2020-21
Vanderbilt University
Spirit Program
Tryout Application

Bring completed application packet to tryouts

Or
Send to
vandyspirit@vanderbilt.edu

Attn: Spirit Squad Coordinator
Vanderbilt University
2601 Jess Neely Dr.
Nashville, TN 37212
Dear Spirit Program Candidate,

We are excited that you are interested in the Spirit Program here at Vanderbilt University. Vandy Spirit includes cheerleading, dance team, mic men and mascot program (Mr. C). While teams do not compete, they still require a major time commitment, second to academics. All members practice up to two times a week (sometimes three depending on performance schedule) and are present at all home football and basketball games (both men’s and women’s). Members are also involved in community service and promotional events throughout the season. All selected squad members are required to attend camp in August over the summer.

Tryouts will be held on Saturday, April 18th at 8:30 a.m. All potential candidates are required to attend the mandatory tryout clinic on Friday, April 17th from 6 -8:30 p.m. Tryouts will be held in the Vanderbilt Recreation Center Auxiliary Gym located at 2700 Children’s Way, Nashville, TN 37212.

**If you have a schedule conflict and are unable to attend the in person tryouts, please contact vandyspirit@vanderbit.edu for video tryout information.**

Candidates are encouraged to attend our optional open gyms:
- Thursday, April 3rd at 6 p.m.
- Tuesday, April 7th at 6 p.m.
- Thursday, April 9th at 6 p.m.
- Tuesday, April 14th at 6 p.m.

**All open gyms will take place in Vanderbilt Memorial Gym (SE entrance).**

Learn more about our program, interact with coaches and prepare for tryouts!

**Required Documents – DO NOT STAPLE DOCUMENTS TOGETHER**
You must turn in the following items in order to participate in the optional clinics and tryouts.
- Proof of physical within the last 12 months. Physical must include date and physician signature.
- Signed and completed Vanderbilt Tryout Release of Liability.
- Copy of medical insurance card (front and back)
- A 5 X 7 or larger head shot (do not staple to application)
- All incoming freshman and Transfer students must submit a copy of unconditional acceptance letter of admittance to Vanderbilt University or Belmont/Lipscomb University (for Dance Team ONLY)
- Most recent transcript (High School or College).
- Completed Tryout Application
- $35 Non-Refundable application fee (cashier’s check or money order) - Due on April 18th

**What to Wear**
- All squad members should be “Game Ready”.
  - Ladies: we ask that you have “Game Ready” make up on at all times, which includes light foundation, blush, eye liner, mascara (fake lashes are acceptable) and lipstick. Your hair should be styled as if you were at a game.
  - Gentlemen: you must be clean shaven and have trimmed hair. No jewelry.
  - All candidates should wear only Vanderbilt logos and colors.
    - Former members must not wear any Cheerleading or Dance Team clothing.
- **Dance Team:**
  - Should wear jazz or booty shorts with a black form fitting top. Please bring jazz shoes and athletic shoes. No bows or clips should be worn in your hair.
- **Cheerleading:**
  - Females: black bottoms and a black top that will not restrict you while stunting or tumbling and shoes. Your hair needs to be half up half down with a bow towards the back and hair should be out of your face.
  - Males: Athletic shirt, shorts and shoes.

2020-21

**Vanderbilt Spirit Tryout Application**

Please circle which position you are trying out for:

<table>
<thead>
<tr>
<th>Cheerleading</th>
<th>Dance Team</th>
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<tbody>
<tr>
<td>Name:</td>
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<td>Gender:</td>
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<td>Date of Birth:</td>
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<td>Vanderbilt Student ID #:</td>
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<td><em>(for Belmont or Lipscomb just write your school name)</em></td>
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<td>Email Address:</td>
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<td>School you CURRENTLY attend:</td>
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<td>Classification for 2019-2020 Season: (Freshman, Sophomore, Junior Senior, Graduate)</td>
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<td>Current # of Hours Enrolled:</td>
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<td>Cumulative GPA:</td>
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Cheerleading/Dance Team Experience (resume appreciated, but not required):

List any/all clubs, sororities/fraternities, groups, organizations and/or sports in which you are a member and where:

Are you employed?

_____ Yes

If yes, where?

If yes, will you work during the school year?

_____ No

If yes, approximately how many hours per week will you work?

Why do you want to join Vanderbilt Spirit Squad?

What would you be able to contribute to Vanderbilt Spirit Squad?
Schedule of Tryouts

Vanderbilt Spirit will hold optional open gyms on
- Thursday, April 3rd at 6 p.m.
- Tuesday, April 7th at 6 p.m.
- Thursday, April 9th at 6 p.m.
- Tuesday, April 14th at 6 p.m.

**All open gyms will take place at Vanderbilt Memorial Gym (SE entrance)

Friday, April 17th: MANDATORY Tryout Clinic
6:00 p.m.: Registration
6:15 p.m.: Welcome/Introductions
6:25 p.m.: Group Split (Cheer/Dance) to learn material
8:15 p.m.: Announcements
8:30 p.m.: Dismissal

Saturday, May 4th: Tryouts
8:30 a.m.: Registration/check in/individual warmups
- If you have paperwork to turn in or need to pay the tryout fee, please arrive at 8:15 a.m.
8:45 a.m.: Review
9:00 a.m.: Final tryouts

“**Selected members will be announced immediately after tryouts and there will be a mandatory meeting for those selected to the team.

Tryout Information

Cheerleading
- All candidates will learn a sideline cheer and the fight song (Dynamite).
- Candidates will be asked to perform their standing and running tumbling.
  - Candidates must have at least a standing back handspring or more.
  - No spots will be given the day of tryouts.
  - Tumbling will be performed on a hard mat.
- For the stunting portion of tryouts, each candidate will be judged based on their stunting position; however, there is a possibility that you will be asked to try a different position.
- Candidates should wear a black tank top and black shorts.

Dance Team
- All candidates will learn the fight song (Dynamite) and a short jazz routine.
- Candidates will be asked to perform across the floor technique including:
  - Double and Triple Pirouettes
  - Grand Jete
  - Switch Leap
  - Calypso
  - Leap in Second
  - Tilt Jump
  - Toe Touch
  - Leg Extension (front & side)
  - Turns in second (at least 1 – 8 count)
- Candidates should wear a black tank top, black jazz shorts and tights.