

**MCMURRY UNIVERSITY CHEERLEADER TRYOUTS WILL BE HELD  
APRIL 4TH AT 8 AM IN THE AUXILLARY GYM**

BRING A SNAPSHOT PHOTO OF YOURSELF/ PROOF OF INSURANCE  
THERE IS A \$10 NON REFUNDABLE TRYOUT FEE- CASH OR CHECK MADE  
OUT TO MCMURRY CHEER PROGRAM

YOU MUST BE ADMITTED TO THE UNIVERSITY PRIOR TO TRYOUTS

\*Schedule : 8:00 AM check in, pay non- refundable \$10 tryout fee, turn in snapshot  
photo, proof of insurance, and stretch on your own

9:00AM Preliminary testing begins

Run 1 mile in under 10 minutes, pushups (at least 20 in 1 minute), full sit  
ups (at least 30 in 1 minute). You must pass this portion to continue with tryouts.

Learn fight song, cheer, work with stunt groups

11:30AM Review session

12:00AM Lunch break

1:00PM Squad Tryouts

\*You will perform the fight song in groups of 3 or 4 with your stunt group. You will  
demo stunts at that time as well. You will do the interview, cheer, tumbling, and jumps  
individually.

**\*You must submit proof of medical insurance to be eligible to tryout- this is a University  
policy.**

**\*Before you try-out, please make sure you are committed to being a student here by  
applying for admittance.**

\*Squad will be posted shortly after tryouts.

\*Please e-mail Angie Shahan at shahan.angie@mcm.edu with questions or concerns. In  
some circumstances an alternate tryout may be available.

**AS A TEAM MEMBER:**

\*Must remain a full time student with at least 12 credit hours per semester

\*Summer Saturday workouts/workdays- calendar given at tryouts

\*Team workouts 3 times per week M W F. 3:30-5PM during the school year

\*You will be expected to work out on your own outside of practice time - we will  
fitness test every Wednesday.

\*Community appearances throughout year

\*Appearances at booster club and athletic events

\*Squad cheers all home football games, home basketball games Men's and Women's,  
and tournament appearances.

\*Squad will attend UCA summer camp in the month of July.

**TIPS FOR TRYOUTS:**

-Great attitude

-Enthusiasm and spirit

-Collegiate spirit

-Athletic physique

-Stunting as either a flyer or base is required

-Tight and sharp motions are required

-Tumbling is encouraged, but not required

-Wear cheer shorts, tank top or sports top, cheer shoes, hair pulled back out of face

-Placement on team is based on points, attitude, and coach's discretion