be completed outside of practice times.

Tech Cheer Tryout Process

The tryout process for the Arkansas Tech Cheer Team is a multiple step process. Please see below for an overview of the process including optional/mandatory events and submission dates.

Tryout Process	Event Type	Date	How	Required/Optional
Interest Clinic	In-person Clinic	March 11th, 2023, 9:00 am-12:00 pm	Applicants can register for Interest Clinic through the Spirit Squads website	Optional, but highly recommended
Application	Online	March 24th, 2023, by 6:00 pm CST	Online Application is available on the ATU Spirit Squad website	Required
Round One: Skills Assessment	Video Submission	March 24th, 2023, by 6:00 pm CST	Applicants will email video links by the due date March 24 th , 2023.	Required
Round Two: In-person tryout out	In-person tryout	April 1-2, 2023	Applicants will be notified via email if they have been invited to participate in Round two of the tryout process	Required for applicants that have been invited
Selection	Via website/In-person	April 2, 2023	The complete list of the 2023-2024 Cheer Squad will be posted to the Spirit Squad website at 2:00pm	Mandatory Uniform Fittings at 2:30PM. The required team meeting will be held at 3:00 pm after the team is announced.

Details for each step in the tryout process are explained in the following pages. If you have any questions about any steps in the tryout process, please reach out to the Cheer Coach, Jasmine Bruce at jbruce2@atu.edu

Interest Clinic

- An in-person interest clinic will be held on **Saturday, March 11th, 2023**
- The clinic is open to all applicants that are interested in trying out for tech cheer
- Participation in the interest clinic is highly encouraged but is not required for the Arkansas Tech Cheer Tryout process.
- The registration form for the Tech Cheer Interest Clinic is available on the Spirit Squad Website. There is a \$35 fee to participate in the interest clinic.

Application

- All applicants must complete and submit the Arkansas Tech Cheer application by **March 24th, 2023, at 6:00 pm CST.**
- There is a \$30 tryout fee that must be paid when the application is submitted.

- The application for Arkansas Tech Cheer is available on the Arkansas Tech Spirit Squad Website.
- Please be prepared to submit height, weight, and measurements as part of the application process. While this information will not be used during the selection process, it is necessary to order uniforms.
- All applicants must submit proof of insurance to participate in the tryout process.

Round 1- Required Video Submission

- Round 1 of the Arkansas Tech Cheer Tryout is a video submission highlighting your motions, stunting, and tumbling skills.
- Videos must be submitted by **March 24th, 2023, at 6:00 pm CST.**
- Applicants that are invited to participate in Round 2 of the in-person tryout process will be notified no later than **Sunday, March 26, 2023.**

Video Requirements

- A professional video with editing is not required or expected
- All people in the video should be dressed appropriately and maintain a professional attitude while filming
- Speak clearly and confidently.
- Label each section correctly.
- Use the best point of view to see you.
- Do not crop any stunt videos, we need to see the skill from start to finish including the dismount.
- Do not submit videos from competitions or routines.
- Videos received past the deadline will not be viewed or judged.
- **Videos should be uploaded to YouTube as an unlisted video. Links to the video should be emailed to atuspiritsquads@atu.edu by the deadline. Please include your name in the email's body.**

Video Submission Tryout Attire

- Females must wear a green or black sports bra and black shorts or spandex. Uniforms will be midriff, therefore you must tryout in midriff attire. Hair must be half up half down and styled. Makeup is required.
- Guys must wear a black T-shirt and black shorts and solid color tennis shoes.
- To create a unified appearance and not distract from the team image, body piercings, tattoos, extreme hairstyles, or colors are not acceptable at tryouts or for selected members of the team. Your collegiate appearance will be evaluated as part of the tryout process.
- Any tattoos on the face and neck must be completely covered in skin tone make-up or tape. All other tattoos larger than 3x5 must also be covered with skin tone make-up or tape. Tattoos smaller than 3x5 or any covered by tryout attire are not required to be covered. All vulgar or offensive tattoos must be covered regardless of size.

Female and Male Video Submission Requirements:

- Perform Tech Fight Song and Chant (posted on our website)
 - Fight Song/Chant: Facing the camera, do one continuous video with the fight song to music, followed by one of the chants. (Females: Poms are optional but recommended.)
- Running and Standing tumbling (on dead mat or hard floor):
 - Standing Tumbling: standing back handspring (preferred standing tuck or highest-level pass)
 - Standing Tumbling Pass: Series back handspring (preferred standing back handspring tuck or highest-level pass)
 - Running Tumbling Pass: Highest level running pass (minimum back handspring back tuck or highest-level pass)
- Stunting Requirements:

- Identify yourself and the position you are doing. What stunts you display in a video and the cleanliness of them is important, but do not be afraid to get creative! We want to see the highest level of your stunting abilities displayed. Feel free to do stunt sequences, double-down dismounts, etc. to make it pop!
- Stunts to display: (Two of each are required, if you would like to display more you are welcome to do so.)
 - Coed/2-Mans- (choose 2 of the following to demonstrate) Walk-ins, Hands extensions pop-off, Hands libs pop-off, etc. Straight up extension pop-offs or cradles.
 - Group stunts- (choose 2 of the following to demonstrate) Body positions and creative dismounts (Full down or corkscrew dismount required.) You **MUST SHOW** toss skills. Toss awesome, toss lib etc.
 - Other good stunts- (two of the following if applicable) switch ups, true full-ups, quick up style full ups
 - Elite skills are great to help you stand out, BHS-ups, round-off ups, rewinds, hand-in-hands, etc.
- Feel free to reach out to current Tech Cheerleaders about doing a video of your stunts together.

Round 2 In-Person Tryout

- Applicants invited to participate in Round 2 of the tryout process will be notified no later than **Sunday, March 26th, 2022, via email.**
- Round 2 of the Arkansas Tech Cheer Tryout process is an in-person tryout which will be held **Saturday & Sunday, April 1-2, 2023.**
- In-person tryouts will be held in the Single Gym in the Hull Building on the Arkansas Tech Campus.

Tryout Attire

- Female- please wear a black sports bra, black spandex/athletic shorts, and cheer shoes. Uniforms will be midriff, therefore you must tryout in midriff attire. Hair must be half up half down and styled. Makeup is required.
- Male- Please wear a white t-shirt and black shorts and solid color tennis shoes.
- Each participant will be given a number at the beginning of the tryout process, and that is how they will be identified until the final team announcement.
- To create a unified appearance and not distract from the team image, body piercings, tattoos, extreme hairstyles, or colors are not acceptable at tryouts or for selected members of the team. Your collegiate appearance will be evaluated as part of the tryout process.
- Any tattoos on the face and neck must be completely covered in skin tone make-up or tape. All other tattoos larger than 3x5 must also be covered with skin tone make-up or tape. Tattoos smaller than 3x5 or any covered by tryout attire are not required to be covered. All vulgar or offensive tattoos must be covered regardless of size.

Required Skills

- *Highest running tumbling pass*
- *Highest standing tumbling*
- **Coed/2Mans-** Hands pop-off dismount, Hands extensions pop-off dismount
- **Group stunts-**

- Toss Awesome corkscrew dismount
- Toss lib pop off
- Toss heel stretch full down dismount
- Optional stunt: switch ups, true full-ups, quick up style full ups, BHS-ups, roundoff-ups, rewinds, hand-in-hands, etc.

In-Person Tryout Agenda

- Saturday, April 1st, 2023
 - 9:00 am-12:00 pm: Tryout part 1
 - Applicants will be taught the Fight Song, and three sideline chants.
 - Applicants will have an opportunity to warm up, practice required skills while receiving feedback from the coach, and practice the material learned.
 - Applicants will be divided into their tryout/stunt groups and can practice with them.
 - 12:00-2:00: Lunch break
 - 2:15-5:00: Tryout Part 2
 - Open Gym time
 - Applicants will be able to practice tumbling and stunting as well ask questions and receive assistance on any of the material they have learned
- Sunday, April 2nd, 2023
 - 8:45am-until finished: Tryout part 3 and individual interviews with judges and coach
 - 8:45am-9:45am Individual Interviews begin with judges and coach.
 - 9:45am-10:30am: Warm Up
 - 10:30am: Fight song, chant, stunting, and tumbling evaluations begin
 - Team Selection will be posted to the Arkansas Tech Spirit Squad website by 2:00pm.
 - If selected for the Arkansas Tech Cheer Team:
 - MANDATORY Uniform Fittings 2:30PM
 - There will be a MANDATORY meeting at 3:00 pm. Location for meeting will be posted with the results.

Being a member of the cheer squad is a yearlong commitment. Selection of these members will be at the coach's discretion and scores based on tryout performance each year. Everyone, including returning members, must tryout each year.

Exceptions to these requirements will be made at the coach's discretion. Questions about the tryout process can be directed to Coach Jasmine Bruce, jbruce2@atu.edu.

The tryout process is closed to parents, friends, family, and guests. If a participant is not selected, the **participant** can reach out to the Head Coach on **April 11th, 2023**. Parents, coaches, and family members will not be communicated about the selection process.

We understand this is a lot of information and can be confusing. If you have any questions, do not hesitate to reach out to Jasmine Bruce, Arkansas Tech Cheer Coach at the email address listed above.

We appreciate your adaptability and efforts to become a part of the Arkansas Tech Spirit Squads family and cannot wait to see your showcased skills!