

Kansas State University Tryout Information and Packet

Cheer Tryouts

~2012-2013~

All information is subject for change at any time!

Purpose:

The Kansas State University cheer team is a group of selected individuals whose purposes are to represent Kansas State University in a positive light and to perform and entertain audiences. It is an honor and a privilege to be a part of this organization.

The Kansas State University cheer program is looking for well-rounded athletes with cheerleading skills and cheerleading ability. The K-State cheer program realizes that not all potential cheer participants have advanced tumbling or advanced stunting skills. Be prepared to take direction and coaching during the tryout process. Do not assume that weakness or lack of skill in any one area will automatically disqualify you as a potential team member. A positive attitude and hard work ethic must be displayed at all times in order to be considered for this privilege.

Attitude

Attitudes and /or egos shall be left at the door. Any past accomplishments in cheer/dance/stunting or otherwise, carry little weight in the selection process. The K-State cheer coaching staff has the right to remove any participant at any time for bad attitude, harassment, or failure to follow safety guidelines and regulations for stunting or general safety of the program.

Score/Judging Sheets

Scores and judging sheets will not be released. The cheer coaching staff and administration of K-State cheer will make all final decisions on team member selection. Any tryout participant that has questions after the team is officially announced may ask questions for up to fifteen minutes before they leave the tryout facility. Threats, outbursts, rude behavior or questions from participants, former or current coaches, parents or any other supporting unit, will not be accepted or tolerated at **any time**. All results are final!!!!

Tryout Visitors

Visitors are welcome, however, all visitors will remain in the lobby/door area of the indoor football facility during the entire tryout process and this includes the final selection announcement. (This includes all family, friends, former or current coaches, boyfriends, girlfriends, significant others, etc. Tryout participants only in the indoor during this tryout.) In the event there are any problems with outside visitors, campus security may be involved.

Tryout Results:

Participants who made the final selection will be informed at the end of the tryout process on April 29th, 2012. Participants who made the final selection will then be expected to attend a mandatory team meeting after the tryout process and after the final results are announced. All results are final!!!!

Tryout Event Information

(Live Tryouts)

All information is subject for change at any time!

Date: Sunday, April 29th, 2012
Time: 9:00 am Interviews will start with Coach Ruoff*
1:00 pm Live tryouts
Location: Indoor Football Facility on the campus of Kansas State University
(Kimball Avenue, Manhattan, KS 66506. Located directly behind Bramlage Coliseum)

Tryout Skills Practice Schedule:

*All open gyms will be held at the Indoor Football Facility, unless stated differently on our website.
Facility will be open twenty minutes prior to the start of that session.*



Wednesday, April 4th (7:30 - 9:00 pm)

Friday, April 6th (7:30 - 9:00 pm)

Saturday, April 7th (1:00 -3:00 pm)

Friday, April 27th(7:00 -10:00 pm)

Saturday, April 28th (7:00 -10:00 pm)

**Check our website for all tryout open gyms and any and all changes to practices that will be held during the month of April 2012.*

When attending tryout open gyms/tryouts, do **not park in reserved or handicap stalls. K- State cheer will not be responsible for parking tickets for those who do not follow the campus parking guidelines.*



Requirements for Tryouts

Tryouts consist of seven sections

1. Skills
2. Fight song/Wabash
3. Cheer
4. Partner/quad stunts
5. Appearance (appropriate attire, safety guidelines followed, etc.)
6. Interview
7. Attitude/hard work ethic

1. Skills
 - Standing back hand spring
 - Standing back tuck
 - Jumps to a back tuck
 - Running tumbling pass of choice
(Fulls are recommended if they can be performed safely and correctly, but are not required.)
2. Fight Song/Wabash (Females only)
 - Fight Song and Wabash (consists of dance, motions and the perfection of dynamics and will be instructed at the tryout skill practices.)
3. Cheer (Females only)
 - A cheer of participant's choice with Wildcat incorporated in as the mascot name.
4. Stunts
 - Coed
 - Toss Shoulders
 - Liberty
 - Awesome
 - Toss Chair
 - Any tossed stunt of your choice (elevated level)
 - Quad
 - Straight up/ground up liberty
 - Twisting dismounts
 - Transitional combinations (with at least three combinations)
5. Appearance
 - Individuals must follow all safety guidelines when it comes to appearance. Appropriate attire, must be neat and clean, no jewelry, nails cut and filed short, etc.
6. Interview
 - Participants will go through an interview with a K-State Cheer Coach
7. Attitude
 - Attitude and hard work ethic is a heavy part of a participants score.

*Interviews may start on Saturday evening, April 28th, 2012, depending on the number of participants trying out. This will not be determined until closer to the tryout. Interviews will still start on Sunday, April 29th at 9 am with the coaching staff.

Important Tryout Information

All information is subject for change at any time!

*Each tryout participant must bring two letters of recommendation (one of which must be from your most recent coach or employer. This includes any veteran cheerleaders who are trying out again.) K-State cheer information sheet, insurance information, medical treatment and liability release form and a photo of yourself (this does not have to be a professional photo and must be appropriate.) Photos and packet will not be returned. (Any and all current K-State Cheerleaders who are trying out again, must provide the complete packet. A photo will not be necessary to provide. All current K-State cheerleaders from the 2011-2012 season will be expected to tryout again for the 2012-2013 season.)

*All tryout participants must bring a **copy** of their insurance information to the first day of the tryout process. Kansas State University and the coaching staff are not responsible for any injury or illness that may occur as a result of participation during the entire tryout process. (In the event one does not make the K-State cheer team, your insurance information will be shredded and disposed of properly.)

*Tryout skill practices are not required, but are HIGHLY RECOMMENDED. Tryout open gym practices are for tryout participants for K-State cheer ONLY.... These practices are not open gyms and are not open directly to the public.

*A medical release/participation waiver must be signed and turned in before any individual may participate in the tryout process. All participants will sign not only a waiver for tryouts, but a waiver through our training room for the actual tryout practices. Failure to sign these forms will result in no participation. (These forms are included in this packet.)

*Tryout skill practices will be held by the head coaching staff at Kansas State University. (Any and all other practices that are held without the head coaching staff are not official practices for this tryout and may result in dismissal from tryouts.)

*The final team size is not predetermined. However, the team will consist of at least 15 to 18 males and 10 – 40 females. (Alternate positions **may** be available.) **Depending on number of participants selected, there may be a large coed /small coed, and or All Girl team arranged. This will be determined after tryouts.*

*All tryout participants must be accepted to Kansas State University. If you have applied and not been accepted, you must provide verification that you have applied the day of tryouts or by the first official team meeting in August, which will be held before our mandatory boot camp. (Meeting time will be the Wednesday before the official start date of school in August of 2012. Boot Camp and the team meeting will be mandatory for all team members to attend or your position will be filled by someone else. NO EXCEPTIONS!!!! Boot Camp dates will be provided after tryouts during the first official team meeting.)

* A clean image is required at all times to be selected as K-State cheer team members. Any and all body piercings, tattoos, extreme hair colors and styles are not acceptable for tryouts or in uniform if you are selected for the final team. All piercings must and will be removed before the tryout process (this includes practices,) and tattoos must be covered. Fingernails must and will be cut and filed short for tryouts and for the cheer season.

*Appropriate tryout attire: A plain purple, black, grey or white t-shirt, black shorts or spunks and tennis shoes must and will be worn at all times for the tryout process. Baggy Shorts and Shirts are not allowed due to safety guidelines with stunting. Look Your Best!!! You will be judged in this area. (Most of the tryout attire can be purchased for little cost at local outlets.)

*Appropriate undergarments must be worn at all times for both male and female participants. It is required to wear socks with your shoes to help prevent blisters and extreme foot odor.

*Hair will be worn half up, half down, with bangs sprayed or pinned out of the face. Purple or white bow in hair at top of the head (not on the forehead.) Males must keep hair and facial hair trimmed at all times during the tryout process.

Important Tryout Information

All information is subject for change at any time!

***Video Tryouts**

(It is highly recommended that participants attend the live tryout!!!)

In the event that an individual cannot make it to the live tryout, videos can and will be accepted. Videos/DVD's can be sent into the Kansas State University cheer office and must be received with the appropriate paperwork as stated above. Video tryout participants must perform the tryout requirements to the best of their ability without attending the live tryout. (Please perform your fight song/dance or pom routine in place of the K-State Fight Song/Wabash.)

All video tryout participants must have their videos into the cheer office no later than Monday, April 23rd, 2012. **This is not post marked, it is in the office!** Videos that are received late will go to the end of the pile and may not be viewed. Videos will not be returned. (It is highly recommended that if you do send a video that you notify the cheer office the video is in the mail.)

All video tryout participants will be notified the Monday following tryouts whether they made the team or did not. These participants will be notified by email.

Contact Information

Head Coach Dani Ruoff
Kansas State University Cheer/Mascot Office
17 Ahearn Fieldhouse
Manhattan, KS 66506-0300
druoff@ksu.edu

Cheer Office Number: (785) 532-7983

**Kansas State University
2012-2013**

**Medical Treatment Authorization
And Liability Release**

I, the undersigned parent or guardian, does hereby grant permission for my daughter/son, _____, to participate in the activity of cheerleading, at the Kansas State University cheer tryouts. In order that my daughter/son may receive the necessary medical treatment in the event she/he may sustain injury or illness during participation in this activity, I hereby authorize the Kansas State University head cheer coaching staff, Kansas State University training room, or other supervising adults to obtain medical treatment for my daughter/son for such injury or illness during the activity, and I hereby hold Kansas State University, staff and the Kansas State cheer program, and its representatives harmless in the exercise of authority.

I understand that this activity involves risk to the participant. I further acknowledge and understand that due to the nature of this activity, which involves inversion and rotation of the body, there is a possibility that my daughter/son may sustain physical illness or injury (minimal, serious, or catastrophic), in connection with her/his participation. I further acknowledge and understand that my daughter/ son is assuming the risk of such physical illness or injury buy her/his participation, and I further release, Kansas State University, staff and the Kansas State cheer program and its representatives from any claims for personal illness or injury that my daughter/son may sustain during participation in this activity.

I further understand that Kansas State University and staff have established rules and regulations pertaining to conduct, behavior, and activities of all students and cheerleading team participants, by which my daughter/son must abide during participation in their activity, and that my daughter/son and I will be responsible for her/his failure to abide by those rules and regulations.

My daughter/son and I have read and understood the above Medical Treatment Authorization and Liability Release.

Signature of Parent or Guardian if Participant Under 18

Date

Participant's Signature

Date

**KANSAS STATE UNIVERSITY
SPORTS MEDICINE
30 DAY TRYOUT MEDICAL FORM**

athletic trainer _____

Name: _____ Social Security #: _____
 Local Address: _____ Local Phone: _____
 Home Address: _____ Home Phone: _____
 Date of Birth: _____ Height: _____ Weight: _____ Pulse: _____ BP: _____

MEDICAL HISTORY

- | | | | |
|--|-----|----|------------|
| 1. History of head/neck/spinal injuries: | Yes | No | Date _____ |
| 2. History of back injuries: | Yes | No | Date _____ |
| 3. History of shoulder injuries: | Yes | No | Date _____ |
| 4. History of elbow injuries: | Yes | No | Date _____ |
| 5. History of hand & finger injuries: | Yes | No | Date _____ |
| 6. History of knee injuries: | Yes | No | Date _____ |
| 7. History of ankle injuries: | Yes | No | Date _____ |
| 8. History of hamstring strains | Yes | No | Date _____ |
| 9. History of quadriceps strains | Yes | No | Date _____ |
| 10. History of surgeries: | Yes | No | Date _____ |
| 11. History of major illness: | Yes | No | Date _____ |

INSURANCE INFORMATION

All non-tendered student-athletes are to have health insurance, documented below, before being allowed to participate in any activity sponsored by the Department of Intercollegiate Athletics at Kansas State University. It is the responsibility of the student-athlete to maintain his/her insurance policy throughout their athletic career and to notify their athletic trainer of any health insurance changes. A non-tendered student-athlete who does not maintain their health insurance policy may be dismissed from athletics at any time. Each non-tendered student-athlete will be given a physical examination through the Kansas State University Team Physicians at the end of the thirty day tryout. **(Please attach a photocopy of Insurance Card)**

Insurance Company: _____
 Insurance Company Address: _____
 Insurance Company Phone: _____
 Insurance Policy Number: _____
 Insurance Group Number: _____
 Policy Holder Name & Social Security #: _____
 Policy Holder Address & Daytime Phone: _____

RELEASE AND HOLD HARMLESS AGREEMENT*

Whereas, I am about to participate upon my own initiative and upon my own assumption of risk, in an activity sponsored by the Department of Intercollegiate Athletics at Kansas State University. Now, therefore, in consideration of permitting me to participate in said activity, I do here waive and release all future claims, rights, and courses of action in my favor as a result of personal injuries or property loss during travel from and while participating in said activity against the State of Kansas, Kansas State University, and/or the aforementioned department, and/or any members, officers, and/or authorized agents of the above described; and further, hereby covenant and agree with them that no suit or action shall be instituted for the above reasons by me or others in my behalf or right. Having read and understood the above, I freely sign this RELEASE AND HOLD HARMLESS AGREEMENT*.

 (Student Athlete Signature)

 (Date)

*If the above athlete is under the age of 18 at the time of the tryout, I, _____, as parent or legal guardian, consent to the participation of _____, and uphold the terms of the release and hold harmless agreement.

 (Signature of Parent or Legal Guardian)

 (Date)

KANSAS STATE UNIVERSITY
**PROSPECTIVE
CHEER/MASCOT TEAM
INFORMATION
FORM**

Date _____ Male _____ Female _____ Accepted at KSU? Yes _____ No _____

Name _____

Home Address _____ City _____

State and Zip _____ Home Phone _____

Date of Birth _____ E-mail _____

Current High School or College _____

Name of Current Advisor or Coach _____ Phone Number _____

Expected Major at KSU _____ Minor _____

Year Entering KSU _____ College Classification (Fr. Soph. Jr. Sr. Grad)
Circle one

Area(s) of Interest:

_____ COED STUNTING _____ Flyer _____ Base

_____ QUAD STUNTING _____ Flyer _____ Base _____ Back

_____ ARE YOU ABLE AND WILLING TO BE A SPOTTER? (If no, explain on back.)

_____ I AM INTERESTED IN BECOMING WILLIE THE WILDCAT (Mascot position)

Cheerleading/Mascot Experience: (CIRCLE ALL THAT APPLY)

High School General/Competitive High School Non-Mount All Star (Team/Division) College Professional

Tumbling Skills: (CIRCLE ALL THAT APPLY)

Back Hand Spring Standing Tuck Full Standing Two to Full Standing Full Full to Full

Jump Skills: (CIRCLE ALL THAT APPLY)

Toe Touch Front/Side Hurdler Pike Jumps to Back Tuck

*ATTACH PHOTO AND ANY ADDITIONAL INFORMATION TO THIS FORM

PLEASE RETURN TO:

K-STATE CHEERLEADING/MASCOTS

ATTN: DANI RUOFF

17 AHEARN FIELDHOUSE

MANHATTAN, KS 66506-0300

druoff@ksu.edu ~ (785) 532-7983 (office)