

TCNJ CHEER

2023-2024 CHEER TRYOUT INFORMATION

STATEMENT OF PURPOSE

TCNJ Cheerleading aims to foster a sense of school pride among TCNJ students and neighboring communities. The club aims to cultivate school spirit in connection with sporting events, fundraising activities, and other school-sponsored functions. The TCNJ Cheerleaders are ambassadors of the college and represent the school at various alumni, civic, and charitable events and are committed to displaying a positive and collegiate image at all times that reflects the values and traditions of The College of New Jersey.

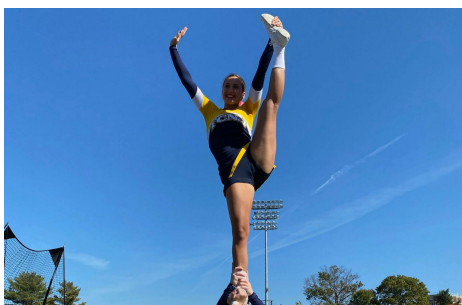
SQUAD DESCRIPTION

The TCNJ All-Girl Team has historically consisted of 20-32 athletes. These numbers can fluctuate from year to year, given the program's needs. All members of the cheer program cheer at all home football games and evenly split men's and women's basketball (and postseason).

TRYOUT TIMELINE (*denotes subject to change depending on gym availability)

Thursday, March 2nd	8:00pm	EST Virtual Tryout Meeting
Saturday, April 1st:	11:59pm EST	Required Application Due
Sunday, April 16th:	All Day	Tryout Clinic
Monday, April 17th:	11:59pm EST	Tryout Application Due
Thursday, April 20th:	5:00pm EST	Second Round Notifications Issued
Saturday, April 29th:	All Day	On Campus Tryouts
Sunday, April 30th	All Day	On Campus - Sizing Practice 1*
May 13th	All Day	First on-campus practice
May 14th	All Day	First on-campus practice
August 4th-12th	All Day	Work Week
August 10th-13th	All Day	UCA College Camp

(Add'l dates to save with more information pending: June 26th & 27th)



STEP 1: REGISTRATION

[Please complete registration here](#)

STEP 2: DOCUMENT AND VIDEO UPLOAD

Required Documents: Please combine all items into a shareable folder (google drive is acceptable) and make public. All tryout folders must be emailed to: tcnjcheertryouts@gmail.com on or before the deadline.

1. Tryout Video Labeled with your name
2. Headshot
3. [Waiver](#)

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VIDEO GUIDELINES

The safety of our athletes and program candidates is our primary and utmost concern. With this in mind, we have decided to move to a hybrid tryout process involving both video and in person elements. Round one will be conducted through video. Final rounds will be conducted on campus and **will be invitation only**.

Quality of the video will not be considered. Please feel free to film in whatever venue is available to you. Please feel free to use previously recorded skills – See below. Please adhere to all [USA Cheer Safety Rules](#).

VIDEO ELEMENTS

1. INTRODUCTION:

Please state the following:

- Your first and last name
- Your home city and state
- Your All Star/High School/College team

2. INTERVIEW:

Please state the following:

- 1. Please open your video stating your name, current school, what TCNJ Class you are entering into, and what position you would like to tryout for (base, top, backspot, capable of multiple). In one minute, please explain why you are interested in attending TCNJ. High School/All Star and Collegiate cheer are quite different as the college level involves an increased time commitment, physical demand and level of responsibility. Please explain, in one minute, two (2) habits needed to ensure that you are able to fulfill all cheer commitments (sometimes 20+ hours per week), while maintaining a high level of academic excellence.

VIDEO ELEMENTS CONTINUED

- Spirit Program members are considered “ambassadors” of the school. In one minute, please explain what you think it means to be an “ambassador.” Please provide examples on how you will uphold this expectation.

3. FIGHT SONG and Gameday Material:

Please submit a video performing the relevant fight song and required chants:

- Fight Song link: <https://www.youtube.com/watch?v=aUKlfbDcurY>

Material Video Locations:

- "Let's Go Lions": 7:11 Mark
- "Jersey, Lions": 8:30 Mark
- TCNJ Fight Song: 10:40 Mark

4. TUMBLING:

- All tumbling skills are required to be performed without a spot. Please show the highest skill level you can complete safely.
- To ease the demands of the video tryout process, skills can be taken from a competition or other video you might already possess. Please identify where you are in the video. - **Please use videos from the past nine months, and skills that you can still complete – we will require demonstration of these skills during the on-campus portion of the tryouts**

5. STUNTING:

1. Competition videos will not be accepted for years outside of 2022-2023. Videos must be of a clear stunt group on an approved surface, and should clearly showcase you and your skill set as it stands currently in Spring of 2023. Returning members: videos must be dated after January.
2. Stunts chosen for your video must show the start and finish of the stunt. Unfinished skills will not count.
3. Stunts that do not hit will not be evaluated. It is suggested that you include stunts that are performed properly that start and finish clean.

Required skills:

- Straight up body position to heel stretch or arabesque
- Spinning skills: minimum skill to show is a full up to platform
- Inverted release to prep or extension
- Suggested but not required:
- Rewinds, hand in hands flipping dismounts, collegiate baskets or any other collegiate skills performed with a college team or at a college clinic will be accepted. This includes any collegiate pyramids you've done at clinics or with your team should you be interested in transferring.
- *The stunt section of your video should be no longer than 1:30.

Please identify where you are in the video (location and stunt position)

Please use videos from the past nine months and skills that you can still complete – we will require demonstration of these skills during the on-campus portion of the tryout



TRYOUT REQUIREMENTS

- Incoming freshmen ARE eligible to apply
- Current and transfer students are eligible.
- Current students must be enrolled full-time (12 hours) to be eligible.
- Current Students must be in good disciplinary and academic standing with TCNJ
- Transfer students must be disciplinarily and academically eligible to return to the university from which they are transferring.
- All paperwork must be submitted.

ADDITIONAL INFORMATION

- Please know, there is NOT a point system. The coaching staff determines final invitations and team selection.
- All members of the squad will be required to attend UCA Summer Camp and attend work week during summer 2023.
- All current members of the squad must tryout each year.
- Coaching staff reserves the right to conduct “walk on” tryouts at any point in time.

I, the undersigned Participant, wish to participate as a member of the _____ sport club (the "Club") at The College of New Jersey ("TCNJ") during the period _____, 2023 through _____, 2024. The Activity shall be defined as participation in a practice, competition or other event of the Club and travel in connection therewith. In consideration of TCNJ's permitting me to participate in the Activity, I, intending to be legally bound hereby, understand, represent, acknowledge, and agree as follows: I fully recognize that certain risks are involved in participating in the Activity; such risks may include property damage, personal injury and death; and I voluntarily assume those risks. I am wholly responsible for my own behavior and possessions during the Activity and any other time spent on the TCNJ campus. I will behave responsibly and professionally and follow directions of the employees and agents of TCNJ and engage in the Activity in a prudent and cautious manner. I will not consume or be under the influence of alcoholic beverages or non-therapeutic/prescribed drugs while participating in the Activity. I will not (i) act in any way that shall interfere with the lawful running or operation of the Activity or equipment used in connection with the Activity or (ii) engage in any type of conduct, which contributes to or causes injury to any person (with the understanding that even while acting responsibly and in accordance with the applicable rules of the Activity, injuries may still result). I will not perform any tasks or perform athletically in any capacity that I am uncomfortable with or feel unsafe doing. I am responsible for all of my own loss, liability and expenses, including medical expenses in connection with the Activity. I have provided TCNJ Office of Recreation professional staff with all necessary medical and health information needed for my safe completion of the Activity, or carry all necessary medical and health information with me. I understand that I have the opportunity to inform TCNJ of any disability that I may have and to request a reasonable accommodation that would permit me to perform the essential functions of a participant in the Activity. To the extent that I have any physical, mental, psychological or medical condition that would prohibit me from participating or materially increase the risk to me or others of my participating in certain aspects of the Activity, I have so notified the [Director of Recreation] in writing and retained a copy of that notice showing the written acknowledgment of the [Director] and I have been directed to consult with the TCNJ Office of Disability Support Services. If I have not so notified the [Director], I represent that I have no physical, mental, psychological or medical condition that would prohibit me from participating or materially increase the risk to me or others of my participating in the Activity. I am responsible for my own personal medical needs, including medical insurance coverage. I have adequate insurance to cover any medical expenses for any injuries that may arise out of the Activity. I hereby authorize the employees and agents of TCNJ, at their discretion, to administer to or seek for me first aid and other emergency medical services and transportation for further medical care, but I acknowledge that they may not be present or may not elect or be able or competent to administer or seek such aid or services or transportation. I will not hold TCNJ, the New Jersey Educational Facilities Authority, the State of New Jersey or any of their respective trustees, directors, officers, employees, agents, students or volunteers (collectively, the "Releasees") responsible for any personal injury (including death) or property damage that I might incur in connection with the Activity, even if the negligence of any of the Releasees caused or contributed to such injury or damages. I will not sue or seek damages from any of the Releasees in any form and I hereby waive and release any and all claims against each of the Releasees for personal injury (including death) or property damage, arising in any way out of my participation in the Activity, even if the negligence of any of the Releasees caused or contributed to such injury or damages and I agree to indemnify, defend and hold each Releasee harmless from any such claims. I recognize that this release means I am giving up, among other things, rights to sue the Releasees for injuries, damages or losses I may incur. My participation in the Activity and signing this Waiver, Release, Indemnity and Promise Not to Sue are completely voluntary. I have read and do understand and agree to be bound by the above statements, which are true and accurate. READ ABOVE CAREFULLY BEFORE SIGNING BELOW.

Email: _____

Academic Year (circle) Years Affiliated with Sport Clubs (circle) Freshman Sophomore Junior Senior Graduate 1 2 3 4 5

Participant's Printed Name Participant's Signature Date _____

If under 18: Parent/Guardian's Printed Name Parent/Guardian Signature Date _____