

# **2025-2026**

## **Arizona State University**

### **Sun Devil Spirit Squad**

### **Cheer Team Tryouts**

**Prelims: Videos Due by April 21st (Key don't wait until last day to submit)**

**Semi & Finals Invite Only: May 9th & 10th 2025**

**Tryout Packets Due by Sunday, April 13<sup>th</sup>, 2025**

**“Arizona State University's commitment to inclusivity is central to its mission as a New American University and is evident throughout its diverse and talented community.”**

**Michael M. Crow**

**ASU President**

**Coaching Staff**

**Mary Tennyson** *Head Cheerleading Coach*

**Bianca Caryl** *Head Dance Coach*

**James Hudson** *Director of ASU Marching Band*

### **2024- 2025 ASU SPIRIT LEADER TRYOUTS**

#### **Important Dates & Deadlines:**

- **Tryout Applications Due:** Sunday, April 13, 2025
- **Preliminary Video Submissions Due:** Monday, April 21, 2025, by 12:00 PM (Noon) MST  
(Don't wait until the last day to submit!)
- **Semifinals & Finals (Invite Only):** May 9-10, 2025
- **New Team Meeting (via Zoom):** May 13, 2025, at 5:00 PM MST

**Spirit Leader Tryout Material:**

All video submission material will be emailed to the address provided in your application on **April 14**, 2025. Video submissions are due by **April 21**, 2025.

New material for the semi final evaluation will be sent via email on **April 28**, 2025. All candidates advancing to this round will receive a link to access the tryout material.

**Female attire:** All black sports bra and spandex, hair down, Game day makeup. Athletic/Cheer Shoes.

**Male attire:** Clean cut hair style, no facial hair. All Black athletic T-shirt and gym shorts. Athletic/Cheer Shoes.

**IMPORTANT:** ONLINE Tryout Application is TWO Parts must be submitted by April 13th. Click here for [Part ONE](#), Click here for [Part TWO](#) **NO mailed, faxed, e-mailed, or in person applications will be accepted.**

**Tryout Fee:**

- A \$50 tryout fee (for semifinals only) will be collected at registration on May 9th.
- CASH ONLY—no other forms of payment will be accepted.

## CHEERLEADING TRYOUT PROCESS

### Tryouts

Tryouts will begin with a first-round video submission. Emails will be sent on April 28th to those advancing to the semifinals. The semifinal and final rounds will take place over a two-day weekend evaluation and cut process on May 9th and 10th. All material will be emailed via a Google Drive link two weeks prior to semifinals.

Material will be evaluated in person, and cuts will be made throughout the weekend until approximately 10-18 female athletes and 5-12 male athletes are selected.

**Female candidates** will be assessed on dance ability, tumbling, stunting, and overall personality/crowd engagement.

**Male candidates** will be evaluated on attitude, willingness to learn, and potential—no prior cheer experience is required.

All finalists will participate in an interview portion as part of the selection process.

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## CHEERLEADING REQUIREMENTS & EXPECTATIONS

### Summer Workouts

- Choreography will be required to be learned over the summer with video submissions
- Summer workout expectations will be given at the mandatory new team meeting May 13th.

The ASU Spirit Squad encompasses well rounded individuals of both good character and game day cheer ability. Due to their high visibility within our community, we are looking for those that best represent the University in a positive way. How well you work with our coaches, each other, and receive corrections will be highly considered at tryouts. In support of ASU athletic games and other appearances, commitment to a full year of participation is absolutely mandatory. ASU Spirit Squad cheers at all home Football, Hockey, and Basketball Games. Candidates must be committed for the entire duration of the season starting in April at tryouts, summer workouts, camp, football, hockey and basketball Season. (July - March)

**Dance:** ASU Spirit Squad has a NFL, NBA pro style of dancing for games. Prior dance experience is not required but will be the style of sideline and half time routine for tryouts. **Yelling loud with natural collegiate cheering expressions, sharp motions and proper motion placement is very important.**

**Tumbling (Females only):** A clean consistent standing back tuck, cartwheel tuck and running multiple back handsprings to a tuck is required to make the team. Increased level additional standing and running tumbling may increase your chances of making the team. We suggest practicing your standing tuck with poms. Jumps are not performed.

**Stunts:** This season athletes will try out for one stunting position. Male athletes are only eligible for coed stunts.

### **All -Girl Requirements**

- Quick toss to extension.
  - Extended liberty, heel stretch, arabesque, etc. Extension bump in go liberty & clean Full up
- **All-Girl Preferred Stunts:**
  - Low to high, tick tock
  - 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 MALE Stunting Requirements:**

- Toss hands
- Safe & secure pop offs
- Toss Chair

### **Coed Preferred Stunts:**

- Toss platform, heel stretch/ lib
- Toss Extension
- Toss heel stretch/lib
- Toss 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

**Coed FEMALE Stunting Requirements:**

- Toss chair
- Toss hands
- Toss bump & go, extension
- Toss extension
- Toss platform, Liberty
- Toss platform, Heel stretch
- Safe & secure pop offs

**Other:** While talent is important, it is not the only factor to be considered. We are also looking for those that exude strong leadership qualities, confidence, hard work ethic, willingness to try new things, good response to correction, positivity, respect for everyone, voice inflection, and ability to engage an audience.

We do not have a weight or height restriction as size ranges fluctuate from year to year, however candidates must possess sufficient physical fitness and proper training to execute all required skills.

For more information regarding ASU Cheer Team Tryouts, contact the ASU Cheer head coach Mary Tennyson: [tennysonmary17@gmail.com](mailto:tennysonmary17@gmail.com)

## **Eligibility**

Candidates **must be** accepted to or enrolled at Arizona State University, Fall Semester 2024.

Upon making the team, members must be enrolled in the Band Course associated with the Spirit Squad for BOTH semesters.

**\*\*For questions concerning enrollment in the course or difficulty enrolling in the course – please email Brandy Dubose and cc James G. Hudson, and Mary Tennyson**

**All candidates, including transfer students and current team members:**

Must have a minimum 2.5 semester & cumulative Grade Point Average

Maintain Full Time ASU Status (12 credit hours) per semester

INCOMING STUDENTS must provide a copy of your letter of acceptance.

CURRENT ASU STUDENTS must provide an unofficial transcript.

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

o \$200.00 non-refundable team fee will be due upon making the team immediately after tryouts

#### **• Financial Obligations:**

o Additional practice apparel/ makeup/ liners, tights etc. will be required and will be paid by the athlete.

#### **• Fundraising:**

o Additional fundraising efforts will be necessary and vary each year. All members will be expected to participate in fundraising/ stunt clinics & camps.

## **Fall tentative practice schedule is as follows:**

Early Move in: August 8th

CAMP: August 11th-13th

Band Camp August 15th-17th, 22nd-23rd,

**PRACTICE:** Mondays and Wednesdays: 4:30 p.m. – 7:30 p.m. Fridays: 4:30 p.m. -6:30 p.m.

Please ensure that you will have room in your schedule for fall and spring to accommodate the additional credits (2 in the fall and 1 in the spring).

**Spring Semester:** Monday & Wednesday 6:00 am- 8:00 am

**All athletes who advance to semifinals will show up to tryouts with:**

- \$50 cash audition fee
- Printed current headshot
- All forms attached this the tryout packet printed and signed

I certify that the above or attached information is true and accurate to the best of my knowledge. I agree to participate in the ASU Dance Team/Cheer Team audition and I am willing to accept the results as determined by the ASU Spirit squad, judges and coaches based on its mission, standards and objectives.

I agree to abide by the decisions of the judges involved in the audition process and understand the decisions made during the audition process are final.

I understand the time commitment and financial requirements of the ASU Spirit Squad and Dance Team and I am willing to make the Squad my first priority over the next school year.

Signature of  
Applicant\_\_\_\_\_

Date\_\_\_\_\_

IN CASE OF EMERGENCY PLEASE CONTACT:

Name\_\_\_\_\_ Phone\_\_\_\_\_ Re  
lationship\_\_\_\_\_



I grant permission to the Arizona Board of Regents, on behalf of Arizona State University and its agents or employees to use photographs taken of me on the date and at the location listed below for use in university publications, both print and electronic.

I hereby waive any right to inspect or approve the finished photographs or printed or electronic matter that may be used in connection with them now or in the future, whether that use is known to me or unknown, and I waive any right to royalties or other compensation arising from or related to the use of the photograph.

I hereby agree to release, defend, and hold harmless the Arizona Board of Regents, on behalf of Arizona State University and its agents or employees, including any firm publishing and or/distributing the finished product in whole or in part, whether on paper or via electronic media, from and against any claims, damages or liability arising from or related to the use of the photographs, including but not limited to any misuse, distortion, blurring, alteration, optical illusion or use in composite form, either intentionally or otherwise, that may occur or be produced in taking, processing, reduction or production of the finished product, its publication or distribution. It is the discretion of Arizona State University to decide whether to use the image.

I am 18 years of age or older and I am competent to contract in my own name. I have read this release before signing, and I fully understand the contents, meaning and impact of this release. I understand that I am free to address any specific questions regarding this release by submitting those questions in writing prior to signing, and I agree that my failure to do so will be interpreted as a free and knowledgeable acceptance of the terms of this release.

(PRINT) Student Name \_\_\_\_\_

Instrument/Section Date \_\_\_\_\_

Student Signature \_\_\_\_\_

Parent Signature (if under 18)

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**RELEASE, INDEMNITY, AND ASSUMPTION OF RISK ASU ATHLETIC  
BANDS SUN DEVIL MARCHING BAND, BASKETBALL BANDS, DIXIE  
DEVILS, COLORGUARD, DRUMLINE, AND TWIRLERS**

I am aware that my participation in one or more of the ASU Athletic Bands and related activities can be a dangerous activity involving MANY RISKS OF INJURY. I understand and acknowledge that the dangers and risks of participating include, but are not limited to: broken leg, arm, back, rib; respiratory distress; lung damage; heart and related damage; hearing and sight damage and/or loss; injury or impairment to other aspects of my body, general health and well-being. I understand that the dangers and risks of participating may result not only in injury, but in an impairment of my future abilities to earn a living, to engage in other business, social and recreational activities and generally to enjoy life.

Because of the dangers and risks of participating in one or more of the ASU Athletic Bands, I recognize the importance of following policies, procedures, rules and regulations; and, instructions as provided.

In consideration of being permitted to participate in one or more of the ASU Athletic Bands and all related activities, I hereby assume all risks associated with my participation and agree to hold the Arizona Board of Regents, Arizona State University, its regents, officials, officers, employees, agents, representatives, instructors, volunteers, and the State of Arizona harmless from any and all liability, actions, causes of action, debts, claims, or demands of any kind and nature whatsoever which may arise by or in connection with my participation in one or more of the ASU Athletic Bands and all related activities, except for those caused by the negligence of ASU. The terms hereof shall serve as a release and assumption of risk by myself, my heirs, estate, executor, administrator, assignees and for all members of my family.

I, being an adult, have read the above statement and fully understand the contents, consequences and implications of signing this document.

Date: \_\_\_\_\_

Printed Name:

\_\_\_\_\_

Signature:

\_\_\_\_\_

Parent Signature (if under 18) \_\_\_\_\_