



The University of Louisiana Monroe 2025-2026 Cheer Tryout Packet

SQUAD DESCRIPTION

The ULM Cheer team consists of 30 – 40 male and female members. The team cheers at all football games, basketball games and pep rallies. They are also frequently asked to make appearances at soccer games, volleyball games, baseball/softball games, and community events. ULM Cheer attends NCA College Cheerleading Camp every summer and competes at the College Classic Cheerleading National Championship in Orlando, FL in April as funds are available.

ULM is looking for well-rounded cheerleaders to cheer on the ULM Warhawk Athletes and represent the University. The ULM Cheerleaders serve as one of the most visible student groups on campus, and they take great pride and privilege to represent the school, not only at athletic events, but in the community. ULM Cheerleaders are personable and confident. They strive to maintain a positive image on the performance stage, in the classroom and in their social lives.

You may be asking yourself, why choose ULM? Here is why: tuition at ULM is very affordable and as an ULM Spirit Group member, your out-of-state tuition is waived. You have the opportunity to be rewarded with \$1000 – \$2000 a year in scholarships. As a student-athlete you will also have priority registration for classes each semester, which will almost guarantee access into required pre-requisite classes you will need for your major. Also, as a member of the ULM Cheer team you will receive free Adidas gear, which is ULM's sponsored athletic brand. The spirit groups practice facility is exclusive to you for all of your practicing and training needs.

At tryouts, judges will consider those that can perform collegiate-style motions, stunts and tumble. They will also consider athletes that have high energy, are physically fit, have a game day appearance, positive attitude, and professional social skills.

The following packet contains valuable information regarding the tryout process including forms and items that must be completed before tryouts.

If you have any questions please contact:

Sammi Spivey Tucker
Spivey@ulm.edu

2025 CHEER TRYOUT INFORMATION

TRYOUT DATES:

Please arrive at least 30 minutes early for check-in.

Friday, April 25th 5:00PM - 8:00 PM

- Review "Fight Song" choreography (should be learned at the clinic & will be posted to ULM Cheer Instagram & YouTube)
- Participants learn cheer & 4 8-count band dance
- Stunt Practice
- Tumbling Auditions & 1st Cut

Saturday April 26th at 9:00AM

- Material Review
- Stunt Practice

Lunch On Your Own

- 2:00 PM - Stunt, Tumbling, & Material Tryout
- Team Announcement

Sunday April 27th at 9:00AM -12 noon 1:00-2:00 PM

- Official Team Photo Taken
- Team Meeting
- Mini-Practice

TRYOUT LOCATION:

- Bayou Pointe; Spirit Hall

Note: Tryouts Are Closed to the Public!

VIDEO AUDITIONS:

- Email sbennett@ulm.edu for more information.

TRYOUT SKILLS:

While required skills are necessary for tryouts, more advanced skills are preferred.

Tumbling Requirements:

- Standing back handspring series, any variation of running tuck (Required)
- Standing tuck or variations, running layout, full, or specialty pass ending in tuck(Preferred)

Stunt Requirements:

- o A stunt sequence including but not limited to: Building: spinning variations, switching variations; Dismounting; forward flipping dismounts (Required)
- o A stunt sequence including but not limited to: Building: spinning variation with 1/4 or 1/2 rotation, spinning variation to 1 leg, spinning and switching combination skills, inversion variations; Dismounting; backwards flipping dismount and/or double downs(preferred)

TRYOUT ATTIRE

All participants must wear the following:

- o White, black, or maroon **fitted** athletic shirt
- o Black athletic shorts
- o White cheer/tennis shoes
- o Game day hair and make-up (refer to ULM Cheerleading Social Media for references)

Follow @ulmcheer for updates!

All Pages Pass This Point Must Be Submitted as Part of the Tryout Packet!

2025-2026 ULM Cheer Tryout Application

NAME _____
(Last) (First) (Middle)

BIRTHDATE _____
(MM/DD/YYYY)

HOME ADDRESS _____
(Street Address) (City, State, Zip)

CELL PHONE # _____

PROBABLE/CURRENT MAJOR _____ GPA _____

CWID # _____ EMAIL ADDRESS _____
(ULM email if have one)

HIGH SCHOOL/COLLEGE ATTENDED _____

CLASSIFICATION _____ AGE _____

In case of emergency, contact: _____

Relationship to you: _____

Best phone # to reach them: _____

For safety and athletic training purposes, please list any prior injuries, dates of injuries, and/or any medical conditions or allergies that the coach should be aware of:

Questionnaire

(Please **print** neatly or **type** your answers)

1. List the organizations in which you are currently active.
2. What is your stunt position and most elite standing and running tumbling?
3. List previous cheerleading training/experience and number of years?
4. Why do you want to be an ULM Cheerleader member?

SPIRIT GROUP PARTICIPATION

RELEASE AND ASSUMPTION OF RISK

FULL NAME: _____

SOCIAL SECURITY #: _____

CWID#: _____

The undersigned hereby acknowledges that he/she understands that participation in any spirit group activity at the University of Louisiana Monroe is purely voluntary and is not a part of the academic curriculum of the University.

In consideration of the University cooperating in making the program available and/or making any equipment or facilities available to the undersigned while participating in spirit group activity, the undersigned hereby releases ULM, its successors, assigns, officers, agents and employees from any and all claims, demands and causes of action whatsoever in anyway growing out of or resulting from the undersigned student's participation in the ULM spirit groups.

The undersigned further agrees that he/she understands that participation in a spirit group involves substantial risk of bodily injury.

It is expressly understood by the undersigned that he/she is solely responsible for all costs arising out of any bodily injury or property damage sustained through participation in normal and/or unusual spirit group activities. The undersigned is encouraged to get a physical examination before participating in spirit group activities and encouraged to obtain adequate bodily injury and property damage insurance coverage.

The signature of the parent or legal guardian appearing in the space indicated below signifies acceptance by said guardian that the terms and conditions here of shall be binding upon them and shall constitute a release by them of any and all claims, demands and causes of action whatsoever which any of them may have against ULM and its employees as a result of the undersigned student's participation in the activities described.

THIS RELEASES ULM, ITS SUCCESSORS, ASSIGNS, OFFICERS, AGENTS, AND EMPLOYEES FROM ANY LIABILITY RESULTING FROM MY PARTICIPATION IN ANY AND ALL SPIRIT GROUP TRYOUTS AND ACTIVITIES.

I HAVE CAREFULLY READ AND UNDERSTAND COMPLETELY AND CLEARLY THE ABOVE PROVISIONS AND AGREE TO BE BOUND THEREBY.

SIGNATURE OF APPLICANT

Age

Date

SIGNATURE OF PARENT/LEGAL GUARDIAN (if under 18)

****In order to tryout, all participants must submit the following before or on the day of tryouts:**

(Please check off each item so that you know you have not forgotten anything.)

- Copy of the front and back of Health Insurance Card
- Copy of Driver's License
- Copy of ULM Acceptance Letter
- Copy of transcript providing evidence that your cumulative GPA is a 2.5 or higher
- A current headshot (not to be given back, no selfies)
- Letter of Recommendation from former Coach
- Completed tryout application
- [You MUST fill out online form and pay \\$50 before tryouts](#)

You must bring completed packet with all documents above to tryouts!!

I have read and certify that all the above information is true and correct. I have included a copy of proof of insurance, driver's licenses, a current transcript, a current photo, a letter of recommendation, and a \$30 application fee with my completed tryout application. I give my permission to the judging panel and ULM staff to verify any/all of my information.

Signature of Applicant: _____

Parent/Legal Guardian Signature (if under 18): _____

Date: _____