



The University of Notre Dame 2020-2021 Cheerleading Tryout Information

Updated on: March 30th, 2020

STATEMENT OF PURPOSE

The Notre Dame cheerleading program is a co-ed athletic program supporting all athletics and realms of the University of Notre Dame. As a program it is of utmost importance to support and foster educational success for each athlete. The program should aid in the making of a responsible, mature, and well-rounded adult; physically, mentally, and spiritually. Through the cheerleading program members will develop: (1) leadership skills; (2) communication and teamwork; (3) time management; (4) the ability to adapt to new and evolving situations; all of which will foster personal growth.

As a cheerleader at the University of Notre Dame, athletes are expected to enhance and/or create spirit among fans, students, the general public, within the team, and to all people they should encounter. Representing the University in an honorable manner is expected at all times; on campus, during games, at practice, while visiting communities whether locally or while traveling, and as an individual in all walks of life. This should be done by not only performing all cheerleading related activities (i.e. stunting, tumbling, dancing, and crowd leading) but through graciously partaking in public service and interacting with fans and the public in a professional and welcoming manner.

SQUAD DESCRIPTIONS

The Notre Dame cheerleading team historically consists of 30-38 people total, half males and half females. The program is split into two teams, Gold Squad and Blue Squad, each consisting of 14-18 members (7-9 co-ed couples each). Responsibilities will be distributed among both squads equally and travel will be decided upon by the coaches.

TRYOUT INFORMATION MEETING

Head Coach, Delayna Herndon will be holding a Zoom Information Meeting regarding the changes to the tryout process on Monday, April 13th at 6:30 p.m. ET. This video will also be recorded and shared on the website and social channels. The information to join the meeting is below.

Join Zoom Meeting:

<https://notredame.zoom.us/j/207589223>

Meeting ID: 207 589 223

TRYOUT PROCESS

Step 1. Tryout Submission due Friday, May 15th

Step 2. Receive invitation to In-Person Tryout, August 14-15th (Subject to Change)

- Individuals invited to In-Person Tryout will be required to learn all Notre Dame Cheerleading Material upon arrival to tryouts.

TRYOUT SUBMISSION ELIGIBILITY

- Incoming freshmen are eligible to tryout and must be admitted or waitlisted to (University of Notre Dame or St. Mary's College) at the time of tryout submission.
- Current and transfer students with a GPA above a 2.0 GPA are eligible.
- Current students must be enrolled in full-time (12 hours) to be eligible.
- Current students must be in good disciplinary and academic standing with the university. Transfer students must be disciplinarily and academically eligible to return to the university from which they are transferring.
- An in person interview will be conducted during the final tryout process.

TRYOUT SUBMISSION REQUIREMENTS

The following documents and video must be provided with the tryout submission. Submissions should be sent to Head Coach, Delayna Herndon at dherndo1@nd.edu via email by **Friday, May 15th**. Please email links and attached documents or share a google folder with your documents and videos.

Required Documents:

- Cheerleading Tryout Form
- Resume or list of activities/work experience/community involvement
- Letter of recommendation - *Please see information below*
- Personal Statement - *Please see information below*
- Current Students: Copy of Grades (a screenshot of your unofficial transcript)
Incoming Students: Copy of admissions letter (or waitlist) to the University of Notre Dame or St. Mary's College – waitlisted individuals invitation to the in-person tryout are contingent upon acceptance.
- Detailed List of Skills - *Please see information below*
- Fight Song Performance Video - *Please see information below*

Optional (but highly encouraged):

- Skills Video - *Please see information below*

LETTER OF RECOMMENDATION

The University of Notre Dame Cheerleading program is seeking well-rounded students-athletes and individuals who demonstrate required skills and are committed to:

- Academic and athletic excellence
- Community Service
- Being an ambassador for the University in all aspects

Please ask your reference (preferably a former coach) to demonstrate your willingness and ability to hold true to these ideals. For More information on the mission and values of the University of Notre Dame Athletic Department, please visit: UND.com. **Please provide your letter of recommendation with all tryout submission materials OR ask the individual providing your letter to email the document with your name as the subject to dherndo1@nd.ed**

PERSONAL STATEMENT

The University of Notre Dame Cheerleading program is seeking well-rounded students-athletes and individuals who demonstrate required skills and are committed to:

- Academic and athletic excellence
- Community Service
- Being an ambassador for the University in all aspects

Please discuss, using examples, your willingness and ability to hold true to the ideals stated above. Please provide any information regarding any extenuating circumstances about which you feel we should be aware. For More information on the mission and values of the University of Notre Dame Athletic Department, please visit: UND.com

SKILLS LIST

Please provide a detailed list of skills including but not limited to the following. All standing tumbling, running tumbling and coed stunt skills performed. We ask that you provide as much detail as possible as to where the skill was thrown (ex. Spring floor vs dead floor, practice vs. stung clinic), who it was thrown with (ex. Competition partner, stunt private coach), if there was a spot (tumbling) and what setting it was thrown (ex. Practice, college stunt clinic, etc.)

Example Skills List

Skill	Details
Standing Tumbling:	
Standing Tuck	Dead Mat, Practice, Comp, Games
Standing Full	Spring floor, with spot from tumbling coach
Running Tumbling:	
ROBHS BT	Games and Competition
Stunt Skills:	
Toss Target Stretch	ND Cheer Stunt Clinic with member of team
Toss Hands	Competition and Games with partner

FIGHT SONG PERFORMANCE VIDEO

The fight song performance video is required of all individuals who wish to tryout for the 2020-20201 Notre Dame Cheerleading Program. There is a playlist on our YouTube channel that provide teaching of the fight song. There will be additional documents provided for males to assist in learning the fight song. The fight song should be recorded being performed from the front and may be uploaded into a google drive or shared via unpublished Youtube Link.

Youtube Channel Link:

<https://www.youtube.com/playlist?list=PLL2nwsHh-ne14d3vGSflitXRvxck2VOd3>

SKILLS VIDEO

The skills video while not required for the tryout submission is highly encouraged for those who are able. The skills video should include standing and running tumbling as well as coed stunt skills. Given the current situation, the skills video may include previously performed skills within the last year from competition, practice, clinics etc. Please note: if you are able to provide only a portion of the skills asked that is still encouraged! If you can only provide tumbling please still submit a skills video! The skills video may be uploaded into a google drive or shared via unpublished Youtube Link.

IN-PERSON TRYOUT INVITATIONS

In-Person Tryout Invitations will be extended to individuals via email no later than Friday, May 22nd

IN-PERSON TRYOUT ELIGIBILITY

- Incoming freshmen are eligible to tryout and must be admitted and enrolled (University of Notre Dame or St. Mary's College)
- Current and transfer students with a GPA above a 2.0 GPA are eligible.
- Current students must be enrolled in full-time (12 hours) to be eligible.
- Current students must be in good disciplinary and academic standing with the university. Transfer students must be disciplinarly and academically eligible to return to the university from which they are transferring.

IN-PERSON TRYOUT REQUIREMENTS

The in person tryout requirements must be provided upon arrival to campus on August 14th.

- Up to date physical (within 6 months) - this must be provided to participate in tryout clinics leading up to the official tryout date
- Tryout Clinic Waiver
- Tryout Waiver
- Sick Cell Release Form

- Headshot
- Copy of Academic Schedule for the Fall Semester

TRYOUT INFORMATION

- All current members are required to tryout each year.
- The coaching staff determines the final invitations and team selection. Their decision is final.
- At this time it is too soon to state whether we will be able to provide housing to all members trying out for the program. We will do all we can to provide housing the dates of August 14-15th updates will be provided as the date approaches. If you have any questions or concerns please don't hesitate to ask!

TRYOUT SKILLS - Skills Evaluated by Cheerleading Coaches

1. Tumbling

a. Females

- Stand Tumbling - back handspring and back tuck (recommended)
- Running Tumbling - round-off back handspring series and round-off back handspring to back tuck (recommended)

b. Males

- Standing Tumbling - back handspring and/or back tuck (recommended)
- Running Tumbling - no experience required but welcomed

2. Stunting - Co-ed

- A knowledge and grasp of the basics, athletic potential, and being a coachable athlete.
- Purdue up to shoulder stand (recommended)
- Toss chair (recommended)
- Walk in to hands and toss hands (recommended)
- Any stunts from hands (extension, lib, cupie etc.) and toss stunts (extension, lib, cupie etc.) (preferred)

3. A Notre Dame Sideline

4. Dance (Females Only)

TRYOUT ATTIRE

Women should wear cheerleading shoes, athletic shorts, and a **full t-shirt**. Please wear hair and makeup that projects a collegiate image. Men should wear athletic shoes, gym shorts, and a t-shirt.

TENTATIVE TRYOUT SCHEDULE

Friday, August 14th

1 -1:30 p.m. - Registration

1:30-3:00 p.m. – Tryout Clinic Begins

3:00-6:00 p.m. – Tryout Interviews

Saturday, August 15th

8:00 - 8:30 a.m. – Registration

8:30 – 12:00 p.m. – Tryout Clinic

12:00 – 1:00 p.m.- Lunch Break

1:30 – 3:30 p.m. – Official Tryout

5 p.m. – Team is Announced

PRESEASON TRAINING

Preseason training will begin on August 15th upon the completion of tryouts. A tentative schedule and detailed information will be provided to those who are extended an In-Person Tryout Invitation at a later date.

