



UNCG CHEERLEADING 2026-27 TRYOUT INFORMATION PACKET

**Deadline for Paperwork/Health Forms:
Friday, April 3rd at 5 pm**

All questions regarding UNCG Cheerleading tryouts may be directed in writing to Head Coach Krystal M. Verdinek at kymorrow@uncg.edu

2026-27 UNCG Cheerleading Tryouts

Tryouts will be held on

Saturday, April 19, 2025 from 9:00a.m to 1:00p.m

If you are asked to return on Sunday, notifications will go out by 6:00 p.m.

Sunday, April 20, 2025 - Final round of tryouts from 9:00a.m-1:00p.m

Team Practice May 16th, 2026 9:00 a.m-1:00 p.m.

Location: Middle College at UNCG - Gym
1510 Walker Ave, Greensboro, NC 27412

Important Details:

- Tryout Packets are due via email by 5 pm on **Friday, April 3rd**- No Exceptions.
- Please arrive early to tryouts to allow time for parking and walking to the location.
- You may park in the Walker Ave Parking Deck. Cost is \$2.00 for the first hour and \$1.00 for each consecutive hour.
- Please note that all tryout sessions are closed, *without* exception.
- Submission of a tryout video may be accepted. However, situations will be handled on a case by-case basis and the coaching staff reserves the right to deny the option of a video tryout at their discretion. All video tryout requests must be submitted by April 3rd via email to kymorrow@uncg.edu. *After this time, you will be required to tryout in person during the May 17th tryout.*
- Tryouts are open to current, full-time UNCG students (enrolled in a minimum of 12 credit hours) in good academic standing. College transfers, or incoming freshmen may tryout with submission of an acceptance letter for the Fall 2026 term.

Tryout Attire:

You must present yourself as a college cheerleader and your overall image will be considered. When possible, please wear UNCG colors and/or logos.

Ladies:

- Form fitted top and shorts
- Hair half-up with ribbon or bow w/ Game-Day Makeup
- Cheer Shoes
- Short nails
- No Jewelry or gum

Men:

- Athletic top and shorts
- Athletic shoes
- No Jewelry or gum

Tryout Checklist:

Completed Information Form Must be received no later than **4/3/2026**. (Page 5-6)

Letters of Recommendation (not required for returning members). Must be professional recommenders (teachers, coaches, etc.) Must be received *by the evaluator* no later than **4/3/2025**. (Page 7-8)

Recent Headshot – Does not need to be a professional photo. Not required for returning members. Must be received no later than **4/3/2026**.

Lunch or Lunch Money – We will break for lunch and participants will need to grab something on campus or eat something from home.

Medical Clearance Paperwork Must be received by **4/3/2026** (Linked in IG)

1. **Physical completed within the last 6 months** Physicals can be completed at the student health center on campus or with your home physician.
2. **Waiver, Release of Liability, & Indemnity Agreement Form** **You do not need to get an Athletic Trainer to sign this form.** We will handle that signature for you.
3. **Injury Release, Assumption of Risk, & Athlete Responsibility Form**
4. **Front and back copy of insurance card**
5. **Sickle Cell screening test lab results** Tests can be completed at the Student Health Center on campus, with your home physician, or at any LabCorp. **Results take up to 48 hours to receive.**

Academic Transcript – A Copy of most recent transcript (incoming freshmen); current students may submit a screenshot of your UNCG unofficial transcript showing the final grades for the Spring 2025 semester.

All tryout paperwork is due by 5 p.m. on Friday, April 3, 2026.

Submit paperwork to Head Coach, Krystal M Verdinek, via email at kymorrow@uncg.edu. If you have any questions on how to scan the paperwork, do not hesitate to reach out for directions.

Tryout Requirements:

- Be committed to **all** three pillars of the cheer program:
 1. We are public relations ambassadors for Intercollegiate Athletics and UNCG
 2. We lead cheers and work to raise the overall spirit at UNCG

3. We are trained athletes who perform stunts, gymnastics, cadences and cheers for the purpose of entertainment, competition and game day experience
- Be a current, full-time UNCG student (enrolled in a minimum of 12 credit hours) in good academic standing. College transfers or incoming freshmen may tryout with submission of an acceptance letter for the Fall 2024 term.
 - Be fully committed to the UNCG Spartan Spirit Program from August 1 until May 30. At a minimum this will require COMPLETE attendance at practices 2-3 times per week, strength and conditioning 2 times per week, athletic games, and other appearances. The team does cover games over fall, winter, and spring breaks. ***Missing practice or events will result in termination from the squad.***
 - Meet or exceed skill requirements:
 1. **Cheer/Chants/Fight Song:** Emphasis on enthusiasm, effort and motion placement. Videos will be posted on our Instagram page and candidates are expected to learn the material prior to tryouts on April 19th.
 2. **Jumps:** Toe touch and a jump series of at least 3 required jumps, with one being a toe touch. Toe-handspring or tucks are encouraged.
 3. **Tumbling:** Standing back handspring and running back handspring series; emphasis will be on clean tumbling versus difficulty and no spotters are allowed during tryouts. *Tumbling will be evaluated on a non-spring floor.* Males are not required to tumble, but it is encouraged.
 4. **Stunts:**
 - Multi-base: Minimum of an extended switch up liberty and 360 dismount; you may tryout as a flyer, main or secondary base, backspot or a combination of the three roles. Flyers should show elite flexibility and exceptional body awareness. Bases/backspots should show strength and control.
 - Co-ed: Males trying out should be athletic and willing to learn. Most males trying out for the program have never cheered before. No previous experience or background with cheerleading is necessary. Males should show strength and control when tossing and catching flyers. Flyers should show elite flexibility and exceptional body awareness.
 - 5. **Required Stunts:**
 1. J-Up Cupie
 2. Switch Up
 3. Full down from any extended stunting skill
 4. Stunt series of choice (at least 3 different skills) (full up, inversion, high to high or low to high)
 - 5. **Interview:** The coaching staff will evaluate your knowledge of UNCG, maturity, attitude, and passion for cheerleading.

Scores WILL NOT under any circumstance be released. The coaching staff will make all final decisions on team member selection. Any candidate that has questions after the team

selections are announced may e-mail the UNCG Cheerleading Coach at
kymorrow@uncg.edu

UNCG CHEERLEADING TRYOUT INFORMATION SHEET

NAME: _____ Preferred Name: _____

UNCG STUDENT ID #: _____ AGE: _____ DATE OF BIRTH: _____ (mm/dd/yy)

CLASS RANK FOR THE 2026-27 UPCOMING ACADEMIC YEAR (circle one):

COLLEGE FRESHMAN

COLLEGE SOPHOMORE

COLLEGE JUNIOR

COLLEGE SENIOR

UNCG E-MAIL ADDRESS: _____ GPA: _____

ALTERNATIVE E-MAIL ADDRESS: _____

PERMANENT ADDRESS (PARENT'S ADDRESS):

(Street Address)

(City) (State) (Zip Code)

CELL PHONE #: _____ HOME PHONE #: _____

MAJOR: _____

EXPECTED DATE OF GRADUATION: _____

_____/_____

EMERGENCY CONTACT: _____

RELATIONSHIP: _____

EMERGENCY CONTACT CELL PHONE #: _____

CHEERLEADING BACKGROUND INFORMATION

HOW MANY YEARS OF CHEER EXPERIENCE DO YOU HAVE?

PLEASE LIST THE NAMES OF TEAMS, GYMS, ETC. YOU HAVE CHEERED WITH IN THE PAST AND HOW MANY YEARS YOU WERE WITH THAT ORGANIZATION:

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WHICH STUNT POSITIONS DO YOU CURRENTLY HAVE MASTERED? (circle all that apply)

Flyer Main Base Secondary Base Back Spot Co-ed Base Co-ed Flyer

WHICH STANDING TUMBLING SKILLS DO YOU CURRENTLY HAVE MASTERED? (circle all that apply):

Back Handspring Back Tuck Toe Handspring Toe Tuck

Other: _____

WHICH Running TUMBLING SKILLS DO YOU CURRENTLY HAVE MASTERED? (circle all that apply)

Back Handspring Series Back Tuck Layout Full

Other: _____

ANY ADDITIONAL SKILLS?

BRIEFLY, PLEASE EXPLAIN WHY BEING A MEMBER OF THE UNCG CHEERLEADING TEAM IS IMPORTANT TO YOU:

UNCG CHEERLEADING RECOMMENDATION FORM - 1

Candidate Name: _____ Recommender Name: _____

Please evaluate the above prospective candidate. Rate the candidate in the following areas by checking the appropriate box – 5 being excellent, and 1 being poor. Please feel free to make any comments regarding this candidate’s personal qualifications that reflect on his/her character and ability level. Please remember as you complete this that UNCG is a Division 1 NCAA athletic program. As you rate your candidate(s), please determine whether or not they are prepared for this level of competition. These recommendations will not be seen by the candidate you are rating. The scores you give will factor into their overall score. Please email the completed forms to UNCG head coach Krystal M Verdinek by **Friday, April 3rd, 2025** at kymorrow@uncg.edu. Thank you!

1. For how long and in what capacity have you known the prospective candidate?

2. Please rate the candidate in the following areas.

	5-Excellent	4-Very Good	3-Average	2-Needs Work	1-Poor
Character/Conduct					
Attitude					
Cooperation/Team Player					
Grooming/Appearance					
Honesty					
Dependability					
Respectfulness					
Quality of Work/Effort					

Attendance					
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Comments: _____

Recommender's Signature: _____ Date: _____

UNCG CHEERLEADING RECOMMENDATION FORM - 2

Candidate Name: _____ Recommender Name: _____

Please evaluate the above prospective candidate. Rate the candidate in the following areas by checking the appropriate box – 5 being excellent, and 1 being poor. Please feel free to make any comments regarding this candidate's personal qualifications that reflect on his/her character and ability level. Please remember as you complete this that UNCG is a Division 1 NCAA athletic program. As you rate your candidate(s), please determine whether or not they are prepared for this level of competition. These recommendations will not be seen by the candidate you are rating. The scores you give will factor into their overall score. Please email the completed forms to UNCG head coach Liza Palazzi by **Friday, April 3, 2026** at **kymorrow@uncg.edu**. Thank you!

1. For how long and in what capacity have you known the prospective candidate?

2. Please rate the candidate in the following areas.

	5-Excellent	4-Very Good	3-Average	2-Needs Work	1-Poor
Character/Conduct					
Attitude					
Cooperation/Team Player					
Grooming/Appearance					
Honesty					
Dependability					
Respectfulness					
Quality of Work/Effort					

Attendance					
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Comments: _____

Recommender's Signature: _____ Date: _____