



Ragin' Cajuns Cheerleaders General Information on requirements, expectations, tryouts, and clinics

The University of Louisiana Ragin' Cajun cheerleaders are a COED SQUAD that represent the University at all home and away football games, home men's and women's basketball games, and home volleyball games. Additionally, the squad represents the University at football and basketball post-season games/tournaments. The cheerleaders attend UCA cheerleading camp during the summer, and also represent the University at other non-athletic functions such as Alumni events, student orientations, and appearances around the community.

To be eligible to tryout for the Ragin' Cajun Cheerleaders:

- Must be a currently enrolled student UL Lafayette, with a current semester gpa of 2.0 minimum; an official copy of your transcript is required
- OR for incoming freshman or transfer students, must have applied to the University and should be accepted prior to tryouts. A copy of your acceptance letter is required. If you have applied, but have not received acceptance to the University prior to tryouts, please contact the spirit squad office.
- Candidates & squad members must present a copy of the front & back of their health insurance card.
- Must be a full time student in the fall & spring semester, with a minimum of 12 hours each semester
- Must be willing to establish & maintain high academic and social standards

General Information:

- Squad members from out of state will have out of state tuition fees waived if they meet the academic requirements, thus paying the in state tuition fees instead
- Stipends are awarded to squad members in good standing with the squad and University at the end of the fall & spring semesters. Stipends range from \$500-\$700 per fall/spring semester.
- Summer practices are held one weekend in June and prior to camp in mid/late July
- Squad members are required to attend UCA College Camp with the University July 17-20, 2015 (Held at the University of Alabama in Tuscaloosa)
- The squad reports for fall practice 1-2 weeks prior to the first day of school for the fall semester
- Practices during the semester are held Tuesday & Thursday evenings 6:30-9:30pm

College Prep Clinics:

- The Ragin' Cajun Cheerleaders host 3 college prep clinics to help prepare candidates for tryouts.
- Our fall clinic will be Sunday, November 23, 2015 from 11am-2pm.
- Our spring clinic dates will be announced at a later time



Ragin' Cajun Cheerleaders
College Prep Stunt Clinic November 23, 2014
Moncla Indoor Practice Facility (201 Reinhardt Dr)

Name: _____
Birthdate: _____ (mm/dd/yy)

Current Address: _____
City, State & Zip: _____
Phone #: (____) _____
Email Address: _____

Year of High School Graduation: _____
Are you a HS Senior? Yes No
Will you be attending UL in the Fall of 2015? _____
If yes, have you applied for admission and received acceptance?

Name of high school that you cheered for: _____
Name & number of Cheer Coach: _____

Registration fee \$30
(checks payable to Ragin' Cajun Cheerleading)
Please bring completed form, registration fee, insurance card and statement of understanding to the clinic.
R.S.V.P FOR THE CLINIC by emailing cheer@louisiana.edu



Ragin' Cajun Cheerleaders Statement of Understanding

I hereby certify that I fully understand the following:

1. Cheerleading involves a variety of gymnastics, motions, partner stunts, stunt groups, rotations and heights; therefore, participation in cheerleading involves some amount of danger of personal injury. I totally assume the risks involved by participating in this cheerleading clinic. I further realize that improper conduct of cheerleading activity could result in catastrophic injury, paralysis or even death.

2. I hereby certify that I have read, am thoroughly familiar with, and will carefully abide by the American Association for Cheerleading Coaches and Advisors (AACCA) guidelines for safety in college cheerleading (read AACCA rules online at www.aacca.org College Safety Rules or available at check in).

3. I further agree to hold harmless the University of Louisiana at Lafayette and the coaches, staff and directors of Ragin' Cajun Cheerleaders, the Student Union, Ragin' Cajun Athletic Training and Ragin' Cajuns Athletic Facilities.

MEDICAL INSURANCE is required to participate in the clinic & to tryout for the squad.

INSURANCE COMPANY: _____

POLICY NUMBER: _____

(Please send/bring a copy of your insurance card w/your registration.)

STATEMENT: I have read this memorandum and I understand and accept the information and requirements contained in it.

SIGNATURE: _____ **DATE:** _____

If under the age of 18 years old a parent or guardian's signature is required as well.

SIGNATURE: _____ **DATE:** _____

RELATIONSHIP: _____



2015 Ragin' Cajun Cheerleader Tryouts:

- Tryouts will be held in April (dates TBA)
- All candidates must be present at tryouts to be considered for the squad. NO VIDEO SUBMISSION ACCEPTED.

1. Applications are due in our office by April 1, 2015.

-A hard copy of the application must be received with all required documents by the deadline.

-If mailing, send to **Ragin' Cajuns Spirit Squad Office, P.O. Box 42611, Lafayette, LA 70504**

-If hand delivering, office is located in **Vermillion Hall (2nd floor) on 213 Hebrard Blvd.**

2. Tryouts will be held at EK Long Gym (on our main campus, 500 East St. Mary Blvd). All portions of tryouts are closed except for candidates, judges, and staff. Candidates are encouraged to bring their own water bottle/sports drink and snack.

3. Tryout Attire:

Females: Wear fitted athletic tank top and fitted athletic shorts. We are looking for a neat, collegiate all-American appearance. Wear hair & make up as you would on game day. Hair should be half up & half down with a ribbon. Make up should be worn and look natural, with color on your lips. NO JEWELRY at all, including necklaces, earrings, bracelets, rings, or any other piercings (nose, belly, lip, eye brow, etc). Our school colors are vermillion (red) & white, so please dress accordingly. Please refrain from wearing any other university, high school, or all-star attire. Any tattoos you may have must not be visible.

Males: Wear UL t-shirt and athletic shorts. A neat collegiate appearance is expected so please be clean-shaven. No facial hair & no piercings/jewelry allowed. Any tattoos you may have must not be visible.

*Please be aware that your physical appearance & fitness is part of your tryout score. Team members are weighed in at the first meeting and are expected to maintain optimal fitness throughout the year. There is no height/weight restriction, however our girls range from 95 lbs - 120 lbs and guys vary in size. This is a typical size range and does fluctuate from year to year. This criteria is set as a safety guideline for our guys. As long as you are adaptable to stunt with several partners you will be considered. COED STUNT EXPERIENCE IS ESSENTIAL.

4. Tryouts will be conducted in a clinic/judging format. Candidates will be evaluated on tumbling (running & standing), stunting, fight song & cheers (video of material will be emailed to you once your application is received), cheerleading & crowd leading ability, personal interview, & physical fitness/appearance. When finalizing the team, we look for candidates who are easy to work with & can be used with different partners. We also consider if the candidate is coachable & can easily make

corrections as well as get along with other members/candidates. It is important to understand that this is not your old team and these are not your old coaches. Be COACHABLE & ADAPTABLE.

The following is a list of requirements BUT DOES NOT guarantee a spot on the team:

Stunts:

*toss extension

*toss liberty

*toss heel stretch

*stunt sequence of choice

Tumbling:

*standing back handspring

*standing back tuck (highly preferred)

*round off back handspring tuck/layout

*round off back handspring full (preferred)

***All females MUST have a minimum standing back handspring on basketball court surface in order to tryout**

5. Day 1: Friday night of tryouts (EK Long Gym)

5pm

5:30-10:00 pm

-Doors open; registration begins

-Tryouts begin

-Females demonstrate standing handspring on basketball court surface. If not executed, asked to leave.

-Quick review of material (fight song & cheers)

-Evaluations begin on fight song, cheers, & tumbling

-Cuts may be made after these evaluations

-Those who make the cut will move on to stunt practice

6. Day 2: Saturday (Leon Moncla Indoor Practice Facility)

10am – 12pm

-Interviews begin. Please wear business casual attire. Interviews are conducted by coaches staff, and judges.

1:30pm – until

-Stunt evaluations

-Fight song, cheer & tumbling evaluations

-Final cuts will be made

The 2015-2016 squad will be posted about an hour after the conclusion of tryouts

7. Day 3: Sunday (Leon Moncla Indoor Practice Facility)

1:30pm – 3:30pm

MANDATORY SQUAD MEETING & PRACTICE for the 2015-2016 Ragin' Cajun Cheerleaders

8. Tryout selections are final. Squad members will be selected based on the above evaluations, interviews, and how they will work within the Ragin' Cajun Cheerleading Program.

If you have any further questions please contact:

Ragin' Cajun Spirit Squad Office

P.O. Box 42611 – Lafayette, La 70504

cheer@louisiana.edu

337-482-6939

Please follow us on Twitter & Instagram @RaginCajunCheer and like us on Facebook, Louisiana Ragin' Cajuns Cheerleaders to keep up with the latest information on our squad.

GOOD LUCK & GEAUX CAJUNS!