**2023~2024 BPCC Cheer Tryout Packet**

The BPCC Cheer team consists of approximately 12 members and may be a combination of All-Girl and Coed members. Bossier Parish Community College cheerleading is a full year commitment. The team cheers at all home basketball games and participate in Student Life Events. They are also asked to make appearances at baseball/softball games and community events. BPCC Cheer attends UCA College Cheerleading Camp every summer and may compete at the College Cheerleading National Championship and the University World Cup Cheerleading Championship in Orlando, Fl. The BPCC Cheerleading program follows the safety guidelines set by the American Association of Cheerleading Coaches and Advisors (AACCA) at all times. Applicants are also expected to follow these guidelines at all times during the clinic and selection process. Partial tuition waivers are available.

BPCC is looking for well-rounded cheerleaders to cheer on the Cavalier Athletes and represent the college. BPCC Cheerleaders need to strive to maintain a positive image on the performance stage, in the class room and in their social lives. Applicants must have a cumulative 2.0 GPA in order to tryout. High school seniors and transfer students must provide a transcript or other documentation for GPA verification prior to tryouts.

At tryouts, judges will consider those that can perform collegiate style motions, stunts and tumbling. They will also consider athletes that have high energy, are physically fit, have a game day appearance, positive attitude, and professional social skills.

Collegiate Image: Collegiate Image is defined as the “All-American” look. Individuals are expected to be in excellent physical condition and be well groomed. A good collegiate image also includes an individual‛s poise, confidence and charisma with respect to individuals encountered at any event. Visible piercings and/or tattoos are not allowed while in uniform or when representing the College at any function. Jewelry or suggestive attire will not be allowed at tryouts, during the selection process, or at any time during practice. Our school colors are maroon, gold, and white, so please dress accordingly. We want to see a neat, collegiate appearance; however, no other university shirts, all-star programs, or high school clothing will be permissible.

The following packet contains important information regarding the tryout process including forms and items that must be completed before tryouts. Please make sure you submit the following by the first day of clinic: cheer application, liability waiver, media release, copy of medical insurance card, and $25 tryout fee.

# 2023-2024 CHEER TRYOUT INFORMATION

**TRYOUT DATES:**

Please arrive at least 30 minutes early for check-in.

**Friday, June 9th 6:00PM**

* **Game Day material, jumps and tumbling**
* **Stunts**
* **Material videos will be posted to the BAND APP after clinic is complete**

**Saturday, June 10th at 8:00-12:00**

* **One mile run**
* **Review Game Day material**
* **Stunts**

**Saturday, June 10th 2:00-6:00**

* **Game Day Mock Tryouts**
* **Stunt practice and dance**

**Sunday, June 11th at 10:00 (Order will be as outlined below)**

* **Gym will open at 9:00 and interviews will start at 10:00**
* **Cheer tryouts will follow interviews.**
* **Jumps/Tumbling/Game Day for everyone**
* **Dance for the girls**
* **Stunts**
* **After the final tryout portion, the 2023-2024 team will have a team meeting, receive policies, and get fitted for their cheerleading gear**

**TRYOUT LOCATION:**

* Bill Montgomery Gymnasium at BPCC

**Note: Tryouts Are Closed To The Public!**

**VIDEO AUDITIONS:**

* Email cheer@bpcc.edu for more information

**TRYOUT SKILLS:**

**While skills marked “included” are on the score sheet for tryouts, more advanced skills are preferred. Overall Score is what matters, not each individual skill. (It is okay to not have a skill but, we are looking for well-rounded cheerleaders.)**

**All Girl Tumbling Requirements:**

* Standing back handspring (Included)
* Back handspring tuck or standing tuck (Preferred)
* Round off backhand spring (Included)
* Round off back handspring tuck or higher (Preferred)

**All Girl Stunt Requirements:**

* Extension pop-down (included)
* Extension Cradle (included) \*\*One extension must be a toss-extension
* Full-down from any stunt
* Stunt Series

\*\*This is your choice stunt and must include something crowd pleasing. Which could be but not limited to: Liberty, Heel Stretch, Arabesques. I would suggest having some type of transition included if possible.

**Co-ed Requirements:**

* Toss chair, Toss hands
* Stunt Series - Stunter’s choice (could include but not limited to: j-up, walk-in, assist-up)
* Tumbling is not required for male candidates but is preferred

## TRYOUT ATTIRE Female Candidates

All **female** candidates must wear the following:

* White, black, or maroon **fitted** athletic tank (sports bra/ crop is preferred)
* Black athletic shorts (NikePro/ hot pants)
* White cheer shoes
* Females must wear game day hair and make-up

## TRYOUT ATTIRE Male Candidates

All **male** participants must wear the following:

* White, black, or maroon athletic shirt
* Black athletic shorts
* Tennis Shoes
* Males must be nicely groomed

## NOTES

* The BPCC Cheerleaders serve a 1-year commitment.
* Tryouts are closed to the public
* There will be a short meeting with the Head Cheer Coach and new team shortly after tryouts.
* Early tryouts and video tryouts are accepted upon approval by the coach

## PLAN AHEAD

* Summer Practices ~ **June**: 13, 15, 18, 20, 22, 25, 27, 29 **July**: 2, 6, 7, 8, 9, 10, 11
* Summer Camp ~ **July** 12 – 16
* No Mandatory cheer practice ~ July 18 – August 12
* Optional Practices ~ July 18, 23, 25, 27
* Fall practices start ~ August 13th
* First Day of School ~ August 17, 2023
* **Follow @bpcc\_cheer\_dance**

**For more information contact:**

**Rachel Randolph**

BPCC Head Cheer Coach

cheer@bpcc.edu

Text 318.393.4379

**All Pages Pass This Point Must Be Submitted As Part of Tryout Packet**

**2023-2024 BPCC CHEERLEADING TRYOUT APPLICATION**

**NAME \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**(Last) (First) (Middle)**

|  |  |
| --- | --- |
| **Preferred Name:** | **BPCC Student ID #:** |
| **Preferred Gender:** | **DOB:** |
| **Home Address:** |  |
| **Email Address:** | **Cell Phone:** |
| **High School/College attended:** | **Classification:** |
| **Major or Intended Major:** | **GPA:** |
| **Emergency Contact Name:** | **Relationship to You:** |
| **Emergency Phone:** | **Emergency Cell Phone:** |

**QUESTIONAIRE**

1.

Do you have any allergies

or illnesses

?

2.

What is your injury history

?

3.

What

surgeries have you had

?

4.

Do you have any limitations

?

1. Do you currently take any medications? If so please list.
2. Are you currently a member of any club or organization?
3. What is your stunting position and most elite tumbling?
4. List previous cheerleading training/experience and number of years:
5. Why do you want to be a BPCC Cheerleader?

## SIZING INFORMATION

*Please fill in your accurate size below*

HEIGHT**\_\_\_\_\_\_\_\_\_** feet**\_\_\_\_\_\_\_\_\_** inches

WEIGHT **\_\_\_\_\_\_\_\_\_\_\_** pounds

For safety and athletic training purposes, please list any prior injuries, dates of injuries, and/or any medical conditions that the coach should be aware of:

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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**SPIRIT GROUP PARTICIPATION RELEASE & ASSUMPTION OF RISK**

### NAME \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**(Last) (First) (Middle)**

|  |  |  |
| --- | --- | --- |
|  |  | **DOB:** |
| **GENDER:** |  | **Cell Phone:** |
| **Home Address:** |  |  |
| **Email Address:** |  |  |
| **Emergency Contact Name:** |  | **Emergency Contact Number:** |

## TRYOUT CHECKLIST

**In order to tryout, all participants must submit the following before or on the day of tryouts:**

Copy of the Front and Back of Health Insurance

Copy of Photo ID

Official Transcript Providing Evidence that your GPA is a 2.0 or above

Head Shot Photo (no larger than a 5"x7") - non-returnable

Completed tryout packet due by June 9, 2023

o A $25 CASH tryout fee.

### \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I have read and certify that all of the above information is true and correct. I have included all required documents including, a copy of the front and back of health insurance, copy of photo ID, official transcript, completed tryout packet and $25 tryout fee. I give my permission to the judging panel to verify any/all of my information. I will participate in all activities, practices throughout the year and national competition. I will follow the Code of Conduct that is set by Bossier Parish Community College. I will also follow Bossier Parish Community College cheer group rules and regulations.

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SIGNATURE OF APPLICANT Age Date

#### \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ SIGNATURE OF PARENT OR LEGAL GUARDIAN