



Arkansas Tech University Spirit Squads

Tech Cheer Tryout Information 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 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 as well as 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.

Our cheerleading team consists of 18 members. As a game-day squad we emphasize side-line activities such as tumbling, pyramids, and crowd-engagement. Members of the Tech Cheer team are scholarship athletes and will receive a \$725 scholarship per semester.

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

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 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
 - Three to Five days a week for 2 hours.
 - Cheer practice for Fall 2022 will be held Monday-Friday, 3:00-5:00 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.

- 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

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 12, 2022 9:00 am-12:00 pm	Applicants can register for Interest Clinic through the Spirit Squads website	Optional, but highly recommended
Application	Online	March 17, 2022 by 6:00 pm CST	Online Application is available on the ATU Spirit Squad website	Required
Round One: Skills Assessment	Video Submission	March 17, 2022 by 6:00 pm CST	Applicants will email video links by due date	Required
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 Cheer Coach, Jasmine Bruce at jbruce2@atu.edu

Interest Clinic

- An in-person interest clinic will be held on **Saturday, March 12th, 2022**
- 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 \$30 fee to participate in the interest clinic.

Application

- All applicants must complete and submit the Arkansas Tech Cheer application by **March 17, 2022 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 are required to submit proof of insurance to participate in the tryout process.

Round 1

- Round 1 of the Arkansas Tech Cheer Tryout is a video submission showcasing your skills.
- Videos must be submitted by **March 17, 2022 at 6:00 pm CST.**
- Applicants that are invited to participate in Round 2 of the tryout process will be notified no later than **Sunday, March 27, 2022.**

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
- 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 be sure to include your name in the body of the email.

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.
- There is not an ideal body type for Tech Cheer as our focus is the health and athletic ability of all applicants.
- No jewelry may be worn and all tattoos must be covered.

Female and Male Video Submission Requirements:

- Perform Tech Fight Song/Chant (posted on our website)
 - Fight Song/Chant
 - Facing the camera, do one continuous video with the fight song to music
 - Chants should be complete after the fight song
 - Females: Poms are optional but recommended
- Running and Standing tumbling (on dead mat or hard floor):
 - Standing Tumbling
 - Required: Standing back handspring
 - Preferred: Standing tuck or highest-level pass

- Standing Tumbling Pass
 - Required: Series back handspring
 - Preferred: Standing back handspring tuck or highest-level pass
- Running Tumbling Pass
 - Minimum: Back handspring back tuck
 - Preferred: Back handspring layout or highest-level pass
- Stunting Requirements:
 - Identify yourself and the position you are doing. Have the group/partner you are stunting with identify themselves and their cheer experience (in years). What stunts you showcase in a video and the cleanliness of them is very important, but do not be afraid to get creative! Feel free to do stunt sequences, double-down dismounts, etc. to make it pop!
 - Required Stunts to showcase:
 - **Coed:**
 - Required: Toss hands, toss hands push to extension
 - Preferred: Walk-ins, Hands extensions pop-off, Hands libs pop-off, etc. Straight up extension pop-offs or cradles.
 - **2mans:**
 - Required: Hands Pop off, Hands extensions pop-off
 - Preferred: Hands lib pop-off
 - **Group stunts:**
 - Required: Stretch full down, toss awesome, straight up lib, toss lib
 - Preferred: Body positions and creative dismounts (Full down or corkscrew dismount required.)
 - You MUST SHOW toss skills. Toss awesome, toss lib etc.
 - **Optional stunts/ Elite skills:**
 - Although these skills are not required these stunts are a great way to show your technique, skill, and ability to try new things. Even if you do not have these optional stunts done perfect, we would love to see your effort.
 - switch ups, true full-ups, quick up style full ups
 - Elite skills are great to help you stand out, BHS-ups, roundoff-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

- Round 2 of the Arkansas Tech Cheer 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 **Sunday, March 27, 2022.**
- In-person tryouts will be held in the Single Gym in the Hull Building on the Arkansas Tech Campus.
- Masks must be worn inside all buildings unless the athlete is stunting, tumbling, or cheering 6 feet away from other athletes. You will be instructed when you may remove your mask.

Tryout Attire

- Female- please wear a black sports bra, black spandex, 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 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.
- There is not an ideal body type for Tech Cheer as our focus is the health and athletic ability of all applicants.
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Required Skills

- *Highest running tumbling pass*
- *Highest standing tumbling*
- **Coed/2Mans-** Walk-ins, Hands extensions pop-off, Hands libs pop-off, etc. Straight up extension pop-offs or cradles.
- **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 2nd, 2022
 - 9:00 am-12:00 pm: Tryout part 1
 - Applicants will have an opportunity to warm up, practice required skills while receiving feedback from the coach, and practice the material learned.
 - Applicants will review the Fight Song and three sideline chants.
 - 12:00-2:00: Lunch break
 - 2:00-3:30: Tryout Part 2A
 - Open Gym- Applicants will be able to practice tumbling and stunting
 - 3:30-5:00: Tryout Part 2B
 - Applicants will be divided into their tryout/stunt groups and will have the opportunity to practice with their group for the following day
 - 7:00 pm: Second round cuts
 - All applicants must check their email before returning for day 2 to be sure they will be continuing for Part 3 of tryouts
- Sunday, April 3rd, 2022
 - 9:00am-until finished: Tryout part 3 and individual interviews with judges and coach
 - 9:00 a.m. - applicants selected to move on to part 3 of tryouts will begin 1:1 interview with the judges and coach beginning tentatively at 9:00 a.m.
 - Attire: come in tryout attire with makeup and hair done

- After their interview, applicants will wait in the holding room until all interviews are completed.
- 10a.m.- Applicants will begin warm up and preparation for tryouts. (Stunts and tumbling will be warmed up at this time.)
- After warm-ups applicants will head to waiting area and tryouts will begin.
- Groups will enter one at a time at their tryout time. Each applicant in a group will be asked to complete the required tumbling, one at a time. Each group will then perform the fight song and chant together. One of the three chants taught will be randomly called and the group will perform the chant together. Groups will return to the waiting area and wait for their stunt group to be called.
- Stunt Groups will be called next to perform various stunts for the judges.
- After each stunt group has completed the tryout process, applicants may be asked by judges to return in case additional skills or performances need to be seen. After this is complete applicants will be dismissed and can leave campus and wait for results to be posted.
- Selection
 - Team Selection will be posted to the Arkansas Tech Spirit Squad website no later than 2:00 pm.
 - If selected for the Arkansas Tech Cheer Team, there will be a MANDATORY meeting at 3:00 pm. Location for meeting will be posted with the results.
 - Due to COVID restrictions only 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 Jasmine.
- Monday, April 4th, 2022
 - 10:00 am-1:00 pm: Campus tour and lunch with Coach Jasmine
 - 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 have their video submission re-reviewed for the skill (stunts and tumbling) 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 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

- Female- please wear a black sports bra, black spandex, 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 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.
- There is not an ideal body type for Tech Cheer as our focus is the health and athletic ability of all applicants.
- No jewelry may be worn, and all tattoos must be covered.

Virtual Tryout Agenda

- Saturday, April 2nd, 2022
 - 12:00 pm: Tryout part 1
 - Applicants will receive an email which includes YouTube links to teaching videos of the Fight Song, 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 1:00-2:00 pm.
 - Please find a quiet area with no distractions to complete the interview.
 - You may interview in business casual attire or your required tryout attire.
 - A zoom link and tryout time for Day 2 will also be included in the email.
- Sunday, April 3rd, 2022
 - Tryout Part 2
 - 9:00a.m. - Applicants will join the zoom meeting 10 minutes prior to their allotted time.
 - Applicants will be let into the zoom meeting and will perform required fight song and a chant selected at random by the coach.
 - Virtual applicants will also have a 3-5 minute interview with judges at this time as well.
 - After virtual applicant has completed the tryout process they may log off 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 Tech Cheer 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 Jasmine Bruce jbruce2@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 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!