Tryout Packet
2018-2019

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Website: www.northTXcheer.com

Online Registration: https://orgsync.com/153219/forms/307586

*PLEASE REGISTER ONLINE BY THURSDAY, MAY 10TH @ 10:00AM*
North Texas Cheerleading Tryout Schedule

Final Clinics – get a sneak peak at tryout material
- Thursday, April 26th
- Gymnastics Room in Super Pit
  - Follow us on Facebook, Twitter, and Instagram for clinic location updates
- 6:00-8:30 p.m.
- Visit www.northtexascheer.unt.edu for clinic details

Tryouts 1st Round
- Friday, May 11th
- Mean Green Volleyball Gym
  - 1536 South Bonnie Brae St. *Exit Airport Road* Denton, TX 76207
- 6:00- until finished
- All tryout activities are closed to the public
- Cuts will be made and posted outside the gym this night
- All remaining candidates will sign up for interviews for Saturday morning
- Attire – GAME DAY READY!!!
  - Boys – Black shorts, SOLID color t-shirt and tennis shoes
  - Girls – Black Spanx, SOLID color sports bra, cheer shoes, hair half up/half down, any bow

Tryouts Final Round
- Saturday, May 12th
- Mean Green Volleyball Gym
- 9:30 a.m. - Doors open
- Tryouts will end when we are finished. There is no set time.
- All tryout activities are closed to the public until the team is announced
- Attire – GAME DAY READY!!!
  - Boys – Black shorts, SOLID color t-shirt and tennis shoes
  - Girls – Black Spanx, SOLID color sports bra, cheer shoes, hair half up/half down, any bow
- We will have a short team meeting after team is announced
- New Captains will meet with Coach O’Neal after the team is announced

Parent Meeting
- Saturday, May 12th approximately two hours after tryouts end and team is announced
- Mean Green Volleyball Gym
- Any parents that are in town will meet with Coach O’Neal for introductions, expectations, and Mean Green Cheer Flock information

Team Meeting & Fitting
- Saturday, May 12th - Time TBD
- Mean Green Volleyball Gym
- All Paperwork must be completed when you return
- Attire – comfortable clothes over spanx and sports bras for girls
  - You will be fitting for uniforms
- Bring a PEN

**Saturday will be a VERY LONG day and you must be present to be a part of the team**
North Texas Cheerleading Tryout Requirements

Stunting Requirements for Tryouts

COED – Green Squad
• Toss Extension or Bump to Extension – Coed or 2-Man
• Toss Liberty or Bump to Lib – Coed or 2-Man
• Elite Stunt or Stunt Sequence
• Girls – two body positions with Double Down

All Girl – White Squad
• 2-man hands with Extension
• 2-man liberty
• Toss Extension & Toss Liberty
• Flyers – two body positions with Double Down

Jump Requirements for Tryouts
• Double whip toe touch
• Pike

Tumbling Requirements for Tryouts
Both Teams
• Standing back tuck
  o Tucks will be performed on mat and hardwood with POMS
• Back handspring back tuck
• Double or Triple Toe, back handspring, back tuck (advanced)
• Running Elite Pass on 1” mat, No Spring Floor
• Running Long Pass no twisting, preferred 5+ series back handspring on basketball hardwood

Tryout Requirements
• Tryout Application
• Trout Application Agreement
• Release form
• Copy of Personal Insurance Card
• $30 Cheer Application Fee (non-refundable) Checks made out to North Texas Cheerleading or Money Order.
• NT Letter of Acceptance or proof of applied status

*RETURNING CHEERLEADERS: You will be expected to perform at a higher standard than other candidates, being that you have been a part of the NT Cheer program for at least one year. In addition to the standard tryout requirements, you will also be judged on attitude, work ethic, integrity, and the character that you displayed over the course of the previous year.*
North Texas Cheerleading Responsibilities

• North Texas Cheerleading is a major time commitment for both fall and spring semesters, as well as, the Thanksgiving, Christmas, and Spring breaks. The Cheerleading year begins in mid May with a one day skill check/practice in May and June, followed by our “work week” in mid July, and the NCA Collegiate Spirit Camp in Dallas. The year does not end until mid May, after tryouts, when the new team is chosen.
• North Texas Cheer has NUMEROUS appearances over the summer and cheerleaders that live within an hour radius will be expected to work some of these events.
• Practices are held two days per week in the morning. This year will be Monday/Wednesday from 8:00-11:00 a.m. All classes must be scheduled around practice.
• Individual MORNİNG work outs are required two days a week in the fall and in the spring at various times. Extra practices may also be added as needed.
• Both cheerleading squads cheer at NT football, men’s and women’s basketball games.
• Cheerleaders must be full-time students, taking a minimum of twelve (12) credit hours for undergraduate or six (6) hours for graduate student at the University of North Texas for the entire 2018-2019 fall and spring semesters, and must maintain a 2.0 GPA. Exception on hours will be made for graduating seniors.
• The North Texas Cheerleaders are great ambassadors of not only the University, but also the community of Denton. Cheerleading squads can be found participating in a variety of special appearances, alumni events, and throughout the community generating energy and excitement, as well as promoting school spirit and health for Denton and the University of North Texas!

North Texas Cheerleading Benefits

➢ Cheer Program Benefits
  • All uniforms, shoes, warm ups, practice wear, poms, megas, and bags are provided by NT.
  • All travel expenses are paid for to athletic events and games.
  • Access to the Athletic Training Room, Athletic Trainers, and University Doctors
  • Access to Private Study Halls
  • Pregame or Halftime meal provided for cheerleaders at every game
  • Full-Size competition mat provided at every indoor practice
  • Scholarships for returning Veteran cheerleaders
  • There are many opportunities provided to help team members raise funds personally as well as for the program including judging, private lesson opportunities, Junior Mean Green Cheer, choreography and judging, and the sale of our 2018-2019 spirit calendars.
  • Opportunity for post season travel with both the football and basketball teams
• Who is eligible to try out for NT Cheerleading?
  o Incoming freshman or transfer students who have been admitted into the University, and full-time undergrad or graduate students who are in good standing with the University

• Do you offer any partial or full scholarships for cheerleaders?
  o We currently have small scholarships for our returning veteran cheerleaders. All Cheerleaders receive a discount on books.

• Do the squads consist of Coed teams or are they all female?
  o Our University recognizes two squads, one is coed (Green) consisting of males and females, and the other is All Girl (White), consisting of females only. Both squads are completely equal

• When are Tryouts?
  o UNT has one tryout in April or May every year. Incoming freshmen are able to tryout at this time prior to graduation. Tryouts for the 2018-2019 year will be held May 11th & 12th.

• Are the NT Cheer tryouts open or closed to friends and family?
  o Tryouts are closed the entire time.

• What are the responsibilities of being an NT Cheerleader?
  o Please review the responsibilities section of this packet.

• Do your teams compete?
  o The team may compete at the NCA Collegiate National Championship Competition in Daytona Beach, Florida in April pending program growth and rebuilding. Other possibly competitions/performances are Spirit Celebration Competition in Denton, Texas in March and show-offs during the national season at Southern Methodist University or other colleges.

• On what kind of surface does NT practice? Compete?
  o NTC practices outside and on a foam cheer mat floor when indoors. The NCA Collegiate Nationals are also on a foam cheer mat floor; no spring floors. Practicing outside helps prepare us for cheering in the Texas heat.

• Will I need to schedule my classes around practices?
  o Yes. You will be advised in your departmental area of study. You will then need to look at classes offered and put together a schedule that works around our practice schedule. Exceptions will be made for GRADUATING seniors only with coach approval.

• Will I be required to live on campus? In a specific residential hall?
  o NTC must follow all housing requirements set by the university.

• Do I have to be accepted to the University of North Texas before I can tryout?
  o Yes. All candidates must present a copy of your UNT acceptance letter prior to tryouts. We will also accept proof of acceptance in the form of a letter or phone call from admissions if this letter has not been received prior to tryouts. Current NTC students should turn in an unofficial transcript and current class schedule. ALL POTENTIAL CHEER TEAM CANDIDATES SHOULD APPLY TO UNT NO LATER THAN MARCH 2015.

• Does UNT have a dance team?
  o UNT has the award winning North Texas Dancers. Visit their website for more information. Visit www.northtexasdancers.weebly.com for more information.

• What types of benefits do your mascots receive?
  o Mascots are handled through the Student Affairs office. Contact Tracy Frier for more information at tracy.frier@unt.edu.

• How many cheerleading coaches does UNT employ?
  o One Head Coach, Tracie O’Neal who is AACCA Certified and was a former NT Dancer Captain.
  o Asst. Coach – Danielle Howell who is AACCA Certified and former NT Cheer Captain

• Does your program handle requests for outside appearances?
  o Yes. We do a number of cheerleading and mascot appearances at schools, non-profit and corporate events annually. To request and schedule an appearance visit the NTC website at www.northTXcheer.com.
North Texas Cheerleading Tryout Location

Tryouts will be held in the volleyball gym at the Mean Green Village office complex west of Apogee Stadium on South Bonnie Brae Street.

**Volleyball Gym at Mean Green Village Directions**

**Physical Address**
1536 South Bonnie Brae St. *Exit Airport Road*
Building H
Denton, TX 76207

**FROM DALLAS:**
Take I-35E north towards Denton. Take exit 467 towards I-35W S toward Ft. Worth / FM-1515 / Airport Road. While on the exit ramp road, exit again towards FM-1515 / Airport Road / Bonnie Brae Street. Turn LEFT (SOUTH) at the intersection light of Bonnie Brae Street and I-35 Service Road and continue STRAIGHT on S. Bonnie Brae Street under the overpass and through the next intersection light. Just past the intersection light turn slight LEFT to stay onto S. Bonnie Brae Street. Continue down S. Bonnie Brae Street until you see the large white MEAN GREEN VILLAGE sign on your right; turn RIGHT into the parking lot adjacent to the soccer field. The complex is marked as Building H.

**FROM FT. WORTH**
Take I-35W north towards Denton. Take exit 84 towards FM-1515 / Bonnie Brae Street. Turn RIGHT onto S. Bonnie Brae Street / FM-1515 then take the turn slight LEFT to stay onto S. Bonnie Brae Street. Continue down S. Bonnie Brae Street until you see the large white MEAN GREEN VILLAGE sign on your right; turn RIGHT into the parking lot adjacent to the soccer field. The complex is marked as Building H.

**FROM NORTH:**
Take I-35 south towards Dallas. Take exit 468 toward FM-1515 / Airport Road / West Oak St. Stay STRAIGHT to go onto N I-35 / Stemmons Fwy. Turn slight RIGHT toward FM-1515 / Airport Rd. Stay STRAIGHT to go onto I-35W. Turn LEFT onto W Airport Road / FM-1515. Turn RIGHT onto S. Bonnie Brae Street. Continue down S. Bonnie Brae Street until you see the large white MEAN GREEN VILLAGE sign on your right; turn RIGHT into the parking lot adjacent to the soccer field. The complex is marked as Building H.
The North Texas Athletics Department is conducting tryouts for cheerleaders, mascots and dance team. (hereinafter collectively the “Activity”). The tryouts will be conducted on hard surfaces and require physical exertion and athletics skills that present certain hazards and risks. The risks include, but are not limited to, slipping, muscle strains, sprains and pulls, hyperextension of the joints, falls onto hard surfaces, permanent paralysis and death. Participants with past or present medical conditions that may be affected by physical activity of the nature described herein are advised to obtain clearance from a qualified health care professional before participating in the Activity. Individuals under the age of eighteen (18) must have permission and medical authorization from a parent or legal guardian before participating in the Activity.

In consideration for participating or allowing my child to participate in the Activity, I hereby execute this Informed Consent, Release of Liability and Medical Authorization form.

Informed Consent/Acknowledgement of Risks. I am fully aware that I am solely responsible for ensuring my safety during the Activity. If my child is under the age of 18, I understand I am solely responsible for ensuring his or her safety and for providing appropriate care and supervision during the Activity. Further, I am aware of the RISKS AND HAZARDS connected with participating in cheerleading and dance activities, including the risk of physical injury, permanent disability and paralysis, or death as the result of over exertion or falling. I hereby voluntarily participate (or allow my child to participate) in the cheerleading and dance team tryouts. I acknowledge and voluntarily assume full responsibility for any risks or loss, personal injury and property damage, including but not limited to permanent disability and death, that may be sustained by my child or me, or any loss or damage to property owned by my child or me as a result of engaging in the Activity.

Release, Waiver, Indemnity and Hold Harmless. I hereby RELEASE, WAIVE, AND DISCHARGE the University of North Texas System, its Board of Regents, the University of North Texas and its departments, officers, servants, agents and employees, in their individual and official capacities (hereinafter referred to as “Releasees”), from any and all liability, claims, demands, actions and causes of action whatsoever whether or not such liability is based on negligence, arising out of or related to any loss, damage, or injury that may be sustained by my child or me while participating in the Activity. I further hereby agree to INDEMNIFY AND HOLD HARMLESS the Releasees from any loss, liability, damage or costs that may incur due to my participation in said activity. It is my express intent that this agreement shall bind the members of my family and spouse (if any), if I am alive and expressly represent if the individual participating in the Activity is under eighteen (18) years of age that I have legal authority to enter into this agreement his or her parent or legal guardian. I agree that this document shall be construed in accordance with the laws of the State of Texas.

Medical Authorization, Health Attestation and Financial Responsibility. I understand that the University will not be responsible for any medical costs associated with an injury that I/my child may sustain. I hereby authorize University of North Texas employees conducting and other representatives assisting with the tryouts to obtain medical care, treatment and transportation for me/my child for any injury or illness suffered during the Activity, including emergency transportation and care. I acknowledge and agree that I am financially responsible for all costs associated with any medical transportation or care obtained by the University of North Texas officials or representatives under this authorization.

In addition to the above authorizations, I hereby grant my permission to qualified health care professionals (including athletic trainers and medical staff) to administer immediate treatment to my child or me should such care be deemed professionally necessary. I understand that University of North Texas officials are not responsible for administering any prescription or nonprescription medication. I attest that I/my child am/is physically fit and capable of participating in this athletic activity.
IN SIGNING THIS RELEASE, I ACKNOWLEDGE AND REPRESENT THAT I have read the foregoing Informed Consent, Release of Liability and Medical Authorization and that I understand it and sign it voluntarily as my own free act and deed. I further acknowledge that: no oral representations, statements or inducements, apart from the foregoing written agreement, have been made; I am at least eighteen (18) years of age and fully competent; and I execute this document for full, adequate, and complete consideration fully intending to be bound by same.

_______________________________________
Participant’s Signature

_______________________________________
Parents Signature (If under 18)

_______________________________________
Date

_______________________________________
Date

Emergency Medical Information

Primary Care Physician: ___________________________ Telephone No: _______________

Medication(s) To Which You are Allergic: ______________________________

Current Medications: ______________________________

Pre-existing Medical Condition(s): ______________________________

Insurance Carrier: ______________________________

Please attach a copy of proof of Medical Insurance (Insurance Card) to this document.
I, ________________________________, submit this application to the North Texas Spirit Program for a position as an NT Cheerleader. For the 2018-2019 season, my academic classification will be _______________________________. By submitting this application, I understand and agree to the following:

- I will be a full-time student, taking a minimum of 12 credit hours for undergraduate or 6 hours for graduate students at the University of North Texas for the entire 2018-2019 fall and spring semesters.
- I must maintain a 2.0 GPA and will hereby release my academic transcripts to the Spirit Coordinator.
- I understand that I must be in good standing with the University of North Texas or my high school and not on any type of academic or disciplinary probation.
- I must turn in the following paperwork via online registration:
  - Tryout Application
  - Release Form
  - Copy of Personal Insurance
  - Trout Application Agreement
  - Photo
  - $30 Cheer Application Fee (non-refundable)
  - NT Letter of Acceptance or proof of applied status
- I understand that not having all of these will disqualify me from trying out for cheer a team position.
- I understand that I am required to be covered by personal primary medical insurance throughout my time as a cheerleader at UNT.
- I have no health or physical defects, which would hinder my ability to perform as an North Texas Cheerleader or which might cause performing as a North Texas Cheerleader to be unsafe to my health or the health and well being of my team mates.
- The physical demands of being a North Texas Cheerleader require that I maintain a high level of physical fitness and that I pass a complete physical examination before I can begin practice.
- If selected and I accept a cheer team position, I understand I will be required to attend all scheduled practices, classes, performances, summer camp, sporting events, pep rallies, team meetings, parades, alumni functions, and other functions or duties designated by the Spirit Coordinator and Head Coach.
- I understand I am agreeing to a FULL YEAR commitment (fall AND spring semesters).
- I understand I am agreeing to a FULL YEAR commitment (fall AND spring semesters).
- I am responsible for the care and upkeep of all components of the cheerleading uniform, and must keep all components of this uniform an acceptable condition. The University of North Texas will be responsible for all the financial obligations regarding these items.
- The North Texas Cheerleaders play an important role in representing the University and its athletic program. As such, I will always know that I am an official representative of the University of North Texas, its students, faculty, staff, alumni, and cheer program. I will always conduct myself in a manner to uphold that character, tradition, integrity, and spirit of the University of North Texas.
- I agree to follow all safety guidelines deemed necessary by the Spirit Coordinator, Head Coach and AACCA.
- I understand that I must maintain an email account and check it DAILY.
- I understand that I must obtain a note from a family or school physician to be excused from any assigned function, unless approved in advance by the head coach. (If for any reason a cheerleader is unable to attend a function to which they are committed; he/she is responsible for finding another team member to replace them).
- I understand and accept that failure to meet any of the requirements listed above will result in my disqualification from consideration for an NT cheer team position.
- I accept and understand that the decisions of the judges/coaches will be final.

_______________________________________________  ____________________
Signature                                            Date