



Arkansas Tech University Spirit Squads Golden Girl Tryout Information and Requirements for the 2022-2023 Academic Year

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

Our mission is to promote school spirit, unity and pride as dancers, spirit raisers, ambassadors and athletes. The Golden Girls dance team promotes and spreads school pride in and out of uniform by supporting our athletic teams as well as university and community organizations. As student-athletes Golden Girls are held to a high-standard in the classroom and are expected to model good sportsmanship, character and team-building skills.

The Golden Girls dance team consists of 15 members. Golden Girls perform a variety of jazz, hip hop, and pom style dances at all football and basketball home games. Members of the Golden Girls dance team are scholarship athletes and will receive a \$725 scholarship per semester. \$25 of this scholarship is to be used for the Tech Fit fee.

As you consider becoming a member of the Golden Girls Dance Team, please review the information below regarding the requirements and time commitments that are mandatory for each member of the Golden Girls.

Tryout Requirements

- Incoming Freshmen
 - Must submit a copy of your acceptance letter to Arkansas Tech University with your tryout application.
- Incoming Transfers
 - Must submit a copy of your acceptance letter to Arkansas Tech University with your tryout application.
 - Must have a 2.0 cumulative GPA at your previous institution. An unofficial transcript listing a current cumulative GPA must be submitted with the tryout application
- Current ATU Student Requirements
 - Must be enrolled as full-time student (12 hours or required hours for graduating senior status)
 - Be in good academic and disciplinary standing with the University
 - Must have a 2.0 cumulative 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 conference basketball games.
 - Select home volleyball conference games.
- Practice
 - Four to Five days a week for 2 hours.
 - Dance practice for Fall 2022 will be held Monday-Friday, 4:00-6:00 PM
 - Conditioning: 2 to 3 times a week. Expected to be completed outside of practice times.

- Academics/Events
 - Study Hall: 2 hours a week. If your GPA falls below a 3.0 at midterm this increases to 4 hours a week.
 - Special Events: Orientation events, Welcome Week, Family Weekend, Homecoming events, parades, University events, public appearances, etc.
 - Community Service- 10 hours per semester

Golden Girls Tryout Process

The tryout process for the Golden Girls Dance 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
Application	Online	March 12, 2022 by 5:00 pm CST	Online Application is available on the ATU Spirit Squad website	Required
Round One- Interest Clinic (Option 1)	In-person Clinic	March 12, 2022 9:00 am-12:00 pm	Applicants are automatically registered if in person tryout is selected in tryout application	Must attend this clinic or submit a video to be considered for Round 2.
Round one- video skills assessment (Option 2)	Video Submission	March 12, 2022 by 5:00 pm CST	Applicants will email video link by due date if virtual tryout is selected in tryout application	Only required for those that are unable to attend the Interest Clinic.
Round Two: In-person tryout out	In-person tryout	April 2 -3, 2022	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 3, 2022	The complete list of the 2022-2023 Cheer Squad will be posted to the Spirit Squad website	Required meeting will be held at 3:00 pm after 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 Golden Girls Dance Coach, Spencer Hurlbut at shurlbut@atu.edu.

Application

- All applicants must complete and submit the Tryout application by **March 12, 2022 at 5:00 pm CST**.
- There is a \$30 tryout fee that must be paid when the application is submitted.
- The application for Golden Girl tryouts 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 are required to submit proof of insurance to participate in the tryout process.

Round 1

- There are two options to complete Round 1 of the tryout process
 - Dancers can attend the interest clinic held on Saturday, March 12, 2022 from 9:00 am-12:00 pm.
 - Dancers can submit a video showcasing their skills by Saturday, March 12, 2022 at 5:00pm.
- Dancers will indicate on the application which option they will choose to complete for their Round 1 Tryout. While the method you chose to complete Round 1 of tryout will not affect your selection, attendance at the Interest Clinic is preferred and highly encouraged.
- Applicants that are invited to participate in Round 2 of the tryout process will be notified no later than **Friday, March 18, 2022.**
- Please see below for details regarding the Interest Clinic and the Video submission requirements

Interest Clinic

- An in-person interest clinic will be held on **Saturday, March 12th, 2022**
- Applicants are automatically registered if **in person tryout** is selected in tryout application
- Tryout Attire
 - Please wear spandex, shorts, leggings, or skort with a sports bra and t-shirt or tank top
 - Bring jazz shoes and tennis shoes
 - You may wear your hair up or down
 - Makeup is not required but encouraged

Video Submission- Skills Assessment

- All video submissions are due March 12, 2022 at 5:00 pm CST
- Applicants will email video link if **virtual tryout** is selected in tryout application
- Videos should be uploaded to YouTube as an unlisted video. Links should be emailed to atuspiritsquads@atu.edu. Be sure to include your full name in the body of the email.
- Professional editing is not required or expected. Please be sure that your entire body can be seen for the full length of the video.
- Tryout Attire
 - Please wear black spandex, shorts, leggings, or skort with a black sports bra and solid color t-shirt or tank top
 - Jazz shoes and tennis shoes as needed
 - You may wear your hair up or down
 - Makeup is not required but encouraged
- Please demonstrate the following skills:
 - A sample dance (minimum of 1 minute showcasing jazz, hip hop, and pom style dance)
 - Single, double, and triple turn (both legs)
 - Minimum of three pirouettes in a la seconde, finished with a double turn
 - Calypso
 - Right, Left, and Center Splits (film right and left splits from the side)
 - Right, Left, Center, and Switch Leap
 - Turning Disc
 - Tilt Jump on preferred leg
 - 2 Eight Counts of High Kicks

- Preferred: Headspring, Kip up, back handspring, front walkover, back walkover, or Aerial
- Any other technique/skills you would like to showcase

Round 2

- Round 2 of the Golden Girl Dance Team tryout process is an in-person tryout which will be held **Saturday & Sunday, April 2-3, 2022.**
- Applicants that are invited to participate in Round 2 of the tryout process will be notified no later than **Friday, March 18, 2022.**
- In-person tryouts will be held in the Double Gym (Room 112) in the Hull Building on the Arkansas Tech Campus.
- Masks must be worn inside all buildings unless the athlete is dancing at least 6 feet away from other athletes. You will be instructed when you may remove your mask.

Tryout Attire

- Please wear a black sports bra, black spandex, tan jazz shoes, and skin tone tights. Applicants are welcome to bedazzle their sports bra, however it must be black.
- Hair must be completely down and styled. Makeup is required. The Golden Girls wear the lip color "Raisin Rage" by Revlon. New applicants are welcome to wear our lipstick color, but it is not required. False eyelashes must be worn except for dancers with eyelash extensions.
 - The majority of Golden Girl uniforms show midriff. Full makeup, including false eyelashes, is a requirement of Golden Girls at all events in uniform. It is important that you feel comfortable dancing in this style of attire. If you need help with eyelashes, returners of the team can help you.
- To create a unified appearance and not distract from the team image, body piercings, offensive tattoos, and 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.
 - There is not an ideal body type for Golden Girls and our main focus is the health and dance ability of all applicants.
- Only diamond stud earrings may be worn for ear piercings, no other jewelry will be permitted.
- Vulgar or offensive tattoos must be covered.

Required Technique

- Single, double, and triple turn (right and left)
- Minimum of three pirouettes in a la seconde, finished with a double turn
- Calypso
- Right, Left, and Center Splits
- Right, Left, Center, and Switch Leap
- Turning Disc
- Tilt Jump on preferred leg
- 2 Eight Counts of High Kicks
- Preferred: Headspring, Kip up, back handspring, front walkover, back walkover, or Aerial

In-Person Tryout Agenda

- Saturday, April 2nd, 2022
 - 9:00 am-12:00 pm: Tryout part 1

- Applicants will be taught the Fight Song, a college-style routine 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 groups and will have the opportunity to practice with their group.
 - All applicants, including returners, will have a one-on-one interview with the coach.
 - Applicants will receive their tryout time for day two.
- 12:00-1:00: Lunch break
- 1:30-5:00: Optional Practice Time
 - Applicants will be able to practice all tryout material and ask questions about the tryout process
- Sunday, April 3rd, 2022
 - 9:30am-until finished: Tryout Part 2
 - Applicants can warm up and prepare for their tryout in the waiting area. All dancers must wear a mask while in the waiting area.
 - Groups will enter one at a time at their tryout time. Each applicant in a group will be asked to complete the required technique, one at a time. Each group will then perform the fight song and tryout routine together. One of the three chants taught will be randomly called and the group will perform the chant together.
 - After the group has completed the tryout process, dancers may leave campus and wait for results to be posted.
 - Team selection will be posted to the Arkansas Tech Spirit Squad website no later than 2:00 pm.
 - If selected for the Golden Girls Dance Team there will be a MANDATORY meeting at 3:00 pm. Location for the meeting will be posted with the results.
 - Due to COVID restrictions only incoming freshmen and new members of the squad will be permitted to bring a parent/guardian to the meeting. All returning members must come alone.
 - All members will be submitting electronic forms in the meeting. Please bring a laptop or an iPad. If you are unable to bring an electronic device please inform Coach Spencer.
- Monday, April 4th, 2022
 - 10:00 am-1:00 pm: Campus tour and lunch with Coach Spencer
 - Highly encouraged for new members, optional to returning members
 - 1:00 pm: MANDATORY uniform fittings at 1pm
 - New and returning members. Location will be provided on this day.

Virtual Tryout Process

- While an in-person tryout is preferred, we understand that some applicants may need to participate in a virtual tryout for Round 2. Applicants will indicate on the application if they need a virtual tryout
- Athletes joining virtually will be able to participate in every component of tryouts. Please see below for the details of a virtual tryout.
 - All links will be provided on the first day of tryouts. Applicants should have an appropriate area that is large enough to complete all components of tryouts.
 - The judges must be able to see your entire body (head to toe) while performing.
 - There should be no interruptions from friends or family members.
 - To ensure a timely tryout process, athletes must ensure they have a strong internet connection.

- Applicants will need to provide a device which the music for fight song and the tryout dance can be played. A family member or friend should be ready off-camera to start and stop the music when prompted during the tryout.

Tryout Attire

- Please wear a black sports bra, black spandex, tan jazz shoes, and skin tone tights. Applicants are welcome to bedazzle their sports bra, however it must be black.
- Hair must be completely down and styled. Makeup is required. The Golden Girls wear the lip color "Raisin Rage" by Revlon. New applicants are welcome to wear our lipstick color, but it is not required. False eyelashes must be worn except for dancers with eyelash extensions.
 - The majority of Golden Girl uniforms show midriff. Full makeup, including false eyelashes, is a requirement of Golden Girls at all events in uniform. It is important that you feel comfortable dancing in this style of attire. If you need help with eyelashes, returners of the team can help you.
- To create a unified appearance and not distract from the team image, body piercings, offensive tattoos, and 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.
 - There is not an ideal body type for Golden Girls and our main focus is the health and dance ability of all applicants.
- Only diamond stud earrings may be worn for ear piercings, no other jewelry will be permitted.
- Vulgar or offensive tattoos must be covered.

Virtual Tryout Agenda

- Saturday, April 2nd, 2022
 - 9:00 am: Tryout part 1
 - Applicants will receive an email which includes YouTube links to teaching videos of the Fight Song, a college-style routine, and three chants
 - Applicants will also receive a time and zoom link for a scheduled time one-on-one interview with the coach.
 - One-on-one interviews with the coach will fall between 1:30-5:00 pm.
 - Please find a quiet area with no distractions to complete the interview.
 - You may interview in your dance practice clothes.
 - A zoom link and tryout time for Day 2 will also be included in the email.
- Sunday, April 3rd, 2022
 - Tryout Part 2
 - Applicants will join the zoom meeting 10 minutes prior to their allotted time.
 - Applicants will be let into the zoom meeting and will perform all the required technique, the Fight Song, the tryout routine and a chant selected at random by the coach.
 - Please see the video submission instructions from round 1 for a list of required technique that must be performed.
 - After the group has completed the tryout process, dancers may leave campus and wait for results to be posted.
 - Team selection will be posted to the Arkansas Tech Spirit Squad website no later than 2:00 pm.
 - If selected for the Golden Girls Dance Team there will be a MANDATORY meeting at 3:00 pm. You will be emailed a link to join this meeting virtually through zoom.
- Monday, April 4th, 2022
 - 1:00 pm: MANDATORY uniform fitting

- Required for new and returning members.
- You will be emailed a link for a virtual fitting. You must have a measuring tape available for use.

Exceptions to these requirements will be made at the coach's discretion. If you have any questions, please email Spencer Hurlbut at shurlbut@atu.edu.

We understand this is a lot of information and can be confusing. If you have any questions, do not hesitate to reach out to Spencer Hurlbut, Arkansas Tech Golden Girls Dance Team 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!