



**Washburn University Cheerleading Squad
2024-2025 Tryout Information
Tryouts are Saturday, April 27th and 28th, 2024**

*Only those who are trying out may be in the gym at the time of tryouts! *

Purpose: The Washburn University cheer program is looking for well-rounded, positive athletes. This program realizes that not all potential cheer participants have advanced tumbling or advanced stunting skills. Be prepared to take direction and be coachable during the tryout process. Do not assume that weakness or lack of skill in any one area will automatically disqualify you as a potential team member. A positive attitude, hard work ethic and individuals who truly want to be in this position will be considered.

Attitude: Attitudes and /or egos shall be left at the door. Any past accomplishments in cheer/dance/stunting or otherwise, carry little weight in the selection process. The Washburn University Cheer coaching staff/athletic personnel have the right to remove any participant at any time for bad attitude, harassment (which also includes all forms of social media,) or failure to follow safety guidelines and regulations for stunting or general safety of the program.

Tryouts: If you feel ill the day of tryouts, please contact Coach Tia before tryouts start for an alternative (contact information listed below).

To Prospective Member:

Thank you for your interest in joining the Washburn University Cheerleading Squad! In this packet you will find:

- Prospective Cheerleader Information Sheet
- Tryout Waiver
- Tryout Date and Requirements

You must have the following items turned into Coach Tia the day of tryouts to be eligible to participate:

- 5x7 Headshot Photo (Non-returnable, name printed on back)
- Cheerleading Tryout Application completed
- Proof of Acceptance (admission letter)
- Copy of Health Insurance Card (front and back on the same sheet of paper)
- Tryout Waiver
- **RETURNEES:**
 - Copy of Student ID
 - Uniforms turned into Coach before the day of tryouts

*Place all items in order from above with a staple in the lefthand corner and plan to turn these in on the day of tryouts! Please make sure each document is printed on its own sheet of paper. *

★ **RETURNEES:** You are expected to perform at a higher standard than new candidates, as you have been a part of the team for at least one year. In addition, you will be judged on your attitude, work ethic, integrity and character that you displayed during your time on the team. If you made the team in the past, a spot on the 2024-2025 is **not** guaranteed.

We are excited to meet all of you at tryouts and please do not hesitate to reach out via email with any questions you may have regarding the tryouts or the team in general.

Tia Benyshek
Head Cheer Coach
785-431-6205
Tia.benyshek@washburn.edu

Tryout Requirements:

General:

Prior to tryouts you are expected to know our fight song. See the link on our website and social media for the video.

The skills you perform at tryouts are expected throughout the year

Females:

Attire: Solid Color/no prints

- Black or navy sports bra
- Black or navy spanx
- White ankle socks
- White Cheerleading shoes or athletic shoes
- Hair ½ up ½ down and white bow facing the back
- Makeup to make you look "Game Ready"

Skills Required:

- Jumps-Toe Touch and Right/Left Kicks
- Straight up extension and lib with clean dismount
- Stunting-potential to learn coed and/or all-girl
- Strong and tight motions
- **Tumbling is highly encouraged but not required!**

Males:

Attire: Solid Color/no prints

- Black/Navy shorts
- Black/White/Navy T-shirts (no cut-offs)
- Tennis shoes
- Presentable Appearance

Skills Required:

- Potential to coed and quad stunt

The squad can consist of up to 24 Females and 10 Males. All members of the team are NOT guaranteed to receive a scholarship.

Washburn University Cheer Team 2022-2023 Tryout Application

Full Legal Name: _____

WIN: _____ Date of Birth: _____

Email Address: _____

Cell Phone: (____) _____ - _____

Home Address: _____

City, State/Zip: _____

Social Media:

Instagram: _____ Twitter: _____

Facebook: _____

Position (circle preferred position): Coed FLYER All-girl FLYER All-girl BASE All-girl
BACKSPOT MALE BASE

Prior Surgery(s)/Injury(s)

Insurance:

Primary Insurance Company: _____

Insurance Policy Number: _____

Emergency Contact: _____

Phone: _____

Academics:

College Major: _____

Fall 2022 Class Standing: FR SO JR SR

Other: _____

Current WU Students/Transfer Students Cumulative GPA: _____

High School Students:

High School Name: _____

Coach Name/Number: _____

Cumulative GPA: _____

Please Circle Your Size: (t-shirts are men's sizing; all other items are men's and women's sizing)

WARM UP JACKET XS S M L XL XXL

WARM UP PANTS XS S M L XL XXL

T-SHIRT (men sizing) XS S M L XL XXL

WORKOUT SHORTS XS S M L XL XXL

SPORTS BRA (ladies) XS S M L XL XXL

SPANDEX SHORTS (ladies) XS S M L XL XXL

SHOE SIZE: _____

Cheerleading Tryout Waiver

I, _____, in consideration for the opportunity to participate in tryout or practice sessions for Cheerleading at Washburn University (Washburn) on April 23, 2022, agree as follows: **My Health.** I certify I have had a medical examination conducted by a physician in the past six (6) months; I am in good health; and, I have no condition which would prohibit or limit my participation in the tryout or practice session in the Sport. **Assumption of Risk.** I understand and agree participation in athletics presents dangerous risks and I could suffer temporary or permanent minimal, serious or catastrophic illness or injuries, even death. I also understand that Washburn cannot prevent injury arising from risks involved in the Sport. I knowingly and voluntarily assume all risks of participation in the tryout or practice session, including but not limited to injury sustained through forces of nature, falling, slipping, collisions, impacts or other causes and any other accident or illness that may occur arising from or related to my participation in my tryout or practice sessions.

Indemnification and Release. On behalf of myself, my heirs, legal representatives and assigns I hereby: waive, relinquish, release and discharge any claim of liability I have or may have in the future against Washburn and its members, employees, and agents, arising out of any illness or injury of any kind, including death, arising directly or indirectly from my participation in tryouts and practices for Washburn athletic teams; and, further, agree to indemnify and hold harmless Washburn and its members, employees, and agents, against any such claims.

Medical Treatment. I hereby authorize the head coach of the Sport to act for me according to his/her best judgment in the event I do not have the capacity to direct persons treating me for injury or illness arising out of or occurring in my participation in the tryout or practice sessions.

THIS IS A LEGAL DOCUMENT. PLEASE READ CAREFULLY BEFORE SIGNING

By signing below, I acknowledge I have read and understand the forgoing Tryout Waiver and I agree with its terms.

Name: _____ Date: _____

Parent or Legal Guardian Signature (if participant is under the age of 18 years old): _____

I, _____, am the parent/legal guardian of the above-named participant. I have read and understand the forgoing Tryout Waiver and hereby consent to his/her participation in the tryout or practice sessions. I also hereby authorize the head coach of Sport to act for me according to his/her best judgment in any emergency requiring medication to my child/ward and I hereby waive and release Washburn University, its officer, employees, agents or representatives from any and all liability for injuries or illnesses, including but not limited to the costs of treatment of such illnesses or injuries, that may be incurred during the tryout or practice sessions.

Printed name of parent/guardian: _____

Signature of parent/guardian: _____ Date: _____