

PBA Cheerleading Try-Out Information

When: September 14th & 15th

Where: The Greene Complex Mahoney Gym

Must have completed application and \$5 application fee in order to participate

Try-out Appearance Requirements:

- Fitted Athletic attire (So that we may see your body movement, no baggy clothing)
- Cheerleading shoes (in the absence of cheerleading shoes, athletic tennis shoes)
- Collegiate Game-Day Appearance (Hair half up, bangs pulled back, appropriate make-up)
- No Jewelry!

For Try-outs, you will be required to perform the following collegiate level elements:

- 3 Sideline Chants
- Game Day Pom Routine
- Jumps (Toe-Touch, Herkie, & Pike)
- Stunting
 - All Girl (Extension, Liberty, Heel Stretch and/or Scorpion all with the Full Downs)
 - Co-Ed (Toss Hands & Extension, Walk-In to Hands & Extension with High Cradle)
- Tumbling

On Day 1, you will be taught all materials and participate in a group stunt session. On day 2, groups will perform all materials & be evaluated on stunting and tumbling. Team List will be posted after day 2 and those chosen will need to stay for the first official team meeting/uniform fitting.

We ask that you have an up to date Sports Physical, if you do not, you can get one at the Health and Wellness Center for \$25.00. This is for your health and protection. Cheerleading is a physically demanding sport, and good health is required.

Costs: If you are to make the squad, there is a required fee which amounts to \$200.00. The cost break-down is as follows: \$150 covers shoes, work-out practice tops & shorts, briefs, & bow. The other \$50 is a uniform deposit that is refunded at the end of the season when the uniform is returned, cleaned with the set of poms you were given. If the uniform and poms are not returned or returned damaged (i.e. missing a shell or shirt, ripped, torn, un-removable stains) you will either not be refunded your deposit or only partially refunded, depending on the situation.

Palm Beach Atlantic University Cheerleading Application

Checklist:

- Completed and signed application with \$5 application fee
- Signed liability waiver
- Front and back copy of health insurance card
- Copy of PBA ID or acceptance letter
- Current Sports Physical

Name (*Print*) _____

Address: _____

Phone: _____

Personal Information

PBA ID: _____

Date of Birth: _____

GPA: _____ Major: _____

Email Address: _____

Cheer Experience

1. What cheer/gymnastic/dance experience do you have? What strengths do you bring to a team?

2. What experience do you have with stunting (co-ed/all-girl)? Please include position(s) you have experience with (base/back spot/flyer).

3. List any personal skills that may contribute to your success as a cheerleader at Palm Beach Atlantic University.

As a prospective member of Palm Beach Atlantic University Cheerleading Squad, I understand that I must adhere to the following requirements and conditions or risk the chance of being terminated from the tryout process or removed from the squad.

1. I am a full time student at Palm Beach Atlantic University and have at least a 2.0 GPA, semester and cumulative.
2. I am in good standing with the PBA University and am not on academic or disciplinary probation.
3. I have no health or physical defects which would hamper my ability to perform as a cheerleader or which might cause cheerleading to be unsafe to my health.
 - a) I am covered by adequate health insurance to cover any cost of accident or injury that may occur to me during the try-out clinic, practices, or anytime I may be a member of the PBA cheerleading program.
 - b) Any costs not covered by insurance will be my personal responsibility.
4. I also understand and accept that I may be cut at any time during the tryout process for any reason.

I have completed this application packet to the best of my ability. I understand that collegiate cheerleading involves elements of gymnastics and acro-sport activity, and thus involves the risk of personal injury. I am participating in these tryouts with this knowledge and do not hold the Palm Beach Atlantic University, the University Athletic Association or the State of Florida Board of Regents liable. **I also understand that judging will partially be of subjective nature and that the final decision of choosing squad members rests with the judges, coaches, and Palm Beach Atlantic University Athletic Association.**

Insurance Co: _____ **Policy#:** _____

Participant Signature: _____ **Date:** _____

GENERAL FACILITY CONSENT, ASSUMPTION OF RISK AND RELEASE FORM

I, _____ for myself and my estate, heirs, administrators, executors, and assigns, hereby release and hold harmless Palm Beach Atlantic University, Inc. (hereinafter referred to as "PBAU") and its officers, trustees, employees, representatives, agents, and volunteers (collectively, the "Release"), from any and all liability and responsibility whatsoever, whether caused by PBAU's carelessness, negligence or gross negligence, for any and all damages, claim or cause of action that I, my estate, heirs, administrators, executors, or assigns may have for any loss, illness, personal injury, death, or property damage arising out of, connected with, or in any manner pertaining to my participation in **_Cheerleading/Dance_** (the "Activity") at the Greene complex or any other location at which such Activity occurs, whether owned by PBAU or otherwise. I fully understand that there are potential risks associated with my participation in the Activity, including, but not limited to, possible injury, death, serious neck and spinal injuries resulting in complete or partial paralysis, brain damage and serious injury to all bones, joints, muscles, internal organs or other parts or portions of the body, and that equipment provided for Participant's protection may be inadequate to prevent serious injury. Despite the potential hazards associated with the Activity, I wish to proceed, and freely accept and assume all risks, dangers, and hazards that may arise from participating in the Activity, including those that could result in loss, illness, personal injury, death, or property damage to me or to my property. I hereby agree to indemnify and hold harmless the Release from any judgment, settlement, loss, liability, damage, or costs, including court costs and attorney fees for both the trial and appellate levels that Release may incur as a proximate result of any careless, negligent, grossly negligent or deliberate act or omission on my part during my participation in the Activity. In signing this agreement, I acknowledge and represent that I have read and understand it; that I sign it voluntarily and for full and adequate consideration, fully intending to be bound by the same.

I am of lawful age (18 years or older) and legally competent to sign this waiver and release and I have signed the document of my own free will and action. I hereby consent to any publicity, including the use of my name and likeness, in connection with my participation in these activities at Palm Beach Atlantic University.

Participant's Printed Name: _____ *(If eighteen(18) years of age or older)*

Signature: _____ **Date:** _____

Parent's Printed Name: _____ *If Participant under eighteen(18) years of age)*

Signature: _____ **Date:** _____