



2025-2026 KU Cheer Tryout Packet

Tryout Schedule – Tentative – All Sessions are Mandatory

Tryout Location: University of Kansas Campus (facility will be communicated before tryout weekend)

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|-------------|----------|---|
| May 2, 2025 | 02:00 pm | Registration |
| | 02:30 pm | Session 1 Begins |
| | 08:00 pm | Session 1 Ends (athlete cuts if needed) |
| May 3, 2025 | 09:00 am | Session 2 Begins |
| | 11:30 am | Session 2 Ends |
| | 01:30 pm | Session 3 Begins |
| | 06:30 pm | Session 3 Ends |
| May 4, 2025 | 10:00 am | Final Tryout begins |
| | 01:00 pm | Final Tryout complete |

Team selection will be posted on the KU Athletic site following the week of tryouts

Pre-Tryout Action Checklist

- ☐ Online Tryout Application Complete
- ☐ Required Athlete Information Packet (see page 2) due **April 30**
- ☐ Collect copy of a completed physical in the last 12 months
- ☐ Read through this Tryout Packet
- ☐ Join the 2025 Tryout Q&A on **Wednesday April 16 at 6:30pm CST**



Required Tryout Forms

Required Tryout Forms

- Following the link above and follow instructions on page 1
- **Submit to Dropbox folder below - DUE April 30**
 - Release & Waiver of Liability
 - Spirit Squad Tryout Participation Agreement
 - Training Room Medical Form
 - **Submit forms here:** [Dropbox Form Submissions](#)
- **Bring with you to tryouts**
 - Copy of a completed physical in the last 12 months



Team Selection Information & Requirements

The team is selected by the coaching staff in partnership with a judging panel composed of individuals chosen for their expertise in cheerleading. In all policy and program matters, members of the Spirit Squad shall first be law-abiding citizens and outstanding representatives of the University. All University of Kansas Spirit Squad members must maintain full-time undergraduate or graduate status while on the team. Those chosen for the team must also pass a background check and be officially cleared by KU Athletics medical staff before making the official roster.

Athletes living on campus

Please keep the following in mind when selecting your dorm:

- Cheer practice will start the week before classes begin in the fall. You will have access to move in early to your dorm, however you will incur a fee that will be charged to your Bursar account.
- You may be assigned to cheer basketball games over the winter break. Some dorms on close over the break. If you are assigned to one of these dorms, please work with the Head Coach and make them aware ahead of basketball season.

Program Benefits

Each semester, eligible team members who earn a 2.0 or better GPA (and maintain full-time status) may receive an academic stipend of \$325 per semester. Spirit Squad scholarships are not available for summer sessions. Athletics provides Adidas gear, access to strength and conditioning as well as performance nutrition coaches, uniforms, and team travel expenses among other perks.

Communication

Communication regarding Spirit Squad matters will be conducted between the student and coaching staff. This includes requests for feedback after the tryout process. Parents/Guardians will be contacted only in the case of an emergency or immediate need.

What to wear:

Preliminary Sessions (Friday & Saturday) - Clean Appearance

- Ladies: Sports bra, spanx/shorts, cheer shoes, hair in a low pony slicked back, gameday make-up, (bow optional). NO t-shirts or baggy clothing.
- Guys: Athletic shirt and shorts, cheer / tennis shoes, hair clean cut and styled



Finals (Sunday) - Gameday Ready

- Ladies: Sports bra, spanx/shorts, cheer shoes, hair up, bow, hair in a slicked pony OR half up half down. NO t-shirts or baggy clothing.
- Guys: Athletic polo, athletic shorts, cheer / tennis shoes, hair clean cut and styled

Tryout Skill Requirements

Partner Stunting (if trying out for Coed):

- Coed Bases:
 - Toss extension, power press lib
- Coed Top Girls:
 - Toss target, pull lib
 - Double down from stretch (group or coed)
- Elite stunt (optional) with elite dismount.
 - Stunt must be a full up or greater. Dismount must either be a double down from either stretch or arabesque.

Group Stunting (if trying out for All-Girl)

- Top Girls only: Coed toss hands press lib
- Everyone (including top girls)
 - Traditional back handspring up
 - Double down from stretch (group or coed)

Tumbling (required for both Coed and All-Girl):

- Females
 - **Standing Tumbling**
 - Standing back tuck
 - Two handsprings to layout
 - *Two to full preferred*
 - **Running Tumbling**
 - Round-off back handspring layout
 - *Passes ending in a full are preferred*
- Males
 - Standing tuck preferred but not required

Elite stunts and tumblers may be held to a different standard than outlined above. This means that if you excel exponentially in a certain area and lack in another, your skill set will be evaluated under different standards.



FINALS TRYOUT MATERIAL BEING EVALUATED

Gameday Material - [Videos Here](#)

- Fight Song
- Gameday Chants
 - **Chant 1:** Learned in advance (link above). Motions only.
 - **Chant 2:** Taught during the tryout weekend. Will include sign / megaphone.
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Tumbling

- Minimum requirements will be evaluated on the first day of the tryout weekend
- During Finals:
 - Standing tumbling pass (i.e. two handsprings to layout/full)
 - Running tumbling passes (2)
 1. Running series pass on the basketball court
 2. Running tumbling pass on the mat

Stunting

- Minimum requirements will be evaluated on the first day of the tryout weekend
- Finals Partner Stunt:
 - Gameday stunt (i.e. toss to extension, lib, low to high, etc.)
 - Optional elite stunt: Full up or greater. May include transitional skills (full around, tick tock, etc.) Must double or flip down.
 - *Example: Front handspring up. Arabesque. Double down.*
- Finals Group Stunt:
 - Gameday stunt (i.e. full up, full around, low to high, etc.)
 - Optional elite stunt: Back-handspring up or greater. May include transitional skills (full around, tick tock, etc.) Must double or flip down.
 - *Example: Hand in hand. Pull stretch. Double down.*





Mandatory Summer Commitments

Rookie teammates living outside the Kansas City / Lawrence metro will be provided housing on campus for the dates below. Travel to/from Lawrence is at the expense of the athlete.

- June Work Week: **June 26 - 29**
- July Work Week: **July 24 - 28**
- NCA College Camp: **July 30 – August 1**
- Fall Pre-Season Practices: **August 11 - 15**
 - Early move-in for those living in dorms will be arranged.

All summer practices and NCA College Camp are **required**. If you have a conflict with dates above, please let Coach Drake know prior to tryouts. Approved absences are rare, and only considered for instances related to required internships or approved study abroad participation. Coach Drake must approve your absence prior to trying out for the 2025 - 2026 team.