Marist College Cheerleading
2011-2012 Tryouts!!!!!!!

Head Coach: Kristen Rudemyer
Email: krischeercoach@aol.com
**Video Try-Out**

**Requirements:**
1. *Small* Introduction (Name and Hometown only)
2. Cheer (incorporate standing tumbling and jump) The Jump can be one of the following: Toe Touch, Double Toe Touch, and Pike.
3. Chant
4. 3 Jumps (Toe Touch, Double Toe Touch, and Pike)
5. Best Standing Tumbling
6. Best Running Tumbling Pass
7. Best Stunt Sequence
8. 4 8-count dance

With video of above skills please include:
1. Recent Headshot
2. All Forms filled out and signed by athlete and guardian

**IN ORDER TO SUBMIT A VIDEO YOU MUST MEET THE FOLLOWING REQUIREMENTS**
1. Multiple Standing Back Handsprings
2. Round Off Double Back Handspring
3. Toe Touch Back Handspring

**Completed Video and Forms are due by Friday, April 1st to the address below:**
Marist College
3399 North Rd
McCann Center
Attn: Marist College Cheerleading
Poughkeepsie NY, 12601

**VIDEOS WILL NOT BE ACCEPTED AFTER SUNDAY, MAY 1st**
Once the videos are received, a confirmation email will be sent out notifying you if you make the first cut. Athletes that make the first cut will then receive information about the second round of try-outs.

**Cheerleader Information Sheet**

Name: ________________________________________

D.O.B. ________________________________________

Home Address: ____________________________________________

______________________________________________

Home phone: ____________________________________________

Cell: ________________________________________________

Email: ________________________________________________

Height: ________________________________________________

Weight: ________________________________________________

High School/ Previous College:

______________________________________________

______________________________________________

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______________________________________________

Any recent injuries/ health problems:

______________________________________________

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______________________________________________

______________________________________________

Cheerleading Experience (years/teams):

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Stunting positions (list all recent):

______________________________________________

______________________________________________
Please list any honors, awards, hobbies, and special talents (academic, community, and athletics):

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________________________________________________________________________
Why do you feel you would make a great Marist College Cheerleader?

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________________________________________________________________________
________________________________________________________________________
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________________________________________________________________________
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I understand the above information will be taken into consideration for a position on the Marist College Cheerleading Team.

Signature: ____________________________________________

Parent/Guardian Signature: ________________________________
Additional Information

CHEERLEADING CAMP IS MANDATORY FOR ATHLETES THAT MAKE THE SECOND ROUND OF TRYOUTS! CAMP INFORMATION WILL BE GIVEN AT A LATER DATE.

Season Apparel (fill out sizes) ALL VIDEO APPLICANTS MUST FILL OUT

Bust Size: ____________________
Hip Size: _____________________
Shoe Size: ___________________
Short Size (soffee shorts): ________________
Shirt Size (racer back tank): ________________
Shirt Size (t-shirt): ________________
Boy shorts Size (spankies): ________________
Sports Bra Size/; ___________________
Warm-up jacket Size: ___________________
Warm-up pant Size: ____________________