



**Washburn University Cheerleading
2025-2026 Tryout Information
Saturday, April 26th and Sunday, April 27th, 2025
Located inside the Petro Allied Health Center**

Purpose: The mission of the Washburn University cheer program is to promote, support and represent the University and athletic programs in a positive manner and enhance the college gameday experience. We do this through proper promotion of school spirit, pride, tradition, and student involvement. As a traditional game day program, we are focused on increasing school spirit and fan engagement. We participate in summer camp(s) and College Nationals. We are looking for well-rounded, positive athletes with contagious, energetic personalities and confidence to lead a crowd. We have both all-girl and coed stunt groups. Team members come from across Kansas, the country and internationally. It is an honor and a privilege to be part of this organization, and we take a lot of pride in cheering on the Blue and White!

Attitude: Attitudes and/or egos shall be left at the door. Any past accomplishments in cheer/dance/stunting or otherwise, carry little weight in the selection process. The Washburn University Cheer coaching staff and University personnel have the right to remove any participant at any time for bad attitude, harassment (which also includes all forms of social media) or failure to follow safety guidelines and regulations for stunting or general safety of the program. Please be aware that as an ambassador of our school, social media/online presence will be considered during the tryout process.

**Tryouts: Please Register for Tryouts! You may email Coach Benyshek for your registration form or fill it out from our Instagram Link Tree: 2025 Tryout Sign Up Form.
@ichabodcheer**

If you feel ill on the day of tryouts, or have a scheduling conflict, please contact Coach Benyshek before tryouts start for an alternative. Video tryouts may only be submitted with prior approval from Coach Benyshek. All video tryouts must be submitted by midnight, Saturday, April 20th to be considered for evaluation. In person tryouts are highly regarded and encouraged.

**Tia Benyshek
Head Cheer Coach
785-431-6205
tia.benyshek@washburn.edu.**

To Prospective Member:

Thank you for your interest in joining the Washburn University Cheerleading Squad!
In this packet you will find:

- Tryout Dates and Requirements
- Tryout Schedule
- Tryout Application
- Tryout Waiver Form

***Please be sure to register online for tryouts and bring the following items *with you* to your interview on April 26th and turn into Coach Tia Benyshek to be eligible to participate.**

- 5x7 Headshot Photo (Non-returnable, first and last name printed on back)
- Cheerleading Tryout Application (fully completed)
- Proof of Acceptance and/or Enrollment Schedule for Fall Courses
- Copy of Health Insurance Card (front and back on the same sheet of paper)
- Tryout Waiver

***Place all items in order from above with a staple in the lefthand corner and plan to turn these in on the first day of tryouts at your interview! Please make sure each document is printed on its own sheet of paper, one sided print only please. ***

★ **VETERANS:** You are expected to perform at a higher standard than new candidates, as you have been a part of the team for at least one year. In addition, you will be judged on your attitude, work ethic, commitment, integrity, and character that you displayed during your time on the team. If you made the team in the past, a spot on the 2025-2026 is not guaranteed. In addition to the above, you will need to complete the following.

- Please bring a fully completed packet along with a 5x7 Headshot Photo
- Photocopy of Student ID
- Please make sure all uniforms have been turned into Coach and all 2025 Nationals expenses have been paid in full. Student accounts will be charged for non-returned items/delinquent accounts. This will put a hold on transcripts, re-enrollment, and graduation.

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

Tia Benyshek
Head Cheer Coach
785-431-6205
tia.benyshek@washburn.edu

Tryout Requirements

Prior to tryouts you are expected to know our fight song. Fight song will be taught in person at tryout clinics on February 16, March 16, April 6 from 2-4pm at Washburn's Dance Studio in the Petro Allied Health Center. Tryout clinics are \$30 each. To request a video of our fight song, please email tia.benyshek@washburn.edu

****The skills you perform at tryouts are expected throughout the year. This includes any tumbling and stunting skills to build upon. Only athletes trying out for the team may participate during the stunt section at tryouts.***

Females

Attire: Solid Color/no prints

- Black or navy sports bra
- Black or navy spandex
- White ankle socks
- White Cheerleading shoes or athletic shoes
- Natural colored hair. Hair ½ up ½ down with large soft curls and white bow facing the back.
- "Game Ready" Makeup-Neutral colored makeup to enhance features, false lashes, red lipstick.
- No Jewelry

Males

Attire: Solid Color/no prints

- Black/White/Navy T-shirts (no cut-offs)
- Black or Navy Shorts
- Clean Socks
- White Cheerleading shoes or athletic shoes
- Presentable Natural Appearance- No Makeup, Natural Colored Hair, Traditional Men's Haircut with no hair over the ears and clean neckline. Clean shaven or neatly groomed facial hair.
- No Jewelry

Things to note on what we are looking for overall:

- Potential to partner stunt and/or group stunt
- Crowd Engagement and Leadership Potential with lively positive energy
- Strong vocal presence for cheers with/without megaphones
- Strong/Sharp motions, memory and ability to recover from mistakes
- Positive Team morale, selfless leadership and championship mindset
- Strong Interpersonal and Intrapersonal Communication Skills

Recommended Skills

Standing Tumbling:

Females: Standing Back Handspring (Standing Back Tuck or above preferred)

Males: Progression to Standing Back Tuck (Standing Back or above preferred)

Running Tumbling:

Females: BHS Series (series ending with tuck/layout or above preferred)

Males: BHS Series (series ending with tuck/layout or above preferred)

Stunting:

Coed/Partner:

- Toss Hands, press extension, pop off
- Toss Extension, pop off
- Toss Target, Pull Lib, pop off
- Toss Target, Pull to Body Position, Full Down
- Full Up to Target, Full Down

All-Girl/Group:

- Toss Extension with clean dismount of choice
- Liberty with clean dismount of choice
- Traditional Full Up to extension with dismount of choice
- Full Down (Double Down preferred)

Jumps:

Single Toe Touch

Connected Double or Triple Toe Touch

Toe to BHS or Toe to Tuck

Fight Song:

Both males and females have motions to our Fight Song. You will need to know this before tryouts. You may attend a tryout clinic or request a video via email to Coach Tia.

Cheer: This will be taught at tryouts on the morning of April 27th. Both males and females will learn and perform the cheer at tryouts.

**You will be judged on one standing and one running tumbling pass. Please perform your most advanced and confident pass. You will be expected to perform these skills throughout the season.*

**ALL top girls will be required to meet group and partner stunt minimum requirements.*

**ALL males will be required to demonstrate the partner stunt minimum even if trying out with a stunt group.*

**ALL stunting and tumbling will be performed on 2-inch cheer panel mats.*

**This program realizes that not all potential cheer participants have advanced tumbling/stunting skills. Be prepared to take direction and be coachable during the tryout process. Do not assume that weakness or lack of skill in any one area will automatically disqualify you as a potential team member. A positive attitude, hard work ethic and individuals who truly want to be in this position will be considered.*

Schedule of Tryouts: Times may vary

Our audition process consists of two days.

The first day will consist of an interview with coaches, staff/faculty members, alumni, and community members. Interviews allow all parties to determine if being a representative of the Washburn University Spirit Squad is a good fit for all. Cheering in college is significantly different than cheering at an all-star gym or high school. This gives us an opportunity to discuss expectations and your personal goals for college cheer. The first round of selections will be made at the end of the first day after the interview portion is completed.

For those who were selected after interviews, Day Two will consist of athletic skills. All selection announcements will be made by listing participant numbers on our Official Cheer Facebook and Instagram platforms.

Saturday, April 26th: Interview Day - (You must register to receive an interview time)

Interview Attire: Business Casual

Prospective team members will be assigned a call time for their in-person interview. Interview segments consist of both one-on-one interviews and a group interview. Interviews are expected to run for about 45 minutes to 1 hour per segment.

9:00am Interviews Begin

TBA: Selections will be announced at the end of interviews no later than midnight on April 26th.

Sunday, April 27th: Skills Day *Announcement and Ending times may vary

7:30-8am	Check In and Headshot Photos (Groups/Partners assigned at Check In)
8:15am	Warmups/Stretch
8:30am	Review Fight Song 3 times as a group and Learn Cheer as a group
9:00am	Tumbling Warmups
9:15am	Stunt Warmups
10:00am	Tryouts Begin
	*Fight Song and Cheer with groups assigned at Check In
	*Jumps
	*Standing Tumbling
	*Running Tumbling
	*Stunting
3:00pm	Announcement of the 2025-2026 Cheer Team
3:30pm	Team meeting with Signings and Group Photo
	Uniform and Shoe Fittings
	Fundraising and Band App Training
	Schedule Review

***We have a firm 24-hour reflection rule. Any questions or comments regarding tryout selections may not be addressed to the Head Coach until April 29th.**

Washburn University Cheer Team 2025-2026 Tryout Application (Page 1)

Full Legal Name: _____

WIN: _____ **Date of Birth:** _____

Email Address: _____

Cell Phone: (_____) _____ - _____

Home Address: _____

City, State/Zip: _____

Position (circle preferred position(s))

Partner FLYER Partner BASE
Group FLYER Group BASE
Group BACKSPOT

Academics

College Major: _____

Fall 2025 Class Standing: FR SO JR SR Other: _____

Current WU Students/Transfer Students Cumulative GPA: _____

High School Students/ Name of High School and Cumulative GPA:

Insurance

Primary Insurance Company: _____

Insurance Policy Number: _____

Emergency Contact Name and Number: _____

Prior Surgery(s)/Injury(s): _____

Washburn University Cheer Team 2025-2026 Tryout Application (Page 2)

Social Media Handles:

Instagram: _____ Twitter: _____

Facebook: _____ Tik-Tok: _____

Please Circle Your Clothing Sizes:

T-SHIRT (unisex sizing) XS S M L XL XXL 3XL

SWEATSHIRT (unisex sizing) XS S M L XL XXL 3XL

SHOE SIZE: _____

WOMEN'S SIZES

WARM UP JACKET : XS S M L XL XXL

WARM UP PANTS: XS S M L XL XXL

SPORTS BRA: XS S M L XL XXL

SPANDEX SHORTS: XS S M L XL XXL

WORKOUT SHORTS: XS S M L XL XXL

If known, please include Varsity Brand skirt and shell size.

Skirt: Waist and Length _____ Shell Top: _____

MEN'S SIZES

WARM UP JACKET: XS S M L XL XXL 3XL

WARM UP PANTS: XS S M L XL XXL 3XL

WORKOUT SHORTS: XS S M L XL XXL 3XL

Cheerleading Tryout Waiver

I, _____, in consideration for the opportunity to participate in tryouts or practice sessions for Cheerleading at Washburn University on April 26 & 27th, 2025, agree as follows:

My Health. I certify I have had a medical examination conducted by a physician in the past six (6) months; I am in good health; and, I have no condition which would prohibit or limit my participation in the tryout or practice session in the sport.

Assumption of Risk. I understand and agree participation in athletic activity presents dangerous risks and I could suffer temporary or permanent minimal, serious, or catastrophic illness or injuries, even death. I also understand that Washburn University cannot prevent injury arising from risks involved in the Sport. I knowingly and voluntarily assume all risks of participation in the tryout or practice session, including but not limited to injury sustained through forces of nature, falling, slipping, collisions, impacts or other causes and any other accident or illness that may occur arising from or related to my participation in my tryout or practice sessions.

Indemnification and Release. On behalf of myself, my heirs, legal representatives and assigns I hereby: waive, relinquish, release and discharge any claim of liability I have or may have in the future against Washburn University and its members, employees, and agents, arising out of any illness or injury of any kind, including death, arising directly or indirectly from my participation in tryouts and practices for Washburn athletic teams; and, further, agree to indemnify and hold harmless Washburn and its members, employees, and agents, against any such claims.

Medical Treatment. I hereby authorize the head coach of the Sport to act for me according to his/her best judgment in the event I do not have the capacity to direct persons treating me for injury or illness arising out of or occurring in my participation in the tryout or practice sessions.

THIS IS A LEGAL DOCUMENT. PLEASE READ CAREFULLY BEFORE SIGNING

By signing below, I acknowledge I have read and understand the forgoing Tryout Waiver and I agree with its terms.

Name: _____ Date: _____

Participant Signature _____
(if participant is under the age of 18 years old, see below)

I, _____, am the parent/legal guardian of the above-named participant.
(Printed name of parent/guardian)

I have read and understand the forgoing Tryout Waiver and hereby consent to his/her participation in the tryout or practice sessions. I also hereby authorize the head coach of Sport to act for me according to his/her best judgment in any emergency requiring medication to my child/ward and I hereby waive and release Washburn University, its officer, employees, agents or representatives from any and all liability for injuries or illnesses, including but not limited to the costs of treatment of such illnesses or injuries, that may be incurred during the tryout or practice sessions.

Signature of parent/guardian: _____ Date: _____

