

## WVU Competitive Cheerleading Tryouts 2023 – 2024

Dear Tryout Candidate,

We are excited about your interest in the West Virginia University Competitive Cheerleading Club. Tryouts will be held at the Hazel & J.W. Community Center at Mylan Park, 111 Mylan Park Lane, Morgantown, WV 26501. Day 1 will be held from 9:00 a.m. to 1:00 p.m. on Saturday, May 4, 2024 and day 2 tryouts will be **invite back only**, which will be held from 10:00 a.m. to 2:00 p.m. on Sunday, May 5th, 2024. Video tryout submissions will be accepted for those who are unable to attend. If you wish to submit a video tryout, you must submit a completed tryout packet to Coach Gil Matias as well as your tryout fee and video submission by 6:00 p.m. on Friday, May 3, 2024.

We are looking for dedicated athletes with a balanced package of the following aspects: stunting and tumbling execution, performance energy, physical fitness, appearance, attitude/work ethic, social skills in a professional setting, and commitment to our program. Although we do not have specific skill or height/weight requirements, those selected will be expected to maintain their level of skill, performance, and fitness for the duration of the season.

All tryout candidates must be currently enrolled students, accepted students, or have a pending application to West Virginia University prior to tryouts. The following items need to be turned in at tryouts on Saturday, May 4, 2024:

- Completed WVU Competitive Cheerleading Tryout Application
- Completed WVU Competitive Cheerleading Club Medical Release Form
- Completed WVU Competitive Cheerleading Club Appearance Clause
- Completed WVU Competitive Cheerleading Club Financial Commitment Form
- Completed West Virginia University Club Sports Participant Notice of Risks and Release
- Completed West Virginia University Club Sports Participant Team Rules
- Completed Preliminary Health Survey
- Copy of Driver's License
- \$25.00 Tryout Fee
  - Venmo
  - Check # \_\_\_\_\_ Payable to *WVU Competitive Cheer Club*
- Copy of Insurance Card
- Copy of Fall 2024 School Class Schedule (with credits) or WVU Acceptance Letter (incoming freshman or transfer students only)

**Any tryout candidates submitting a video must submit an electronically completed tryout packet using a **PDF form filler** and a **link** to a tryout video to Coach Gil Matias at [gilwvucomp@yahoo.com](mailto:gilwvucomp@yahoo.com) by 6:00 p.m. on Friday, May 3, 2024.**

**Please see the **instructions** at the end of the tryout packet for video content, format, and submission.**

**WVU Competitive Cheerleading Tryout Application  
2024 – 2025**

NAME \_\_\_\_\_

CLASSIFICATION AS OF FALL 2024:

Freshman     Sophomore     Junior     Senior     Graduate

PERMANENT ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP CODE \_\_\_\_\_

CAMPUS ADDRESS (2024 – 2025) \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP CODE \_\_\_\_\_

CELL PHONE \_\_\_\_\_ EMAIL \_\_\_\_\_

DATE OF BIRTH \_\_\_\_\_ AGE \_\_\_\_\_ STUDENT ID# \_\_\_\_\_

CURRENT SCHOOL \_\_\_\_\_ CUMULATIVE GPA \_\_\_\_\_

HAVE YOU BEEN ACCEPTED TO WVU FOR THE FALL 2024 SEMESTER?  Yes     Not Yet    DO YOU

PLAN TO TRY OUT FOR ANOTHER COLLEGE CHEER PROGRAM?  Yes     No

IF "YES," PLEASE LIST PROGRAM AND TRYOUT DATE IN ORDER OF PRIORITY

1. \_\_\_\_\_ TRYOUT DATE \_\_\_\_\_

2. \_\_\_\_\_ TRYOUT DATE \_\_\_\_\_

3. \_\_\_\_\_ TRYOUT DATE \_\_\_\_\_

EMERGENCY CONTACT

NAME \_\_\_\_\_ RELATIONSHIP \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP CODE \_\_\_\_\_

CELL PHONE \_\_\_\_\_ EMAIL \_\_\_\_\_

**POSITION (CHECK ALL THAT APPLY):**

- Flyer     Base     Backspot

**HEIGHT:** \_\_\_\_\_

**CHECK ALL STUNTS YOU CAN PERFORM CONSISTENTLY:**

- None  
 Prep, Extension, Single Cradle  
 Single Leg Extended Stunts € Extended Full Up, Full Down  
 Inverted Extended Stunts

**CHECK ALL BASKETS YOU CAN PERFORM CONSISTENTLY (FLYERS ONLY):**

- None  
 Straight Ride  
 Non-Twisting Skills  
 Kick Full  
 Kick Double Full

**CHECK ALL TUMBLING SKILLS YOU CAN PERFORM CONSISTENTLY ON A DEAD MAT (NO SPOT):**

**STANDING TUMBLING:**

- None  
 Single BHS  
 BHS Series (3 or more BHS)  
 BHS Tuck  
 Tuck  
 BHS Layout  
 BHS Full  
 Whip Pass  
 Specialty Pass

**RUNNING TUMBLING:**

- None  
 RO BHS  
 RO BHS Series (3 or more BHS)  
 RO BHS Tuck  
 Cartwheel Tuck  
 RO BHS Layout  
 RO BHS Full  
 Whip Pass  
 Specialty Pass

**ARE YOU WILLING TO BE AN ALTERNATE?**  Yes  No

**ARE YOU A TRANSFER STUDENTS FROM ANOTHER COMPETITIVE COLLEGE PROGRAM?**

Yes  No

**WVU Competitive Cheerleading Club Medical Release Form  
2024 – 2025**

Competitive Cheerleading is an athletic sport that involves talent, technique, training and development of skills, strength and body conditioning, gymnastics and tumbling, balance and movements of dance, partner stunts and pyramids, and great stamina and endurance to meet the grueling demands of competition. Because of these conditions inherent to the sport, participating in WVU Competitive Cheerleading Club exposes an athlete to many risks of injury. Those injuries include, but are not limited to, death; paralysis due to serious neck and back injuries; brain damage; damage to internal organs; serious injuries to the bones, ligaments, joints, and tendons; and general deterioration of health. Such injuries can result not only in temporary loss of function, but also in serious impairment of future physical, psychological, and social abilities, including the ability to earn a living.

In an effort to make WVU Competitive Cheerleading Club as safe as it can be, the coaching staff will instruct correct mechanics of all skills. It is vital that student athletes follow the Coach's skill instructions, training rules, and club policies to decrease the possibility of serious injury. Club rules and policies are listed in the Constitution of WVU Competitive Cheerleading Club.

I have read the information above concerning the risks of WVU Competitive Cheerleading Club. I understand and assume all risks associated with trying out, practicing, and competing. I further agree to hold West Virginia University and its employees/advisors, representatives, coaches, volunteers, sponsors, and agents HARMLESS in any and all liability actions, claims, or additional legal action in connection with participation in any activities related to participation on the West Virginia University Competitive Cheerleading Club.

In signing this form, I assume the inherent risks of Competitive Cheerleading and waive future legal actions by my heirs, estate, executor, administrator, assignees, family members, and myself.

Name of Student Athlete: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Student Athlete: \_\_\_\_\_

*If under the age of eighteen years old, a parent or guardian's signature is required.*

Name of Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Parent/Guardian: \_\_\_\_\_

**WVU Competitive Cheerleading Club Appearance Clause  
2024 – 2025**

Permission is granted to use my picture or image in future advertisement and literature for WVU Competitive Cheerleading Club and events sponsored and conducted by the team. I have read and agree to the above release and appearance clause.

Name of Student Athlete: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Student Athlete: \_\_\_\_\_

*If under the age of eighteen years old, a parent or guardian's signature is required.*

Name of Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Parent/Guardian: \_\_\_\_\_

**WVU Competitive Cheerleading Club Financial Commitment Form  
2024 – 2025**

The WVU Competitive Cheerleading Club 2024 – 2025 Season Payment Schedule (the "Payment Schedule") is considered a part of this contract by this reference thereto. I understand and agree to the following:

1. I understand that monthly tuition of **\$45** (from September to April) will be due on the first practice of each month in the 2024 – 2025 Season and that a \$10.00 late fee will be assessed on the second practice of that month if not received. I also understand that monthly fees will not be prorated for any reason and if my account balance is delinquent, WVU Competitive Cheerleading Club may, in its sole discretion, deny further participation in WVU Competitive Cheerleading Club events until the account is current or until alternative payment arrangements are mutually agreed upon. A \$35.00 fee will be charged for all returned checks.

\_\_\_\_\_ INITIAL

2. Payment for competition and practice clothes acquired through WVU Competitive Cheerleading Club will be made at the time order is placed or fitted.

\_\_\_\_\_ INITIAL

3. I understand that the choreography and music fees are fixed amounts that will be payable in full in the month of the billing as indicated in the Payment Schedule.

\_\_\_\_\_ INITIAL

4. I understand that the estimated amounts shown as "NCA Competition Fee" and "Competition Fee(s)" are to cover competition entry fees only. These are good faith estimates, the actual cost may differ. The NCA Competition Fee will be billed in two options and are due and payable accordingly. If the final installment is not paid by December 1, 2024, the athlete may be precluded from participation in one or more competitions at the discretion of WVU Competitive Cheerleading Club. I understand that the total amount of billings for competition fees may change depending on the actual costs of participation in regional and national competitions and that WVU Competitive Cheerleading Club will inform me when such revisions are necessary. I understand that the amounts to be billed by WVU Competitive Cheerleading Club for competition fees do not include travel costs for me or the coaching staff and that I will be solely responsible for payment of these costs.

\_\_\_\_\_ INITIAL

5. I understand that fees and charges paid to WVU Competitive Cheerleading Club are **nonrefundable** in whole or in part.

\_\_\_\_\_ INITIAL

Name of Student Athlete: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Student Athlete: \_\_\_\_\_

*If under the age of eighteen years old, a parent or guardian's signature is required.*

Name of Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Parent/Guardian: \_\_\_\_\_

## **West Virginia University Club Sports Participant Notice of Risks and Release**

Dear Participant,

Thank you for your interest in a West Virginia University Club Sport. **Before participating in a club sport, you must read, understand, and sign this form.** This form tells of some, but not all, of the risks you will face by choosing to participate. Additionally, by signing this form, you are acknowledging the risks involved with the sport and voluntarily assume responsibility and liability for any injuries you might suffer as a result of those risks. This document substantially affects your legal rights. Please read it carefully and consult an attorney if you do not fully understand it.

### **1. Name and Club Sport**

I, \_\_\_\_\_ (print name), desire to participate in the following club sport: Competitive Cheerleading (also referred to in this document simply as the "Sport").

### **2. Disclosure of Risks Involved**

I understand that the Sport may involve serious risks to my health, life and property, including the risk of death and permanent injury. Some risks of participating in the Sport may include injury due to running and other activities associated with the sport I am playing; intentional contact with other participants or personnel; equipment, including equipment that is misused, defective, or otherwise unusually dangerous; illness, including communicable disease; the actions, even if negligent, grossly negligent, intentional, or reckless of WVU, its employees or students; exposure to extreme weather, including rain, wind, snow, sleet, hail, ice, tornados, flooding, sun, heat, fog, dust storms; natural catastrophes; falling natural objects such as trees, rocks, and landslides; icy, snowy, and wet surfaces; dehydration; transportation to, during, and after the Sport, including traffic accidents; artificial hazards near the playing fields; exhaustion and any other response to physical activity; lack of medical attention; and any other risk associated with the activities that are part of the Sport.

### **3. Assumption of Responsibility**

I accept full responsibility for my health, safety, and property during the Sport. I am in good physical condition and do not suffer from any medical issue that could be exacerbated by my participation. My ability level is appropriate for the Sport. I am aware that there are risks, hazards and dangers inherent in this activity, the nature of which has been explained to me. I voluntarily assume all such risks associated with my participation in the Sport and choose to participate notwithstanding any such risks. I accept full responsibility for any injury or damage I may sustain, or do to any other participant, to any WVU employee, or to any other person. I understand it is my responsibility to obtain health insurance and not the responsibility of WVU.

### **4. Agreement Not to Sue and Waiver of Rights**

To the extent allowable by law, I hereby WAIVE any claim I may have at any time based on my participation in the Sport. Specifically, I hereby RELEASE, DISCHARGE, and AGREE NOT TO SUE the State of West Virginia; West Virginia University, including any component of the University, and its Board of Governors, officers, employees, students and agents; medical personnel, whether provided by WVU or not; and the heirs, predecessors, successors, and assigns of all of the persons and organizations listed here. I fully release all of these persons and organizations from any liability whatsoever in exchange for my permission to participate in the Sport. My waiver of rights includes giving up any claim that I may have, and any claim that any other person may have based on my participation in the Sport, including, but not limited to, parents, spouses, children and other relatives; my estate, personal representative or guardian; and insurers. My

waiver releases all of the persons and organizations listed here from all liability, claims, demands, causes of actions, losses or damages, whether known or unknown, for bodily or personal injury or death, or damage to or loss of property, or any other injury, damage or loss of any kind, resulting from, arising out of, or in any way related to my participation in the Sport, including any claim based on actual or alleged negligence, gross negligence, intentional, or reckless behavior.

**5. Photo, Video, Audio and Other Recording**

I understand that during the Sport I may be recorded on film, audio, video or other media. I waive any claim based on any such recording, broadcast, or other use of my image, speech or personality. I authorize Sport organizers and any other person to record, use, publish, sell and own my image, speech and personality.

**6. Consent to Medical Treatment**

I consent to any medical treatment that I may require during the Sport or as a consequence of my participation in the Sport. I accept full responsibility for the costs of any medical care I might receive during the Sport or as a consequence of my participation in the Sport.

**7. Minor Children**

I understand that no minor child (a person under the age of 18 as of the date of the Sport) may participate without the permission of a parent or guardian. If I am signing this form for a minor child, I understand that all of the releases, authorizations, and statements made in this document apply to me and my child, and I consent to my child's full participation.

**8. Severability**

I understand that every provision of this Club Sports Participant Notice of Risk and Release is severable. If any term or provision hereof is held to be illegal, invalid, or unenforceable for any reason whatsoever, such illegality, invalidity, or unenforceability shall not affect the validity of the remainder of the Club Sports Participant Notice of Risk and Release.

**I have read this form in its entirety and I understand it fully. By signing it, I agree to all the terms of this document.**

**Participant Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Parent/Guardian Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_



## West Virginia University Code of Conduct

All individuals, including team members, officers, and coaches, involved in a West Virginia University Club Sport ("Club Team Members") represent not only themselves, but also West Virginia University and all club sports at the Student Recreation Center. Participation in a West Virginia University Club Sport carries with it a great deal of personal responsibility. All club sports teams may be held responsible for the acts of its individual members. In other words, teams may be subject to suspension or expulsion from the Sports Club Federation for violation of University, Federal, and/or State laws by a Club Team Member or Members.

Accordingly, all Club Team Members are to be familiar with and conform to the West Virginia University Student Conduct Code, which is currently found in WVU BOG Policy 31. In addition to the Student Conduct Code, Club Team Members shall also abide by the following rules. Specifically, Club Team Members **SHALL NOT**:

1. Use drugs (except for medical purposes) while traveling to or from, practicing for, or competing in a club sport;
2. Consume alcohol while (a) traveling to and from a club sport event; (b) practicing for a club sport event; (c) competing in a club sport event; (d) spectating or socializing at a club sport event; (e) at any West Virginia University facility before, during, or after a practice or competition for a club sport event; (f) at any public establishment while wearing club sport team apparel;
3. Use club sport team funds to purchase alcohol, even if any or all Club Team Members are above the legal drinking age;
4. Encourage underage consumption of alcohol;
5. Attempt to strike, threaten, or cause personal injury to another participant, coach, official, spectator, administrator or University or hotel employee;
6. Verbally abuse another participant, coach, official, spectator, administrator, or University or hotel employee;
7. Cause damage to facilities, equipment, or other property;
8. Use obscene gestures, profanity, or disrespectful language during club sport functions; 9. Engage in hazing, sexual misconduct, or amorous relationships between coaches and players; and 10. Appear in social media consuming alcohol or participating in other acts which might be disrespectful to the club sports team or University.

As a Club Team Member, I agree to the guidelines outlined above. I have read and fully understand these rules and my submission of this form confirms my understanding that my team and I can be subject to probation, suspension, or termination from the University or West Virginia University Club Sports for any violation of these rules.

Print Name: \_\_\_\_\_ Student ID # \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Club Sport: Cheer Phone Number: \_\_\_\_\_

## **Instructions and Format for Video**

Videos must be uploaded as one continuous file with a link sent to [gilwvucomp@yahoo.com](mailto:gilwvucomp@yahoo.com).

Tryout videos should include the following:

### **Personal Interview**

- Introduction
  - Name
  - Age
  - Hometown
- Cheer background
  - Name of school/all-star gym
  - Level of squad/team
- Answers to these Questions
  - Why do you want to be a member of the WVU Competitive Cheerleading Club?
  - How would your teammates describe you?
  - Would you accept a practice team position and potentially serve as an alternate?  
Why or why not?

### **Skills**

- Jumps
  - Toe touch
  - Front hurdler
  - 3-jump combination
  - Toe touch to BHS
  - Jump(s) to best tumbling skill(s)
- Standing tumbling
  - BHS/BHS Series
  - BHS Tuck/Layout/Full
- Running Tumbling
  - RO BHS
  - RO BHS Tuck/Layout/Full
  - Specialty pass ending in Tuck/Layout/Full
  - Cartwheel tuck
- Stunts (including transitions and dismounts)
- Flyers only
  - Stretch
  - Scale
  - Arabesque

Newly created or recent videos from 2023 – 2024 season are preferred. If videos include a group, the athlete trying out must be clearly identified for all skills. Do not send videos of entire routines. Please only send segments of the requested skills.