



North Texas Cheer Tryout Packet Information 2024-2025

Before submitting your video, please follow these steps.

1. Pay the \$60 application fee. [PAYMENT LINK HERE](#)
2. Fill out the [TRYOUT APPLICATION](#) form due MAY 1ST, NO exceptions.
3. Download the submission instructions, which include team requirements.
4. Submit video via link (*available on submission instructions and on tryout packet pdf*)

TRYOUT SUBMISSION INSTRUCTIONS

ROUND 1 - VIRTUAL SUBMISSION - DUE MAY 1ST YOU MUST SUBMIT HERE TO BE CONSIDERED FOR IN PERSON ROUND 2

Videos include an introduction, answers to interview questions, performance of the fight song, jumps to tumbling, running tumbling, stunting and standing tumbling.

TRYOUT SUBMISSION - ROUND 1

VIRTUAL ONLY TRYOUTS - DUE MAY 10TH THIS IS FOR THOSE THAT CANT MAKE ROUND 2 IN PERSON TRYOUTS

Virtual auditions include an introduction, answers to interview questions, performance of the fight song, jumps to tumbling, running tumbling, stunting and standing tumbling. These are for those that can not make in person auditions on May 18th, but you still must be present for in person if you make the team on May 19th.

TRYOUT SUBMISSION - VIRTUAL ONLY

Ladies:

· Bright color sports bra · Solid black spandex · Bright Colored Bow · White Cheer shoes

Men:

· Bright Colored Short sleeve shirt · Solid black shorts · White Cheer shoes

No Jewelry of any type allowed in videos or in person

REQUIRED DOCUMENTATION:

*Must be submitted by April 26, 2024 by 5 p.m. (No Exceptions).

1. Proof of Admission to University of North Texas (high school/college transfer)

1a. University of North Texas Transcript or Student I.D. (current UNT Student)

ASSESSMENT CRITERIA:

CHEER SKILL ASSESSMENT

*All tumbling skills MUST be performed on dead mat/grass surface in your video, spring mats/rod floors will not be considered for the team.

- **Standing Tumbling:**
 - **Ladies - Required Skill:** Back Tuck. Be prepared to execute 4.
 - **Preferred Skills:** Toe touch back tuck, back handspring back tuck or higher, and standing full.
 - **Men - Required Skill:** Toe Touch.
 - **Preferred Skill:** Back tuck or higher
- **Running Tumbling:**
 - **Ladies - Required Skill:** 2 tumbling passes with a minimum of 3 elements in each pass ending in a back tuck or greater.
 - Example of minimum tumbling pass: Roundoff, back handspring, back tuck
 - Example of preferred tumbling pass: Punch front step out, roundoff, back handspring, full.
 - **Men - Required Skill:** Roundoff
 - **Preferred Skill:** Roundoff BHS to Tuck/Roundoff Tuck
- **Stunting:**
 - **All-Girl – Required Skills:** Full up (2 feet); Body Position (lib/heel stretch/arabesque) with a Spinning Dismount.
 - **Preferred Skills:** Inversions (preferred BHS/FHS up), Elite stunts.
 - **Coed – Required Skills:** Toss extension and Toss hands bump n' go.
 - **Preferred Skills:** Toss cupie/awesome, full up, rewind, back/front handspring up, hand in hand, and other advanced/elite level skills.

Tryout Requirements

Fight Song

You will submit a video of you doing the fight song, please remember that we are still a D1A program and we have a large Game Day and many traditions to uphold. You must be sharp and perform your standing tumbling skills in the fights on. If you do not have standing tumbling please replace it with a jump instead.

Interview

You will submit an interview, letting us know more about yourself. This is your opportunity to make it as personable as you want, and your opportunity to show your personality and its fullest please make sure that you put in a reasonable amount of effort as this does go towards your score.

- Make sure we can hear & see you throughout this portion of the video.
- Wear correct attire.
- Show full body then zoom-in to waist-up with clear face visual while speaking.
- Questions and details to answer:

Introduction of Candidate:

- Name, age, hometown, which squad you're trying out for (CoEd/All-Girl)

Cheer Background:

- Experience, school/all-star gym name, number of years involved in cheer.
- Indicate level(s) of squad/team(s) (examples: JV, Varsity, Senior Open Large CoEd L6, etc.)

Questions to Answer:

- Why do you want to be a member of the UNT Cheer Program?
- If selected, what characteristics, traits, cheer strengths, etc. do you feel you would bring to the squad?
- Which one-word would your most recent coach describe you as that best fits your personality/work ethic/cheerleader abilities?
- Any additional details you wish to share.
 - Things to consider including: major injuries, major issues within a current/previous team, any hardships that might need to be known, etc.

Round 2 Tryouts -

You will be notified via email if you advance to Round 2.

In-Person Finals – May 18th

At finals be prepared to execute the minimum required stunt requirements. You will also have an opportunity to showcase more elite stunts and dismounts once minimum requirements are executed. Be prepared to showcase all prelim material at the request of the judging panel.

Team Announcements - May 18th

We will announce the team at via our instagram and this is for Virtual Submissions and Round 2 Participants .



First Team Practice – May 19th

Team practice will begin at 10am and last until 4pm.