



Try out Dates: April 16<sup>th</sup>-18<sup>th</sup>

Forms Due: April 11<sup>th</sup> by 4pm

Send your Application, along with the release form, and \$20 try out fee (Make checks Payable to UWA cheerleading)

Donald Smith

Head Cheerleading Coach

Station 56

Livingston, Alabama 35470

205.652.5571

Check off list for tryout packet:

- Non-Refundable tryout fee: \$20.00 payable to UWA
- Acceptance letter from UWA
- 1 Letters of Recommendation are required one from a previous high school coach and or one from a high school teacher (If a transfer it can be from a previous college coach or professor)
- 4x6 picture (This is the only size accepted and participant must be the only one in the picture. Picture will NOT be returned.)
- Cheerleader/Mascot Tryout Application
- Copy of Driver's License (Front & Back)
- Copy of Health Insurance Card (Front & Back)
- Forms: Student-Athlete Insurance Information Athlete Information, Consent, & Release Form participation Physical Evaluation History Form

To be a member of the squad or a mascot you must be a full-time student (registered for 12 hours or more) and maintain a GPA of 2.00 or higher. **Scholarships are at the discretion of the head cheer coach.** Scholarships can be reduced or eliminated after each semester at the discretion of the cheer coach and approved by the Senior Administrator over the cheer and mascot program. If an incoming freshman is accepted to UWA on a conditional circumstance they can make the team however they must do what is required by UWA to be unconditionally accepted by August. They will not be able to participate with the team until they have been unconditionally accepted.

Clinics/tryouts will start on time. You should be at least 15 minutes early.

### **Tryout Requirements**

Tryout requirements are posted on the website.

### **Mascot Tryout Requirements**

Mascots are required to be at tryouts and must come prepared to perform a 1 minute routine. Mascots are responsible for all of your props.

### **What to wear and/or bring to tryouts?**

Bring lots of water and/or Powerade. Feel free to bring a towel if you think you will need one.

**Must wear UWA colors or apparel:** Red, Black & White UWA is an Adidas school.

**\*\*All females** must wear spandex under their shorts **Hair:** females – must be in a high pony and have a bow **Jewelry:** NO jewelry of any kind **Tattoos:** All tattoos must be covered. .

### **ATTIRE:**

- **ALL:**
  - ✓ Game day make up
  - ✓ Red lips
  - ✓ White tall Socks
  - ✓ Pearl Earrings
  - ✓ Ribbon (RED, WHITE, BLACK)

Friday –Black tank / red or white shorts

Saturday – WHITE TANK TOP

BLACK SHORTS

RED RIBBON

### **Friday April 16th**

5:30pm – Warm up and Stretch  
6:00- Learn Cheer and sideline  
6:30- learn and Review Fight song  
7:00- Warm up Tumbling  
7:30- Warm up stunts  
8:00- break down dismiss

### **Saturday April 17th**

9am- Warm up and Stretch  
9:15am- Review fight song  
9:45am- Stunt  
11am-Review Cheer and Chant  
11:15am-Tumbling  
12pm- Break Lunch  
\*Return at 2pm  
2:15-Stretch  
2:30- Review and open practice  
3:30- Break  
3:45

- Tumbling Evaluations
- Stunting Evaluations
- cheer/Fight song Evaluations

5:00pm- Break down dismiss  
7:00pm \*\*\*\*2021-2022 Team will be posted

### **Sunday April 18th**

1pm- Team meeting (Mandatory)  
2pm-First Team Practice