



# Hawai'i Pacific University Cheer Program

## 2009–2010 Tryout Information

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ALOHA!

Listed below is information regarding the tryout process for the Hawai'i Pacific University Cheer Program. Specifically, you will find information regarding the Cheer Team rules and responsibilities, terms of tuition waiver, the live and video tryout procedure, tryout material and score sheet, and tryout information sheet. Please review this information thoroughly.

- **Eligibility** - To be eligible for the team, you **MUST** be accepted to the University prior to the live tryout date of April 18, 2009. Failure to do so will delay or negate your tryout process. This takes approximately three weeks to process. To expedite this process, be sure to submit your HPU application and fee, all academic transcripts from your high school and other colleges, and a copy of your SAT/ACT scores to the Admissions Office. You can also apply online at the following website: <http://www.hpu.edu/admissions>.  
Only new, incoming students and returning team members are eligible for cheer scholarships. Both **Undergraduate** and **Graduate** students are eligible.
- **Live Tryouts** will be held on **April 18, 2009 and April 19, 2009** at the Moanalua High School gymnasium (2825 Ala Ilima St., Hon. HI 96818). You must **attend both days**. Please check our website [www.hpu.edu/cheer](http://www.hpu.edu/cheer) on March 1, 2009 for specific times and a detailed schedule of events. If you plan to attend, please email Head Cheer Coach, Garrin Gosnell, at [cheer@hpu.edu](mailto:cheer@hpu.edu) by April 1, 2009. Be sure to include your name, HPU student ID #, and contact phone number. Please bring your *Tryout Information Sheet*, *Cheerleading Resume*, and a *current photo* of yourself to the first day of tryouts. Also, please note that there will be **NO SPRING FLOOR!**
- **Video Tryout** by *Videotape, YouTube, or DVD* - Please refer to the *Tryout Procedure* and *Tryout Material* format for detailed information/requirements and arrange your video accordingly. **All tumbling performed on a spring floor will NOT be scored.** If you are submitting a hard copy video, only VHS tapes and DVD-Rs will be accepted (No CD-Rs allowed). All video submissions must be received by **April 16, 2009**.
- **Tryout Results** - Scholarship amounts will be awarded according to tryout results. Once the team(s) has been selected, you will be notified via phone or email by the Head Cheer Coach on or before **April 27, 2009**.
- **Accommodations** - If you need accommodations while in Honolulu, call the Aqua Resorts reservations line at (866) 406-2782 or book your reservations directly thru [www.aquaresorts.com](http://www.aquaresorts.com). Be sure to include the special rate access code of "HPUAD" to receive the special HPU rate. The Aqua Resorts properties include the Aqua Palms & Spa, Aqua Aloha Surf, and Aqua Waikiki Wave.

I appreciate your interest in our national championship program. If you have any questions, feel free to contact me via email [cheer@hpu.edu](mailto:cheer@hpu.edu) or phone toll free at (866) CALL HPU ext. 62477 or (808) 566-2477. Good luck and I look forward to viewing your tryouts.

Mahalo,

Garrin Gosnell  
HPU Head Cheer Coach



# Hawai'i Pacific University Cheer Program

## 2009–2010 Tuition Waiver Rules and Responsibilities

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### TUITION WAIVER RULES

*STUDENTS MUST BE ACCEPTED TO THE UNIVERSITY TO BE ELIGIBLE FOR TUITION WAIVERS.*

1. All Cheer Team members (Coed & Small Coed) are provided with either 100% or 80% tuition waivers, which is valid for the 2009-10 academic year, while members are fulfilling their responsibilities.
2. Tuition waivers cover **tuition only**. Each Cheer Team member is responsible for books, housing, and other fees.
3. All Cheer Team members receiving tuition waivers must be registered for at least 12 credits and maintain a 2.5 cumulative GPA during both the Fall & Spring semesters at HPU. If these conditions are not met, members may be placed on probation or suspension, which can ultimately lead to dismissal from the program and loss of tuition waiver.
4. Scholarship amounts may be increased or decreased on a case by case basis at the discretion of the Cheer Coach, Associate Director – Spirit Programs, and/or Dean of Students.
5. All Cheer Team members must tryout every year. Tuition waivers are awarded each year depending on tryout results and performance. Returning Cheer Team members are not guaranteed the same tuition waiver they may have received the prior year.

### CHEERLEADING RESPONSIBILITIES

1. Cheer Team members are representatives of Hawai'i Pacific University in and out of uniform and will be expected to uphold the highest standards of moral conduct.
2. Academics and Cheer Team activities are top priorities.
3. A positive attitude must be maintained toward all team members, coaches, and HPU representatives including faculty and staff.
4. Cheer Team members will be required to sign an agreement outlining the policies and procedures and the code of conduct for the Cheer Team. Failure to abide by the terms may result in termination and revocation of tuition waiver.
5. Any Cheer Team member under the influence of drugs or alcohol during a practice, game, event, or function will be terminated from the team and their tuition waiver revoked. Moreover, unannounced drug tests will be administered.
6. Cheer Team members are required to attend and participate in all practices and conditioning sessions, school games, and HPU events. All team members must be on time and dressed appropriately.
7. Cheer Team members are expected to be in and maintain a healthy and physically fit condition. Thus, all members will participate in a conditioning and weight training program.
8. Sportsmanlike conduct must be maintained at all times. Verbal abuse and cursing, at any event, will not be tolerated.
9. Cheer Team members will actively participate in fundraising projects, benefit performances, and volunteer work for the community.
10. Cheer Team members are required to attend NCA summer camp and are responsible for their airfare/transportation to and from this event.
11. Cheer Team members are responsible for their own housing and living expenses during the entire year. Due to the year round Cheer Team schedule, Cheer Team members may not be able to take all breaks (i.e. Thanksgiving weekend, Spring Break, etc.).
12. With all of the duties and responsibilities of being a Cheer Team member, there is very little time for a job. Some team members have found jobs that allow them flexible schedules, but they are hard to find. Nevertheless, these waivers are subject to termination at any time if Cheer Team duties are not fulfilled.



# Hawai'i Pacific University Cheer Program

## 2009–2010 Live and Video Tryout Procedure

**All applicants must be accepted to the University prior to tryouts.**

Tryout appearance should be “**performance ready**”. Please remove all piercings and cover up tattoos. Females: Hair half-up, with bow, straight or curled. Wear a black sports bra and black spandex. Males: Hair should be clean-cut and face clean-shaven. Wear solid colored shirt and black shorts.

- **LIVE TRYOUTS** will be held on **April 18, 2009 and April 19, 2009** at the Moanalua High School gymnasium (2825 Ala Ilima St., Hon. HI 96818). You must *attend both days*. If you plan to attend, please email Head Cheer Coach, Garrin Gosnell, at [cheer@hpu.edu](mailto:cheer@hpu.edu) by April 1, 2009. Be sure to include your name, HPU student ID #, and contact phone number. Please bring your *Tryout Information Sheet, Cheerleading Resume, and a current photo* of yourself to the first day of tryouts. Also, please note that there will be **NO SPRING FLOOR!**

\*Please check our website [www.hpu.edu/cheer](http://www.hpu.edu/cheer) on March 1, 2009 for specific times and a detailed schedule of events.

- **VIDEO TRYOUT - ALL** video tryouts must be received by **April 16, 2009**. Please refer to the *Tryout Material and Score Sheet* for detailed information/requirements and arrange your video accordingly. All **tumbling performed on a spring floor will NOT be scored.**

\*Make sure it is clear which person is trying out on the video. At the beginning of your video, please introduce yourself and indicate which position and team you are trying out for. See “Tryout Material” for the order and list of skills required for your tape. At the end of your tape, please include your personal interview answers. The Interview Questions are listed at the end of the Tryout Information sheet.

**DO NOT** send any extra material or clips of your past performances. **DO NOT** send any material performed on a spring floor.

Label the top, the side, and the sleeve of your video with your team preference, position, your full name, current address, contact phone number, and email address.

- **Videotape and DVD** - If you are submitting a hard copy video, only VHS tapes and DVD-Rs will be accepted (No CD-Rs allowed). All hard copy video submissions, the *Tryout Information Sheet*, and a *current photo* must be received by April 16, 2009.

Hawai`i Pacific University  
2009-2010 Cheer Tryouts  
1188 Fort Street Mall, Suite 105  
Honolulu, HI 96813-2713

- **YouTube** - If you are posting your video tryout to YouTube, please email your video link, attach the *Tryout Information Sheet*, and *current photo* to [cheer@hpu.edu](mailto:cheer@hpu.edu). All YouTube submissions must be received by April 16, 2009.

Videos received after April 16, 2009 will be accepted, but may be subject to a waiting list. If a position becomes available, those on the waitlist will be reviewed and notified, if selected for the team.

All applicants will be notified of their tryout results via email or phone call on or before April 27, 2009. Scholarship amounts will be awarded according to tryout results.

## Tryout Material and Score Sheet

### Coed Tumblers-Male

- One Sideline Chant: "Hawaii Pacific X X Let's Go!" 5pts
- Jump Section: *Toe touch, pike standing Full* \*Required 5pts
- Standing Pass 1: *Specialty Ending in a Full* 10pts
- Running Pass 1: *Specialty Ending in a Full* 10pts
- Optional Pass, Stunt: *Specialty to a full* 10pts
- Interview/Appearance: 10pts  
50pts

### Coed Tumblers-Female

- One Sideline Chant: "Hawaii Pacific X X Let's Go!" 5pts
- Jump Section: *Toe touch, Pike jump, standing Back* \*Required 5pts
- Standing Pass 1: *Two back handspring, Full* \*Required
- Standing Pass 2: *One back handspring, Full*
- Running Pass 1: *Specialty Ending in a Full* 10pts
- Optional Pass, Stunt: *Specialty to a Full* 10pts
- Interview/Appearance: 10pts  
50pts

### Coed Stunters (Male)

- One Sideline Chant: "Hawaii Pacific X X Let's Go!" 5pts
- Jump Section: *Toe touch, Pike jump, standing Back* \*Required 5pts
- Stunt 1: *Full-Up Overstretch, Double down* 10pts
- Stunt 2: *Rewind Scorpion, Double down* 10pts
- Optional Pass, Stunt: *Something to a full* 10pts
- Interview/Appearance: 10pts  
50pts

### Coed Flyers (Female)

- One Sideline Chant: "Hawaii Pacific X X Let's Go!" 5pts
- Jump Section: *Toe touch, Pike jump, standing Back* \*Required 5pts
- Stunt 1: *Full-Up Overstretch, Double down* 10pts
- Stunt 2: *Rewind Scorpion, Double down* 10pts
- Basket Toss: *Flipping/Twisting to get the full pts.* 10pts
- Optional Stunt or Pass: *Something to a full* 10pts
- Dance (Females only): 10pts
- Interview/Appearance: 10pts  
70pts

### Small Coed (Males/Female Bases/Flyers Included)

- Standing Full \*Required (Males)
- One Sideline Chant: "Hawaii Pacific X X Let's Go!" 5pts
- Jump Section: *Toe, Pike, Back*\*Required 5pts
- Stunt 1: *Full-Up Overstretch Double* 10pts
- Stunt 2: *Rewind Scorp Double* 10pts
- Running Pass 1: *specialty to a full* \*Required 10pts
- Optional Flipping Basket or Standing Pass: *something to a full* 10pts
- Dance (Females only): 10pts
- Interview/Appearance: 10pts  
70pts

\*Cheer Teams and Positions:

Small Coed - Flyer, Side Base, Main Base, Back/2man- Side or Main (**no front spots**)

Coed - Flyer, Stunter, Tumbler

\* Females must perform a dance combination (4-eight count minimum)

\* Flexibility and double downs are required for all flyers.

\* **NO SPRING FLOOR!**



# Hawai'i Pacific University Cheer Program

## 2009-2010 Tryout Information Sheet

**\*PLEASE PRINT CLEARLY\***

I am trying out for (circle one): **Small Coed**      **Coed**      **Both**

I am a (circle one): **Flyer**      **Stunter**      **Tumbler**

**Side Base**      **Main Base**      **Back Spot**

### PERSONAL INFORMATION

Name: \_\_\_\_\_

HPU Student ID #: @ \_\_\_\_\_ Birth Date: \_\_\_\_\_

Personal Email Address: \_\_\_\_\_

HPU Campus Email Address: \_\_\_\_\_@campus.hpu.edu

Height: \_\_\_\_\_ Weight: \_\_\_\_\_

Jacket: \_\_\_\_\_ T-Shirt: \_\_\_\_\_ Cheer shoe size: \_\_\_\_\_

Women only - Sports Bra: \_\_\_\_\_ Spandex: \_\_\_\_\_

Men only - Shorts: \_\_\_\_\_ Underarmour: \_\_\_\_\_

### MAILING ADDRESS (May - July 2009)

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: (\_\_\_\_) \_\_\_\_\_ Cell Phone: (\_\_\_\_) \_\_\_\_\_

### PERMANENT ADDRESS (if different from above)

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

### EMERGENCY CONTACT INFORMATION

Name/Relationship: \_\_\_\_\_

Contact Phone Number(s): \_\_\_\_\_ Email: \_\_\_\_\_

## **ADDITIONAL INFORMATION**

High School graduated from: \_\_\_\_\_ Cumulative GPA: \_\_\_\_\_

College transferring from (if applicable): \_\_\_\_\_

Major: \_\_\_\_\_ Cumulative GPA: \_\_\_\_\_

How did you hear about the HPU Cheer Program and tryouts?

Have you previously attended HPU?

Have you applied and been accepted for the fall?

## **INTERVIEW QUESTIONS**

If you are attending live tryouts, the following questions will be asked during your personal interview segment. If you are submitting a video, please record your answers to the following questions at the end of your tape.

Please answer the following questions truthfully and thoroughly.

1. What is your full name and nickname?
2. How long have you been cheering?
3. What is your competitive cheer background?
4. What can you bring to this program personally and as a cheerleader?
5. What are your educational goals?
6. Are you willing to accept change and diversity and commit to a lot of hard work? (practice, games, appearances, fundraisers, community service, etc...)