



2020-2021 Cal Cheerleading and Dance Team Auditions Video and Virtual Process

Audition Packet

- Current Photo in the same clothing you are wearing in your tryout video.
- Returning Cal Students - Unofficial transcript (You must have at least a 2.0 GPA in order to tryout!) - Please use your CalCentral Academic Summary if you cannot get a copy of your transcript.
- Letter of Acceptance if you are an Incoming Freshman
- Release Agreement (Specific for Cheerleading/Dance)
- New Athlete Health History
- Athletes Health History Questionnaire
- Responsibility and Schedule for both squads
- Video Submission, see below requirements.

Preliminary Video tryout submissions will be due by
11:59pm Monday, June 8th

You will be asked to upload all videos, waivers, photos to box.berkeley.edu. Upon registration you will be assigned a folder and uploading permission. Please name each file clearly including full name and team applying for.

- Example: Oski The Bear - Cal Cheerleading Application Packet

Video Submission Process/Timeline:

- **Friday, May 29th - 11:59pm** - Online registrations deadline!
- **Saturday, May 30th** - Choreography and uploading instructions will be emailed to all registered applications for both Cheer and Dance.
- **Monday, June 8th - 11:59pm** - Video and Audition Packets DUE
- **Week of June 15th** - Finalist/next round announced via email
 - Dance Finalist will receive choreography for Hip Hop Routine would on June 13th or 14th with a due date of Saturday, June 20th at 11:59 PM
 - 2nd Round interviews during the week June 15th for Cal Cheerleading
 - 2nd Round interviews during the week of June 15th for Cal Dance Team
- **Monday, June 22nd** - Announce the Team! Via email and on our website by Noon PT



Cal Cheerleading Ladies Video Requirements:

- Introduction of Self (name, year in school, and short list of experience)
- Big C – Video released Saturday, May 30th 2020
- Jumps - toe touch and second jump of choice
- Stunting Skills (any position you can do – specify your position on the video)
- Standing Back handspring/other standing tumbling skills, running tumbling skills

Cal Cheerleading Gentleman Video Requirements:

- Introduction of Self (name, year in school, and short list of experience)
- Big C - Video released Saturday, May 30th 2020
- Any footage of partner or group stunting as recent possible. Ideally, 2-3 sequences of your choice that best highlight your ability as a base.
- Standing tumbling skill

Cal Dance Team Video Requirements:

- Introduction of Self (name, year in school, and short list of experience)
- Fight for California – Video released Saturday, May 30th 2020
- Technique Combination – Video released Saturday, May 30th 2020
- Jazz Routine – Video released Saturday, May 30th 2020
- Hip Hop Routine – Video released Weekend of June 13th/14th 2020 for Finalists

PDF File Creator * If you do not have access to a scanner and would like to have one

1. [AdobeScan](#) app - You can login with your berkeley.edu email address, it works well, and is a reputable company.
2. [Cam Scanner](#) app - Free, works well and is easy to use.



2020-2021 CAL CHEERLEADING AND CAL DANCE TEAM APPLICATION

PLEASE ATTACH THE FOLLOWING TO THIS APPLICATION:

- **An unofficial transcript (You must have at least a 2.0 GPA in order to tryout!)**
- **A photo of yourself (a snapshot is fine)**
- **Release Agreement**
- **New Athlete Health History (or a current physical)**
- **Athletes Health History Questionnaire**
- **Letter of Acceptance if you are an Incoming Freshman – If you do NOT have this you will not be eligible to audition**

Please list your past experience of Cheer/Dance (or attach resume)

If chosen, what would you contribute to the Cal Cheerleading/Cal Dance Team?

This application must be turned with your Application Packet



2020-2021 CAL CHEERLEADING TRY-OUT REQUIREMENTS

Cal Cheerleading is a group of men and women who support Cal Athletics through traditional collegiate cheerleading. Those performances span through Cal Athletics, campus, alumni, and community events.

Cal Cheerleading currently functions under the direction of an advisor and coach. Physical and medical support is available through Student Health Services.

All current squad members must audition for each successive year in which they wish to participate. A squad of no more than 20 members will be selected for each season.

You will need to provide your own make-up, hair products, and under garments. Partial uniform, travel, and other approved budgetary items are covered by the Athletic Department. However, members will be required to participate in fundraising efforts as determined by the Spirit Coordinator and Coaches.

Each member of the squad will receive 2 home football, men's basketball tickets, and women's basketball. Tickets to other contests, i.e., bowl games, NCAA tournament and Pac-12 tournaments will be issued at the discretion of the Athletic Department. This is subject to change.

In order to audition for the Cal Cheer Team you must be a current registered Cal student with at least a 2.0 GPA or have received a letter of acceptance for Fall 2020 by the audition date.

Fill out and complete all documents listed under Required Forms. This includes the application with a photo and transcripts, Health History Form, Athletes Health History Questionnaire, and Release Waiver. You will be required to carefully read and sign the Cal Cheer Team Constitution, Code of Conduct and Travel Policies plus the Points System which states guidelines for all members of the team should you be selected to the team. These forms will be provided once the team is announced.

TUMBLING

Standing back handspring for all female candidates will be highly recommended. Male candidates tumbling is not required but highly recommended. Please demonstrate any tumbling you have during try-outs.

FIGHT SONGS

You will perform the fight song "BIG C" as an important piece of the try-out. This is performed throughout the season at all games, events and performances. We are looking for sharp motions, crowd appeal and confidence.

PARTNER STUNTS

We would like to see both coed and all-girl style stunting. Try-outs footage of partner or group stunting as resented possible.

TRY-OUT INFORMATION



Required Forms

1. Health History form
2. Athletes Health History Questionnaire
3. Release Waiver
4. 2020-2021 Application w/attached photo
5. Unofficial Transcripts (Seniors – attach your High School Transcripts)

Requirements

You will perform the following during your try-out:

1. School Fight Song “BIG C”
2. Sideline Cheer
3. Stunt Sequence
 - a. We want to see a variety of skills & transitions
4. Standing Tumbling (Standing Back handspring if possible/and any other elite standing tumbling skills)
5. Running tumbling (not a requirement, but a plus)
6. Toe Touch & Second Jump of choice

Proper Attire

Please be aware this is an important part of the selection process – you must look game ready during the actual try-out

Ladies- You may wear natural make up and your hair back, out of your face. Please wear solid colored t-shirts or small logo tops or sport tops with athletic shorts (no spandex), white socks and tennis shoes. No jewelry.

Gentlemen- You must be clean shaven and have trimmed hair. No earrings or jewelry! Please wear solid t-shirts, gym shorts, white athletic socks, and tennis shoes.

Please be tasteful in your selections.



CAL CHEERLEADING RESPONSIBILITIES AND SCHEDULES

Responsibilities

Responsibilities include, but are not limited to: all practices (summer, winter, spring school semesters) and conditioning during the year, Friday “noon rallies”, football, volleyball, men’s & women’s basketball games, women’s gymnastics meets, alumni and community events, Cal Spirit events and fundraising. Some events can occur after the basketball season ends, which you will be required to attend.

Practices

Summer: TBA
Fall: Tuesday and Wednesday 7pm-10pm
Spring: Tuesdays and Wednesday 7pm-10pm (pending basketball games)
Note: Times vary depending on availability of the facility. Do not plan a tight schedule around these dates & times. Practices are REQUIRED and there will be no exceptions)

Football Season

Rallies: Friday’s from 12-12:30 pm we have pep rallies for home football games. Squad call time: 11:30am
Homecoming Rally – Friday evening prior to the Homecoming Football Game.
Bonfire Rally – Friday evening prior to the Big Game vs. Stanford
Games: Saturdays you will arrive 3 hours prior to the start of the game. Perform at “March to Victory” and pre-game rally on upper Sproul, march with the Band to Memorial Stadium stopping at Tailgate Town to perform.
Travel: For away football games, you will leave Friday morning and return Saturday evening after the game – this can fluctuate by a few days
Big Game Perform at several community and alumni events beginning on the Sunday prior to Big Game through the following Sunday or Monday, if the Bears win.
Bowl Game: Bowl games are usually held between December 23rd and January 1st. All members are required to be available. *(NOTE: This is during the winter holiday, so you must be available to travel during that time. Do not make holiday plans until we know our travel schedule)*

Volleyball

Games: Cheer at home volleyball matches. Check calbears.com for specifics game dates.
Post Season: Participation is mandatory if the Volleyball Team hosts the NCAA Playoffs at home or advances to the Final Four



Basketball

- Games: Pre-season games are played on various days of the week. Pac-12 games are played on Thursdays and Saturdays. *(NOTE: Look at the schedule ahead of time & save all dates. We will disperse between teams & stunt groups, but you need to be available for all games)*
- Travel: Post-Season Pac-12 Tournament and NCAA/NIT Tournament in March. The Women's Pac-12 Tournament is scheduled for the first week in March, located in Las Vegas and the Men's Pac-12 Tournament is scheduled for the second week in March, located in Las Vegas. *(NOTE: This could be Spring Break, so you must be available to travel during that time)*

Winter Break & Spring Break

Cal Cheerleaders must be available during Winter Break and Spring Break for basketball games. Please let your family know that you must be available during these times. If they purchase tickets for you as a gift you are not excused & will still be responsible for the games you are assigned. Be proactive! You MUST consult with your coach before any commitments are made during this time.

OTHER

Cal Cheerleaders must be available for numerous alumni, community, campus and fundraising events that occur sporadically throughout the year. Also, other public appearances are sometimes requested and each member is required to attend.

Cal Cheerleaders could have additional cost to cover throughout the year.

Should you leave the program at any point in the year, you must wait one full season to try out for the team again. For example should you leave this Fall, you cannot tryout until 2022-2023 season.

Please note that the schedules shown are estimates based upon previous year's schedules. The schedule may vary from year to year.



RELEASE WAIVER

I understand that there are risks and dangers inherent in participating and/or receiving instruction in **Cal Cheerleading**. I also understand that in order to be allowed to participate and/or receive instruction in **Cal Cheerleading** I must give up my rights to hold The Regents of the University of California liable for any injury or damage which I may suffer while participating and/or receiving instruction in **Cal Cheerleading**.

Knowing this, and in consideration of being permitted to participate and/or receive instruction in the **Cal Cheerleading**, I hereby voluntarily release The Regents of the University of California from any and all liability resulting from or arising out of my participation and/or receipt of instruction in **Cal Cheerleading**.

I understand and agree that I am releasing not only the entities set forth in the paragraph above, but also the officers, agents, and employees of those entities.

I understand and agree that this Release will have the effect of releasing, discharging, waiving and forever relinquishing any and all actions or causes of action that I may have or have had, whether past, present or future, whether known or unknown, and whether anticipated or unanticipated by me, arising out of my participation and/or receipt of instruction in **Cal Cheerleading**. This Release constitutes a complete release, discharge and waiver of any and all actions or causes of action against The Regents of the University of California, its officers, agents, or employees.

I understand and agree that this release applies to personal injury, property damage, or wrongful death, which I may suffer, even if caused by the acts or omissions of others.

I understand and agree that by signing this Release, I am assuming full responsibility for any and all risk of death or personal injury or property damage suffered by me while participating and/or receiving instruction in **Cal Cheerleading**.

I understand that and agree that this Release will be binding on me, my spouse, my heirs, my personal representatives, my assigns, my children and guardian ad litem for said children.

I understand and agree that by signing this Release, I am to release, indemnify and hold The Regents of the University of California and their officers, agents, and employees harmless from any and all liability or costs, including attorney's fees, associated with or arising from my participation and/or receipt of instruction in **Cal Cheerleading**.

I understand that if I am signing this Release on behalf of my minor child, that I will be giving up the same rights for said minor as I would be giving up if I signed this document on my own behalf.

I acknowledge that I have read this Release Agreement and that I understand the words and language in it. I have been advised of the potential dangers incidental to participating and/or receiving instruction in **Cal Cheerleading**.

Dated: _____

Print Name: _____

Sign Name: _____

Participant's name: _____
Please Print

UNIVERSITY OF CALIFORNIA,

Waiver of Liability, Assumption of Risk, and Indemnity Agreement

Waiver: In consideration of being permitted to participate in any way in

hereinafter called "The Activity", I, for myself, my heirs, personal representatives or assigns, **do hereby release, waive, discharge, and covenant not to sue** The Regents of the University of California, its officers, employees, and agents from liability **from any and all claims including the negligence of The Regents of the University of California, its officers, employees and agents**, resulting in personal injury, accidents or illnesses (including death), and property loss arising from, but not limited to, participation in The Activity.

Signature of Parent/Guardian of Minor Date Signature of Participant Date

Assumption of Risks: Participation in The Activity carries with it certain inherent risks that cannot be eliminated regardless of the care taken to avoid injuries. The specific risks vary from one activity to another, but the risks range from 1) minor injuries such as scratches, bruises, and sprains 2) major injuries such as eye injury or loss of sight, joint or back injuries, heart attacks, and concussions to 3) catastrophic injuries including paralysis and death.

I have read the previous paragraphs and I know, understand, and appreciate these and other risks that are inherent in The Activity. I hereby **assert that my participation is voluntary and that I knowingly assume all such risks.**

Indemnification and Hold Harmless: I also agree to INDEMNIFY AND HOLD The Regents of the University of California HARMLESS from any and all claims, actions, suits, procedures, costs, expenses, damages and liabilities, including attorney's fees brought as a result of my involvement in The Activity and to reimburse them for any such expenses incurred.

Severability: The undersigned further expressly agrees that the foregoing waiver and assumption of risks agreement is intended to be as broad and inclusive as is permitted by the law of the State of California and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

Acknowledgment of Understanding: I have read this waiver of liability, assumption of risk, and indemnity agreement, fully understand its terms, and **understand that I am giving up substantial rights, including my right to sue.** I acknowledge that I am signing the agreement freely and voluntarily, and **intend by my signature to be a complete and unconditional release of all liability** to the greatest extent allowed by law.

Signature of Parent/Guardian of Minor Date Signature of Participant Date



2020-2021 CAL DANCE TEAM

AUDITION REQUIREMENTS

General Information

The Cal Dance Team is an organization of young women that uniquely combines elements of dance and song leading into dynamic performances for Cal athletics, campus, alumni and community events.

The Cal Dance team currently functions under the direction of an advisor and coach. Physical and medical support is available through the Cal athletic department.

All current squad members must audition for each successive year in which they wish to participate. A squad of no more than 10-15 members will be selected for each season.

You will need to provide your own make-up, hair products, and nylons. Members may be required to pay a participation fee to offset the cost of camp, uniforms and travel. A payment plan can be set up for your convenience. Unpaid fees will be applied to your CARS account at the end of the year.

Each member of the squad will receive 2 home football, men's basketball, and women's basketball tickets. Tickets to other contests, i.e., bowl games, NCAA tournament and Pac-12 tournaments will be issued at the discretion of the Athletic Department. This is subject to change.

In order to audition for the Cal Dance Team you must be a current registered Cal student with at least a 2.0 GPA or have received a letter of acceptance and have committed for Fall 2020 by the audition date. Fall Program for Freshman students are eligible to audition.

Fill out and complete all documents listed under Required Forms. This includes the application with a personal photo and unofficial transcripts, Health History Form, Athletes Health History Questionnaire, and Release Waiver. You will be required to carefully read and sign the Cal Dance Team Constitution, Code of Conduct and Travel Policies plus the Strike System which states guidelines for all members of the team should you be selected to the team. These forms will be provided once the team is announced.

Practices

- Summer: TBA
- Fall: Tuesday and Thursday 7pm-10pm; Friday evening (time TBD)
- Spring: Tuesday and Thursday 7pm-10pm

Note: Times vary depending on availability of the facility. Do not plan a tight schedule around these dates & times. Practices are REQUIRED and there will be no exceptions)

Football Season

- Performs a more traditional song leading style of dance and performed to band music.
- Performs short game action cheers or chants led by the Mic Men but the squad itself does not lead cheers. The squad does not stunt; however, we welcome those who can tumble.
- 3-4 hour call time prior to game, "gameday ready"



Basketball Season

- Perform routines choreographed to band music during time-outs of basketball games.
- Perform halftime routines (of various styles) to pre-recorded music during basketball games.
- Perform short game action cheers or chants led by the Mic Men but the squad itself does not lead cheers. The squad does not stunt; however, we welcome those who can tumble
- 30 minute call time prior to game, “gameday ready”.

Volleyball

Games: Cheer at home volleyball matches. Check calbears.com for specifics game dates.

Post Season: Participation is mandatory if the Volleyball Team hosts the NCAA Playoffs at home or advances to the Final Four

Winter Break & Spring Break

Cal Dance Team members must be available during Winter Break and Spring Break for basketball games. Please let your family know that you must be available during these times. If they purchase tickets for you as a gift you are not excused & will still be responsible for the games you are assigned. Be proactive! You MUST consult with your coach before any commitments are made during this time.

OTHER

Cal Dance Team members must be available for numerous alumni, community, campus, and fundraising events that occur sporadically throughout the year. Also, other public appearances are sometimes requested and each member is required to attend.

Cal Dance Team members could have additional cost to cover throughout the year.

Should you leave the program at any point in the year, you must wait one full season to try out for the team again. For example should you leave this Fall, you cannot tryout until 2022-2023 season.

Please note that the schedules shown are estimates based upon previous year’s schedules. The schedule may vary from year to year.



Audition Requirements

Required Forms

1. 2020-2021 Application w/photo
2. Health History Form
3. Athletes Health History Questionnaire
4. Release Agreement
5. Transcripts (seniors attach your High School transcripts)

Audition Attire

Please wear all black clothing. Pants or dance shorts with flesh colored tights under are acceptable. Shirts should be form fitting tanks or halters. Jazz shoes or tennis shoes may be worn. Hair and makeup are to be game day ready. This means hair is to be worn down and styled. Makeup should include foundation, blush, neutral color shadow, false eyelashes, and a nude/pink lip.

Dance Requirement

You must be able to perform the following:

Turns – clean jazz triple pirouette, triple coupe’ turn, one 8 count of seconds into a double or triple pirouette, double pirouette into plié coupe’ double turn.

Kicks – front, side, back and tilt.

Extensions – leg hold on the right and left side. Front/Side Leg hold turn.

Leaps – split leap, jump in seconds (Russian split leap), turning leap with a back attitude (Calypso, standing and to the ground)

*Feel free to display any additional tricks or tumbling in the Freestyle portion of your audition.

Extra- Illusions, Aerials (optional), Attitude turns, Needle, all splits,

Do not wear watches, rings or jewelry other than stud/post earrings. Nude nail polish or French Manicure only. Tattoos must be covered.



RELEASE WAIVER

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Knowing this, and in consideration of being permitted to participate and/or receive instruction in the **Cal Dance Team**, I hereby voluntarily release The Regents of the University of California from any and all liability resulting from or arising out of my participation and/or receipt of instruction in **Cal Dance Team**.

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I understand and agree that this Release will have the effect of releasing, discharging, waiving and forever relinquishing any and all actions or causes of action that I may have or have had, whether past, present or future, whether known or unknown, and whether anticipated or unanticipated by me, arising out of my participation and/or receipt of instruction in **Cal Dance Team**. This Release constitutes a complete release, discharge and waiver of any and all actions or causes of action against The Regents of the University of California, its officers, agents, or employees.

I understand and agree that this release applies to personal injury, property damage, or wrongful death, which I may suffer, even if caused by the acts or omissions of others.

I understand and agree that by signing this Release, I am assuming full responsibility for any and all risk of death or personal injury or property damage suffered by me while participating and/or receiving instruction in **Cal Dance Team**.

I understand that and agree that this Release will be binding on me, my spouse, my heirs, my personal representatives, my assigns, my children and guardian ad litem for said children.

I understand and agree that by signing this Release, I am to release, indemnify and hold The Regents of the University of California and their officers, agents, and employees harmless from any and all liability or costs, including attorney's fees, associated with or arising from my participation and/or receipt of instruction in **Cal Dance Team**.

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I acknowledge that I have read this Release Agreement and that I understand the words and language in it. I have been advised of the potential dangers incidental to participating and/or receiving instruction in **Cal Dance Team**.

Dated: _____

Print Name: _____

Sign Name: _____

Participant's name: _____
Please Print

UNIVERSITY OF CALIFORNIA,

Waiver of Liability, Assumption of Risk, and Indemnity Agreement

Waiver: In consideration of being permitted to participate in any way in

hereinafter called "The Activity", I, for myself, my heirs, personal representatives or assigns, **do hereby release, waive, discharge, and covenant not to sue** The Regents of the University of California, its officers, employees, and agents from liability **from any and all claims including the negligence of The Regents of the University of California, its officers, employees and agents**, resulting in personal injury, accidents or illnesses (including death), and property loss arising from, but not limited to, participation in The Activity.

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Severability: The undersigned further expressly agrees that the foregoing waiver and assumption of risks agreement is intended to be as broad and inclusive as is permitted by the law of the State of California and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

Acknowledgment of Understanding: I have read this waiver of liability, assumption of risk, and indemnity agreement, fully understand its terms, and **understand that I am giving up substantial rights, including my right to sue.** I acknowledge that I am signing the agreement freely and voluntarily, and **intend by my signature to be a complete and unconditional release of all liability** to the greatest extent allowed by law.

Signature of Parent/Guardian of Minor Date Signature of Participant Date