



**CHEERLEADERS**  
2025-2026

TRYOUT INFORMATION PACKET & REQUIRED PAPERWORK

TRYOUT DATES:

Thursday, April 10th | Optional Open Gym 4PM-8PM

Friday, April 11th | Evaluations 9AM-9PM

Saturday, April 12th | Interviews + Evaluations 9AM-9PM

Sunday, April 13th | Evaluations + First Practice 9AM-12PM

\*can fly out anytime after 3PM on April 13th

**Coaching Staff**

**Kori Boe** *Head Cheerleading Coach*

**Megan Bamford** *Assistant Cheerleading Coach*

**Ashley Gentry** *Athletic Trainer*

In this packet, you will find extremely important information. Please read it completely and thoroughly. Take note of important dates, mandatory expectations, and details of our program.

If you have any questions, please email [gcucheerleaders@gcu.edu](mailto:gcucheerleaders@gcu.edu) or visit

[gculopes.com/sports/cheerleading](http://gculopes.com/sports/cheerleading)

**Follow us @GCUCheerleaders**

Please refer to our **GCU Cheerleaders Tryout Material 25-26** video, which can be found on YouTube and our website.

**WHEN PRINTING THIS INFORMATION PACKET, PRINT SINGLE SIDED, AS IT INCLUDES REQUIRED PAPERWORK THAT WILL BE COMPLETED AND RETURNED. THE FOLLOWING IS FOUND IN THIS PACKET:**

**PROGRAM OVERVIEW (you keep this portion)**

- Spirit Program Coaching Staff
- Cheerleading Team Overview
  - o Mission
  - o Objectives
  - o Description of Teams
- Overall Requirements & Expectations
- Summer Requirements, Mandatory Dates Season Requirements & Time Commitments
- Team Fees, Financial Obligations & Fundraising
- Benefits
- Scholarships
- Competition

**TRYOUTS OVERVIEW (you keep this portion)**

- General Information & Important Dates
- Tryout Material Video
- Tumbling/Stunting Skills
- Required Tryout Appearance & Attire
- Tryout Evaluation Details
- Video Tryout Policy

**TRYOUTS REQUIRED PAPERWORK (you return this portion)**

- Tryouts Check-List
- Description of Required Paperwork
- Athletic Training Forms
- Tryout Acknowledgement & Acceptance

**FINAL OTHER IMPORTANT INFORMATION (you keep this portion)**

The Spirit Programs include the Cheerleaders, Dance Team, Mascot (Thunder), Student Section (The Havocs) and the Thundering Heard Pep Band and all programs work closely together. The cheer and dance teams are separate teams, and practice separately. However, under the Spirit Programs, they work very cohesively together. They attend camp together and often perform and appear together at university functions and community outreach events. Both teams are blessed to have their own Strength & Conditioning Coach who creates work-outs specific to our sport and skills and oversees our strength program and progress. We also have an Athletic Trainer who attends practices, games, and events. Safety, injury prevention and treatment are of the utmost importance to our program and our Athletic Trainers are highly qualified and provide immediate and one-on-one treatment to our athletes.

## **CHEERLEADING TEAM OVERVIEW**

### Mission

The mission of the Grand Canyon University Cheerleaders is to support, promote and represent Grand Canyon University through proper promotion of school spirit, pride, tradition, and student involvement.

### Objectives

- Support GCU Athletics by cheering at all home men's and women's volleyball matches, men's and women's basketball games and other select athletic contests and events including flag frenzy at select men's and women's soccer games.
- Support University Relations & GCU Marketing by attending and performing at various promotional events on campus and within the community.
- Demonstrate qualities of commitment, discipline and responsibility, as well as to serve as exceptional representatives and ambassadors of Grand Canyon University, the GCU Sprit Program and the cheerleading team.
- Display appropriate Division I collegiate level cheerleading skills, technique and reinforce those concepts during games and performances.

### Description of Teams

- GCU Cheerleading is comprised of a CO-ED team and an ALL-GIRL team that both incorporate game day cheering, partner & group stunting, pyramids, basket tosses and tumbling.
- Both Co-Ed and All-Girl work cohesively together. They have combined practices/work-outs that allow both groups to work together when needed, but also develop distinct skills needed for each specialty.
- Females must declare a team they plan to tryout for, but may be asked to show stunting skills with the other team at tryouts.
- Both teams attend UCA camp and many other events.
- Both teams are considered GCU Athletic teams and under the supervision of GCU University Relations and Campus Events with a dotted line to Athletics.

## **OVERALL REQUIREMENTS & EXPECTATIONS**

- Demonstrate exceptional academic leadership in the classroom by attending all classes, being an outstanding student, and being committed to academic excellence.
- Each semester, must be enrolled as a full-time student at Grand Canyon University (12 credits per semester). Must have and maintain a 2.5 GPA to be eligible for scholarship, maintain a C (70%) or above grades in all classes in order to participate, and provide tri-weekly grade checks. Athletes on scholarship that fall below a 2.5 GPA at semester/ final grades will have their scholarships removed. Athletes that do not have a 70% or higher in all classes, at grade checks, are sat out until the grade is acceptable.
- Abide by all rules and regulations set by NCAA Division I (National Collegiate Athletic Association) and the Western Athletic Conference (which GCU athletics falls under) as they pertain to collegiate cheerleading.
- Maintain all athletic training paperwork and abide by ALL athletic compliance policies & guidelines, including: drug & tobacco policies, random drug testing, medical insurance coverage and behavioral conduct standards.
- Follow all USA Cheer Safety rules and display proper understanding and demonstration of safety techniques to help prevent injury.
- All athletes must exhibit appropriate personal conduct. It is critical that the GCU Cheerleaders are a positive reflection of GCU and align with the 4 pillars in which GCU was founded: Academic Advancement, Christian Camaraderie, Extra Curricular Excellence and Wellness & Well-Being.
- All athletes must possess a strong dedication to academic excellence and show dependability, honesty, and commitment to being/growing into a servant leader.
- All athletes must have a positive attitude and be willing to learn, accept instruction/constructive criticism from coaches & leaders, grow with the GCU team as a team player, respect all decisions of coaches & leaders and respect the integrity of the mission of the GCU Cheer program. Ultimate acceptance of the GCU cheer team's mission and responsibilities are required to remain on the team.
- All athletes must act like a mature and responsible adult and treat cheerleading like a job where you are accountable, timely and disciplined. Must possess excellent time management and prioritizing skills.
- All athletes must show an understanding of responsibility and commitment regarding maintaining health and wellness, nutrition, safety, and injury prevention.
- All athletes must ask coaches for permission to utilize any GCU Cheerleading gear in promotion for photo, video, etc. Absolutely no distorting/ misuse of the GCU Cheerleaders logo/ gear is permitted. If taking photos or video in GCU cheerleaders gear/ uniforms - it must be worn acceptably and as shown for gamedays, events, etc.

## **SUMMER REQUIREMENTS, TIME COMMITMENTS & MANDATORY DATES**

- We strongly believe in the power of the “off season” and expect athletes to take responsibility and initiative in improving their skills and physical well-being during the summer. Failure to do so will result in loss of participation at camp and performances.
- You will be expected to follow a set home work out program 3-5 times per week.
- All members will be expected to work their stunting and tumbling skills over the summer and will be given specific assignments to show improvement.
- Other fundraising and university events that come up during the summer will be asked of members.
- In addition to expected work-outs, the team does hold a MANDATORY summer practice. Dates are Exact times are announced at tryouts.
  - Athletes will be responsible for travel & food.
  - We will plan lodging for members.
  - Parents can accompany members for the weekend, but lodging will not be available. If parents would like to come with members, parents will need to find their own lodging.
- Late July/Early August mandatory dates:
  - Late July Members move onto campus
  - Dates announced at tryouts Pre-Camp Meetings, Team Building, and Practices
  - June 21 - 27 Summer Practices
  - July 25th - August 6 MOVE IN/ Return to Campus/ Pre Camp Practices
  - August 6 - 10 Attend UCA College Cheer Camp in Santa Barbara, CA
  - August 11- 25 Attend all scheduled Post-Camp Practices and Events
  - August 25 - 29th Welcome Week performances and events
  - September 2nd GCU Fall Semester Begins

## **SEASON REQUIREMENTS & TIME COMMITMENTS**

- Attend all season practices, clinics, strength and conditioning, games and other university/community events beginning of fall semester & continuing through mid-April 2025. **In general, a commitment of 20+ hours per week can be expected each week.**
- **Practices/Strength and Conditioning:**
  - Exact practice and strength and conditioning days/times will be announced at tryouts, but will be 3 days per week.
  - Practices consist of progression and perfection of game day material (chants, band dances, rallying, etc.) as well as progression and perfection of tumbling and stunting. We will also spend quality time on leadership development, character growth and team cohesiveness.
  - All members will be required to work their stunting and tumbling skills, outside of practice weekly.
  - All members will be required to attend weekly chapel with their team.
  - Missed practices & events are NOT permitted unless there is an emergency situation. Family vacation, work conflicts, etc. are not reasons for missing.

- **Games:**
  - The GCU Cheerleaders cheer at all home men's and women's volleyball matches, men's and women's basketball games and other select athletic contests and events including flag frenzy at select men's and women's soccer games.
  - A select number of athletes will be chosen from the co-ed and all-girl team to cheer for the MBB Group and will be chosen based on meeting the expectation of skills required, game day presentation, attitude, grades, overall performance and seniority; therefore this will be the most experienced team. Men's Basketball is our highest profile sport and is completely televised. Remaining athletes will cheer for the women's basketball games (WBB Group(s)). It is possible that some athletes will be asked to cheer for WBB & MBB. Note: New members should always expect to cheer for the WBB group their first year, but will have a handful of opportunities to participate to some extent and train for Men's Basketball games.
  - You must be available for all games that might be scheduled over Thanksgiving, Christmas, Spring Break and other holidays.
  - Missed practices, events & games are NOT permitted unless there is an emergency situation. Family vacations, work conflicts, etc. are not reasons for missing a game.

#### **Other University & Community Events:**

- The GCU Cheerleaders are truly athletic forms of marketing and are used in many ways to promote GCU. We attend and perform at pep rallies, media events, community events. Being in the public and being the face of GCU is a role that is not taken lightly and requires the cheerleaders to be very approachable, personable, and mature.
- We do everything we can to plan accordingly and give the athletes as much notice as possible. However, additional events do come up periodically and we ask team members to be flexible.

#### **TEAM FEES, FINANCIAL OBLIGATIONS & FUNDRAISING**

- **Fees:**
  - \$50 non-refundable online tryout registration fee (online service charges apply) for newcomers. \$20 non-refundable online tryout registration fee (online service charges apply) for returning members.
  - \$200.00 non-refundable team fee will be due upon making the team immediately after tryouts on Sunday, April 13th 2025.
  - \$200.00 non-refundable team fee will be due upon coming back to campus June 23rd, 2025.
- **Financial Obligations:**
  - Additional practice apparel/ makeup/ liners etc. will be required and will be paid by the athlete. Purchases will be expected by June practices.
  - Athletes will be responsible for their food.
  - Periodic additional fees for team gatherings, holiday gifts, senior gifts, etc.
- **Fundraising:**
  - Additional fundraising efforts will be necessary and vary each year. All members will be expected to participate in fundraising/ stunt clinics & camps.

## **BENEFITS**

- Scholarships!! (See below section).
- Nike attire and gear all paid for by and property of GCU Cheer!
- GCU Cheer uniforms and other GCU marketing apparel
- Fully funded trip to Santa Barbara for UCA Cheer Camp, including food.
- Opportunity to cheer & have a front row seat for all home Volleyball, Basketball, and other games/events in the ELECTRIC GCU Arena and be affiliated with an NCAA Division I athletic program.
- Use of GCU's athletic weight room & a customized training program.
- Access to GCU's athletic training facilities and trainers for team related injuries.
- Access to 15+ years of alumni and mentorship.
- Possible opportunity to travel to any basketball tournaments and championship games.
- Possible opportunity to compete at a collegiate level cheerleading competition.
- A solid support network that fosters personal purpose and growth from the challenge of a dynamic Christian dedicated team.

## **SCHOLARSHIPS**

Some team members receive a scholarship upon making the team if all eligibility requirements are met, however, the exact amount varies each year and is dependent on the program's scholarship budget, number of team members, financial need, and the ratio of veteran to first year team members. Scholarship potential is highest for veteran team members who have been on the team the longest and or highly skilled members. Ultimately, scholarships are at the coaches discretion. Scholarships can be earned or taken away for various reasons throughout the year, such as but not limited to, not meeting GPA requirements of a 2.5. **Other GCU scholarships offered have to be considered as well and are restricted to a combination of cap limits.**

Team members scholarship amounts will be communicated after tryouts, the scholarship amount will be applied by the end of June 2025.

### **UCA College Nationals:**

We are first and foremost game day cheerleaders. However, we are also highly competitive at UCA college nationals in 1 traditional division and 1 gameday division.

Important information and policies in regards to competition:

- It is a privilege, not a right and should NOT be the reason you are trying out for this team.
- A number of athletes will be chosen from the co-ed and all-girl team to make-up the competition team for traditional mat.
- We compete in 1 Game Day division which adds additional athletes. Exact numbers will vary each season. Coaches will make the final decision on the athletes who will compete. It will be based upon - ability to execute skills under pressure, emotional stability, overall attitude, grades, and availability/willingness to sacrifice time for extra practices.
- GCU funds a large portion of the cost, but additional fundraising will be necessary and **required** of all team members. Potential ring fundraising events may be added.

## GENERAL INFORMATION

- All current members must be invited to tryout based on their performance through-out the year & team evaluations. However, this does not guarantee making the team again.
- Returning Members and New Tryout Candidates will be required to attend all 3 days. No exceptions. End times are subject to change depending on numbers.
- All candidates must REGISTER online, as well as complete and return ALL required paperwork.

## IMPORTANT DEADLINES (all deadlines are FIRM. Please do not ask for an exception)

- Sunday, April 6th Online Registration Due (Ryzer) & Online Paperwork Due.
- Sunday, April 6th Virtual Tryouts - Tryout Packet & Video Due.
- Friday, April 11th In Person Tryouts - Tryout Packet Due.

## TRYOUT MATERIAL VIDEO

- Majority of tryouts is learned via video and must be ready for evaluation on Day 1 of tryouts. Tryout Material Video is available on YouTube and our website.
- **It is extremely important that the email you list on your online registration is current.** The GCU coaching staff will NOT be responsible for undeliverable messages.

## TUMBLING/STUNTING SKILLS

In addition to the Game Day Material, tumbling and stunting will be evaluated.

### All-Girl Stunting Requirements:

Quick toss to extension.

Extended liberty, heel stretch, arabesque, etc.

Extension bump in go liberty & heel stretch

Full up

### All-Girl Preferred Stunts:

Low to high, full around

High to high, full around

Elites/ Inversions - Hand & hand, BHS up, Round off up, Front handspring up, Rewind, etc.

Dismounts - front flip, back prone, double downs preferred

### Coed Stunting Requirements:

Toss chair

Toss hands

Toss bump & go, extension

Toss extension

Toss platform, Liberty

Safe & secure pop offs

### Coed Preferred Stunts:

Toss platform, heel stretch

Toss Liberty, heel stretch, & cupie

Full up

Hands full around

High to high full around

Elites/ Inversions - Hand & hand, BHS up, Round off up, Front handspring up, Rewind, etc.

Dismounts - front flip, back prone, double downs preferred

### Preferred Tumbling:

Standing tuck  
Standing back handsprings, to a tuck  
Running tumbling to a tuck  
Running tumbling to a full

*\*Keep in mind, although tumbling is not required, it is on the score sheet. When comparing possible candidates, it could be the make or break on which athlete we take.*

## **REQUIRED TRYOUT APPEARANCE & ATTIRE**

For Open Gym, Evaluations, & Practice:

**Females** - neutral colored fitted top or tank, should be a higher cut so cleavage is not exposed. Running or Softe shorts. Sports bras and spandex should be worn. Crew cut socks. Athletic or cheer shoes. Hair and make-up should resemble our game day look. Hair can be worn half up, half down or all in a low pony. Hair should be neatly pulled back.

**Males** - T-shirt. Basketball or athletic shorts. Compression or spandex should be worn. Crew cut socks. Athletic or cheer shoes. Hair/ facial hair/ etc. should be neatly groomed.

For Interviews:

Females & Males - be professional and appropriate, dress is business casual.

## **TRYOUT EVALUATION DETAILS**

### **Required Paperwork**

Paperwork will be read by coaching and judging staff. Scoring will be based on complete and concise content throughout. Do not staple any part of paperwork or place it into a portfolio. Secure with a paperclip. Keep paperwork in order as listed.

### **Headshot**

**Bring a printed 4X6 photo of yourself. Must be game day ready. Photo should be taken from shoulders up. (4x6 ONLY)**

### **Interview**

It is our goal to truly get to know you and your character. We want to know why you want to be a GCU cheerleader, how you plan to handle the pressure of being a collegiate athlete, and trust that you will represent GCU appropriately. Candidates will be scored on verbal and non-verbal communication, composure, content/delivery of answers, professionalism, overall demeanor, and charisma.

## **VIDEO TRYOUT POLICY**

Trying out by video is not ideal - the judges cannot truly assess your abilities and performance in an adjudicated atmosphere, as compared to other candidates. Video tryouts should only be done by those who simply have no way to attend the actual tryouts and will be subject to the following:

Video tryouts must meet all video tryout requirements. If video candidates are selected for the team, they will be placed on the team on a provisional basis. Their skills and character will be further evaluated at the June practice and if what was shown in the video does not match what is shown in person, they will be removed from the team. Video Tryout Submissions (via YouTube link) & Paperwork must be emailed to [gcucheerleaders@gcu.edu](mailto:gcucheerleaders@gcu.edu) by Sunday, April 6th, 2025.

## Elite Scores Breakdown

Score is out of 20 Points

All Girl	COED	Dismounts
<p>BHS Full Up - 5            Shot Gun - 5            Full To Feet - 5            Front 1 ½ Up - 5            Front Pop - 5            Diamadov - 5</p> <p>BHS Up Immediate - 4            FHS Up - 4            Rewind - 4            Extended Hand n Hand - 4            Cartwheel Up - 4</p> <p>BHS Up - 3            Round Off Up - 3            Prep Hand n' Hand - 3            High to High Immediate - 3</p> <p>High to High - 2            Hands Full Around - 2            High to high tick - 2            Switch Up - 2            Full up Immediate - 2            Quick Toss Immediate - 2</p> <p>Full Up - 1            Quick Toss - 1</p>	<p>BHS Full Up - 5            Shot Gun - 5            Full To Feet - 5            Front 1 ½ Up - 5            Front Pop - 5            Diamadov - 5</p> <p>BHS Up Immediate - 4            FHS Up - 4            Rewind - 4            Extended Hand n Hand - 4            Cartwheel Up - 4</p> <p>BHS Up - 3            Prep Hand n' Hand - 3            Hands Full Around - 3            Toss Cupie - 3            Toss Immediate - 3</p> <p>Full Up - 2            Low to High Tick - 2            Toss Extension - 2</p> <p>Toss Hands - 1</p>	<p>Double Down - 5            Any Twist to Back Prone/Cradle - 5            Arabian to Cradle - 5            Kick Double - 5</p> <p>Back Flip Prone - 4            Front Flip - 4            1 ½ to Prone - 4            Kick Full - 4</p> <p>Ball Prone - 3            Full Down - 3            Bird Front - 3</p> <p>Corkscrew - 2            Toe Touch Off - 2            Any Version Cartwheel Off - 2</p> <p>Straight Pop Off - 1            Straight Cradle - 1</p>

**TRYOUTS CHECK-LIST**

Use this check-list to guide you through all required paperwork that must be submitted. Explanation of each required piece can be found above. You WILL turn this page in as part of your packet. Initial each item.

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Email: \_\_\_\_\_

Complete GCU Cheerleaders tryout registration via Ryzer, see [www.gcucheercamps.com/cheer-tryouts.cfm](http://www.gcucheercamps.com/cheer-tryouts.cfm). **Deadline is April 6th, 2025.**

Complete Tryout Packet, organized in the following order:

- Cheerleading Tryouts Check-List \_\_\_\_\_
- Email Athletic Training Packet ([ashley.gentry@gcu.edu](mailto:ashley.gentry@gcu.edu)) \_\_\_\_\_
- GCU Acceptance Letter or Proof of Application \_\_\_\_\_
- Copy of most recent semester grades, transcript, etc. \_\_\_\_\_
- Tryout Acknowledgement & Acceptance \_\_\_\_\_

**Tryout Required Paperwork:**

- Send all completed Sports Medicine forms to [ashley.gentry@gcu.edu](mailto:ashley.gentry@gcu.edu), CC [gcucheerleaders@gcu.edu](mailto:gcucheerleaders@gcu.edu), Due Friday April 6th, 2025
- Print & complete packet paperwork pages 11-13 and bring in person April 11th at the **START** of tryouts.

**\*\*Video Tryout Submissions (YouTube link) & Paperwork must be emailed to [gcucheerleaders@gcu.edu](mailto:gcucheerleaders@gcu.edu) by Friday, April 6th, 2025.**

**Release Agreement**

I, the undersigned, do hereby acknowledge and understand that participation in this event may expose me to the risk of property damage and bodily or personal injury including, but not limited to, broken bones, sprains, strains, concussions, as well as other risks that may not be foreseeable.

I acknowledge and assume any such risk to my personal health should I use the Grand Canyon University Club Sports facilities and its equipment with or without supervision. In addition, I acknowledge that I have had a complete physical within the last six (6) months or six (6) months prior to my last season and am able to participate in this workout.

In exchange for the Grand Canyon University Club Sports granting me access to the facilities, I hereby release and forever discharge Grand Canyon University, Grand Canyon University Club Sports, their members individually and their officers, agents and employees from any and all claims, demands, rights and courses of action of whatever kind, arising from or by reason of any personal injury or property damage, or the consequences thereof, resulting from or in any way connected with my voluntary choice to access the Grand Canyon University Club Sports facilities.

I further covenant and agree that for the consideration stated above I will not sue Grand Canyon University, its officers, agents, or employees for any claim for damages arising or growing out of my voluntary choice to access the Grand Canyon University Club Sports facilities.

I understand that the acceptance of this Release, Waiver of Liability and Covenant Not to Sue by Grand Canyon University shall not constitute a waiver, in whole or in part, of sovereign immunity by said officers, agents and employees.

I have read and fully understand the contents of this agreement and execute the same as my own voluntary act.

Participant Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Participant Name (printed): \_\_\_\_\_

Parent/guardian signature \_\_\_\_\_ Date \_\_\_\_\_  
(If participant is under 18 years of age)

Parent/guardian printed name \_\_\_\_\_



2025-2026 SPORTS MEDICINE INFORMATION & REQUIRED ATHLETIC TRAINING  
PACKET

[Click Here](#)

***\*\*\*NOTE: All Medical Paperwork Must Be Consolidated Into One File/One Attachment When Emailed To [ashley.gentry@gcu.edu](mailto:ashley.gentry@gcu.edu) \****