

2023-2024  
Spirit Squad  
Tryout Packet



## **I. Perspective Cheerleader Information**

### **PHILOSOPHY**

The State Fair Community College cheer program, known as the Spirit Squad, is a student activity. As a student activity, its first and foremost goal is to support and not to compromise the student's career. Secondly, the program should aid in developing each squad member into a responsible, mature individual.

Being a member of the cheerleading squad comes with many exciting opportunities, but is also a major commitment. The team participates in Mandatory Fundraising activities throughout the school year.

The Cheer program is an athletic activity that will:

1. Provide leadership training;
2. Develop the student's ability to make responsible decisions; and
3. Encourage working together as a team toward a common goal.

### **PURPOSE**

The purpose of the Spirit Squad is to provide support to ALL State Fair athletic teams and the College. This support is directed in three major areas:

1. To raise the level of fan support for State Fair athletics by entertaining the crowd in an appropriate manner, to lead the crowd in positive support for ALL teams, and to project and solicit that support from the fans.
2. To serve as public relations ambassadors of athletics and State Fair, and to uphold and project goals, ideals, and standards of the institution at ALL times.
3. To participate in the Spirit Squad by incorporating jumps, stunts, and basic cheer movements for the entertainment of the crowd at each athletic contest.

### **TIME COMMITMENT/CALENDAR**

Cheer squad members must be organized in order to fulfill student obligations and squad responsibilities. Commitments to the Spirit Squad include participation in ALL PRACTICES and HOME GAMES (Men's and Women's Basketball), ALONG WITH assigned fund-raising events, charitable functions, workouts, and study hall as scheduled by the Coach and/or athletic administrator. Squad members will be given an athletic event calendar for each semester. Each member must schedule work, dates, family vacations, and other events around the athletic calendar. Your first priority is your academics, after that, cheerleading comes above everything else. The calendar is a working document and additions and deletions will be made as necessary throughout the year. Cheerleaders ARE REQUIRED to travel with post-season play and are expected to perform at these games and make appearances in support

of SFCC athletics. These dates could include, but are not limited to, most college holidays. This includes: Spring Break. Members should plan accordingly.

We use Google Calendar for events. Once you make the team you will have access to the calendar. A new Google Spreadsheet/Doc will be shared with each member as soon as games are scheduled.

## **CAMP/SUMMER PRACTICES**

1. Location of summer camp will be at the discretion of the coach.
2. Team members are responsible for paying for the cost of camp:
  - Camp Usually Cost--\$400-500 which includes food and hotel during the days of camp. All other food on other days will be at the cost of the cheerleader. The cost depends on the location of the camp. Whether it be home based or away in another location.
3. There will be practices throughout the summer at the discretion of the coach.
  - You should expect to practice in the months of June, July, and Camp being in August per Coaches discretion.
  - These practices are not to be missed and follow the rules in the practice and time commitment section of this document.
4. Squad members are expected to participate in any Summer High School Camps that are fundraisers to help with the purchasing of Sports Bras and Spankies. Dates and camps will be announced at a later date.
5. The WHOLE TEAM is expected to participate in summer fundraisers

## **SCHOLARSHIP/ACADEMICS**

The current spirit scholarship amount is awarded on an individual basis and is determined by number of years on the squad, work ethic, eligibility, and whether you are a captain or not.

To receive or maintain the spirit scholarship, a Cheerleader must be enrolled in at least 12 semester hours in order to practice and perform. For the fall and spring semesters, squad members must earn 24 semester hours in order to be eligible the following fall – providing you earn a place on the squad.

## **FUNDRAISING**

In order to afford uniforms, extra camp expenses, team work out gear, other gear such as shoes, shorts, spankies, sports bras, fun team items, and so on ALL Cheerleaders must help with fundraising events. All Cheerleaders are required to sell the dollar amount determined by the coach. If a cheerleader does not sell the required dollar amount as set by the coach, he/she will be required to pay the amount set by the coach to cover the loss to the team. Squad members are expected to participate in Summer

High School Camps that are fundraisers to help with the purchasing of Sports Bras and Spankies.

### **SUMMER PRACTICES**

The Cheerleading Team will hold summer practices to prepare for camp and basketball season. The practices will be held on campus at the Multipurpose Building. All team members are required to attend and participate in summer camp. Date/Location TBA.

**\*Practice Dates** (potential dates will be discussed during the interview and emailed out directly following final team announcement) Typically 2-3 days during a week in June, 2-3 days in July and camp directly following: July/August

### **SCHOOL YEAR PRACTICES**

The Coach will determine the Cheerleading practice schedule. Practices will typically be held two times per week. Practices will run for 2-3 hours; the first half-hour set-aside for a coordinated workout to increase flexibility and fitness. The proposed practice schedule for the 2022-2023 will be determined at a later date. This is subject to change\*\*\*

### **TEAM COMMITMENT**

During the summer you will be given videos of all cheers/chants/dances/fight song to learn the choreography on your own. If at any point in time during the year or summer practices after making the team you demonstrate that you have not learned the given choreography and/or material then you will be subject to benching from a game or immediate dismissal from the team. Just like with any sport practicing outside of the actual practice time is pertinent to being game day prepared and ready.



## State Fair Community College Spirit Squad

### 2023-2024 Tryout Information

Open Gym days are Sunday Feb 12, 2023 10AM-12PM and Sunday Feb. 19, 2023 10AM-12PM

Tryouts are on: Saturday March 4, 2023

**ONLY those who are trying out may be in the gymnasium at the time of tryouts!**

**\*\*You MUST be present the FULL day of tryouts to make the team.**

**Video or Alternate tryout dates are NOT accepted! \*\***

To Prospective Member:

Thank you for your interest in the SFCC Spirit Squad! In this packet you will find:

- Open Gym/Clinic Date
- Prospective Cheerleader/Roadette Information Sheet
- Athletics Waiver of Claims
- Tryout Date & Requirements
- Team Commitment Form

You must have all the following items filled out and turned into Coach Dawn Macklin-Gulick on the day of tryouts to be eligible to participate.

- 5X7 Headshot Photo (Non-returnable)
- Cheerleading Tryout Application completed
- Copy of Health Insurance Card- Front and Back on the same sheet of paper
- Athletics Waiver of Claims
- Team Commitment Form
- Reference letter from your current coach and from at least one teacher

**\*ALL items must be placed in order and paper clipped. Please be prepared to turn these in upon arrival.**

**Please make sure that each document is printed on its own page and NOT front to Back-unless noted.**

**★ RETURNEES:** You are expected to perform at a higher standard than other candidates, as you have been a part of the UCM Cheerleading Squad for at least one year. In addition, you will be judged on your attitude, work ethic, integrity and character that you displayed over the course of a year by the coach.

We are looking for confident, talented and passionate men and women to be a part of the 2022-2023 State Fair Community College Spirit Squad. Members of the team are responsible for representing State Fair Community College in the classroom, on the field/court, and in the community. Being a member of the spirit squad comes with many exciting opportunities, but it is also a major commitment. Please be sure to thoroughly review all the materials and the time commitment required.

We are excited to meet all of you at tryouts and please do not hesitate to reach out via email with any questions you may have regarding the tryouts or team in general.

Go Roadrunners!

Dawn Macklin-Gulick  
Head Coach State Fair Spirit Squad  
660-596-7356  
[dmacklingulick@sfccmo.edu](mailto:dmacklingulick@sfccmo.edu)



## 2023-2024 Spirit Squad Open Gym

Parents are welcome to sit in the gym during Open Gyms!

**MUST bring a COPY of Health Insurance Card and attached release signed to each event!!**

Date: Sunday, Feb. 12 and Sunday, Feb. 19 10AM-12PM

Location: Fed E. Davis Multipurpose Building

\*Registration for all Open Gym/Clinics begins 30 minutes before start time.

**\*\*TRYOUTS SATURDAY, MARCH 4 -Fred E. Davis Multipurpose Center\*\***

Open Gyms/Clinics will consist of the following:

- Coed & All-Girl Stunting Opportunities
- Cheers/Chants/Dance (all which will be beneficial to know the day of tryouts)
- Work on Current Tumbling skills
- Jump Technique
- Motion Technique
- Anything else you would like to work on to become a more experienced cheerleader

Dawn Macklin-Gulick  
Head Coach SFCC Spirit Squad  
660-596-7356  
[dmacklingulick@sfccmo.edu](mailto:dmacklingulick@sfccmo.edu)



## Spirit Squad/Roadettes Tryouts Saturday, March 4, 2023 9AM

Tryouts will be held in the Fred E. Davis Multipurpose Building.

**ONLY those who are trying out may be in the gymnasium at the time of tryouts!**

Please Note: As the day progresses cuts could be made, until the final decision has been made. The Head Coach Dawn Macklin-Gulick will be the only one making the decision

on who makes the FINAL squad! There will be outside judges present the day of tryouts.

\*Times could vary due to the progression of the day\*

**REQUIREMENTS:**

- **RETURNEES:** You are expected to perform at a higher standard than other candidates, as you have been a part of the State Fair Community College Spirit Squad for at least one year. In addition, you will be judged on attitude, work ethic, integrity and character that you displayed over the course of a year by the coaches.
- Please remember that you only can make ONE first impression. When you arrive to clinic/auditions you should look
- "GAME DAY" ready (this includes your attire, hair, and make-up). Your "collegiate image" as a cheerleader/dancer is important.

**Females: Attire: Plain (no print)**

- BLACK fitted shorts or briefs
- WHITE T-Shirt (plain, no print)
- White cheerleading shoes or athletic shoes
- Hair ½ up ½ down

**Skills Required:**

- Tumbling is not a Requirement, however at least a standing back handspring is highly suggested.
- Jumps-Toe Touch and Right/Left Kicks
- Stunting-potential to learn coed and all-girl stunting
- Execution of cheerleading motions which will include learning Cheers/chants/dances

**Males: Attire: Plain (no print)**

- Black Shorts
- White T-Shirt (NO cutoffs)

**Skills Required:**

- Potential to coed and help with all girl stunting

**All members of the team are NOT guaranteed to receive a scholarship.**

**Roadettes Dance Team Tryouts:**

**Attire: Plain (no print)**

- Black spandex shorts or leggings
- White t-shirt (not baggy) or fitted tank (no print)
- Dance-jazz shoes (bring tennis shoes for hip-hop)

**TRYOUTS:**

Please bring a 5x7 headshot photo with you to auditions along with a completed Interest Form. Non-Returnable.



- Recommended skills include double pirouettes, split leaps (also called straight leaps or jetés in ballet), and splits.
- Tryout routine is usually around sixteen 8 counts (about a minute) of intermediate to advanced level choreography, similar to what we learn and perform.
- **There will be a showcase of around four 8 counts of music for dancers to choreograph themselves, showing off technical skills and flexibility.** Dancers who want to be a step ahead should come to tryout clinics with your sixteen 8 counts already prepared--just choreograph something that can fit most any upbeat song!



## State Fair Spirit Squad 2022-2023 Team Commitment

By signing this form, I am acknowledging that I am auditioning for a position on The State Fair Community College Spirit Squad. If I were to make the team I understand that I am making a commitment to The State Fair Community College Spirit Squad. I understand that should I attempt to earn a position on another team, I will be immediately disqualified from and removed from the SFCC Spirit Squad.

State Fair Community College is committing substantial time and funds to prepare me to be a member of the team. There are other people interested in the position that I may earn and a team that is depending on me, which is why it is important to take this commitment seriously.

\_\_\_\_\_  
Prospective Cheerleader Name Printed

\_\_\_\_\_  
Date

\_\_\_\_\_  
Prospective Cheerleader Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Coach Dawn Macklin-Gulick Signature

\_\_\_\_\_  
Date

RELEASE AND WAIVER OF LIABILITY  
State Fair Community College  
Athletic Try-Out

The undersigned, being the age of 18 or above, desires to participate in the intercollegiate athletic try-out for the \_\_\_\_\_ team, which will involve physical exertion and physical contact, possibly in hot and extreme conditions. I realize that these activities are potentially hazardous. I should not attempt the try-out unless I am medically able and properly trained which I represent myself to be. I assume any and all risks associated with the try-out, including but not limited to, extreme physical exertion, falls, bodily injury due to physical contact, and effects of weather including high heat and/or humidity, all such risks being known and appreciated by me. I attest that I am physically fit and sufficiently trained to participate in this try-out. I understand that my participation in the try-out at State Fair Community College is entirely voluntary on my part.

The undersigned understands that his/her participation in the activities are not covered by College provided insurance. Knowing the risks, and in consideration of being permitted to participate in the try-out, I for myself and my personal representatives, heirs and assigns, do hereby hold harmless and release, waive, discharge and covenant not to sue the Board of Governors or State Fair Community College, its Board Members, officers and employees (hereinafter collectively referred to as SFCC) from any and all claims of liability on account of death or injury to person or property of the undersigned of any kind of nature whatsoever arising out of, or in any way connected with , the undersigned's participation in the try-out, even though the claim or liability may arise out of the negligence or carelessness on the part of SFCC or any third person, whether foreseen or unforeseen, known or unknown.

The undersigned hereby expressly agrees that this release and waiver is intended to be as broad and inclusive as permitted by the laws of the State of Missouri and that if any portion hereof is held invalid, it is agreed that the balance, notwithstanding, continue in full legal force and effect.

The undersigned further stated that he/she has carefully read the forgoing release and Waiver of Liability, knows the contents thereof, and has agreed to sign this Release and Waiver of Liability as he/her own free act and deed.

\_\_\_\_\_

Date

\_\_\_\_\_

Undersigned – Print Name

\_\_\_\_\_

Signature

\_\_\_\_\_

Parents Signature (if athlete is under 18 yrs. Of age