

# Eastern Oklahoma State College Cheerleading Tryout Requirements

**\*\*Video Tryouts are accepted but must be received by  
April 16, 2010\*\***

Jumps: Toe Touch  
Front Hurdler  
Pike  
Combination of three (3) jumps including  
Toe touch.

Tumbling: Standing back handspring-required,  
standing back tuck preferred.  
Round-off back handspring back tucks

Stunting: Lib single down-required, double-down preferred.  
Must fly on all girl & partner; Any optional stunt of  
your choice.

Cheer: Each candidate must make up the motions to the  
words provided and incorporate standing tumbling  
or jump into it (if you cannot tumble). Pauses can  
not be changed...X=Pause

Words: Eastern X That's Right XXX Blue Gold & White.  
On Top Once Again X Yell Go Fight Win X Go  
Fight Win (repeat go fight win as many times as  
you want)

You are strongly encouraged to tryout for the squad even if  
you are not able to complete all the require skills.

# Eastern Oklahoma State College Tryouts

1301 W. Main Street Wilburton, OK 74578

## Medical Release and Liability Waiver

In recognition of, and with knowledge of, the fact that engaging in the sport of Cheerleading involves a substantial risk of personal injury, I, the undersigned, warrant that I am in good physical condition and hereby agree to assume the risk of any injury I may suffer as a result of my participation in the cheerleading clinic, practice, and tryouts at Eastern Oklahoma State College to be held on

\_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_.

Therefore, in consideration for being permitted to participate in such tryouts, I hereby release, waive, and forever discharge Eastern Oklahoma State College, the Office of Student Affairs, and Student Services Staff from any and every claim, demand or actions of whatever kind, arising from any bodily harm, personal injury or death resulting from any accident which may occur.

Further, and to the same extent and scope, I release said parties from any claim whatsoever which may be attributable to the receipt of first aid or other emergency treatment rendered me in connection with my participation in a cheerleading clinic, practice and or tryout.

I, undersigned, affirmatively swear that I am, at the time of signing, of legal age and fully competent to and do hereby execute this Release and Waiver on behalf of myself, my heirs, or assigns or have it signed by legal guardian or parent.

I further represent and warrant that I have read and fully understand the terms of this document and their legal significance.

In witness whereof I have voluntarily and without inducement from any party, executed this Release and Waiver on \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Name (Printed): \_\_\_\_\_

Signature: \_\_\_\_\_

Witness (Printed): \_\_\_\_\_

Witness Signature: \_\_\_\_\_

**APPLICATION FOR EASTERN OKLAHOMA STATE  
COLLEGE MOUNTAINEER CHEERLEADERS**

**Please send the following with application: small photo, high school or college official transcript, 3 letters of recommendation, and a \$25 (check, MO, or cash) for the application fee. Make payable to Eastern Oklahoma State College Foundation.**

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_ (STREET OR  
P.O. BOX) \_\_\_\_\_ (CITY) (STATE)  
\_\_\_\_\_ (ZIP CODE)

TELEPHONE/CELL NUMBER \_\_\_\_\_

HIGH SCHOOL/COLLEGE  
ATTENDED \_\_\_\_\_

COACH/DIRECTOR \_\_\_\_\_

PARENTS'  
NAMES \_\_\_\_\_

ADDRESS \_\_\_\_\_  
(STREET OR P.O. BOX) \_\_\_\_\_  
\_\_\_\_\_ (CITY) (STATE) (ZIP CODE)

TELEPHONE  
NUMBER \_\_\_\_\_

PERSONAL  
QUALIFICATIONS \_\_\_\_\_  
(HEIGHT) (WEIGHT) (BIRTHDAY M-D-Y)

LIST ANY TALENTS, ACCOMPLISHMENTS, OR HONORS  
YOU THINK ARE IMPORTANT BELOW

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## CHEERLEADING TRYOUT PARTICIPATION PACKET CHECKLIST

Please complete all of the attached documents and return them to Eastern Oklahoma State College Cheerleading no later than April 17, 2010. (You may hand deliver it to the Cheerleading Clinic, however, if any documents are missing, you will not be allowed to participate).

- 1. Cheerleading Application
- 2. Medical Release and Liability Waiver
- 3. Copy of high school transcript or college transcript
- 4. \$25.00 Application Fee

PLEASE RETURN TO:

Elizabeth Duncan  
Eastern Oklahoma State College  
1301 W. Main Street  
Wilburton, OK 74578