



CHEERLEADING

The University of Notre Dame Cheerleading Tryout Information

Updated: February 2026

STATEMENT OF PURPOSE

The Notre Dame cheerleading program is a co-ed athletic program supporting all athletics and realms of the University of Notre Dame. As a program, it is of the utmost importance to support and foster educational success for each athlete. The program should aid in the making of responsible, mature, and well-rounded adults, physically, mentally, and spiritually. Through the cheerleading program, members will develop leadership skills, communication and teamwork, time management, and the ability to adapt to new and evolving situations, all of which will foster personal growth.

As a cheerleader at the University of Notre Dame, athletes are expected to enhance and/or create spirit among fans, students, the public, the team, and all people they encounter. Representing the University in an honorable manner is expected at all times; on campus, during games, at practice, while visiting communities, whether locally or while traveling, and as an individual in all walks of life. This should be done by not only performing all cheerleading-related activities (i.e., stunting, tumbling, dancing, and crowd leading) but also graciously partaking in public service and interacting with fans and the public in a professional and welcoming manner.

SQUAD DESCRIPTIONS

The Notre Dame cheerleading team historically consists of 36-48 people total, half males and half females. All females serve as coed tops and all males as coed bases. The program is split into two teams, Gold Squad and Blue Squad, each consisting of 12-20 members (6-10 co-ed couples each). Gold Squad is the primary travel squad for football season, with opportunities provided to Blue Squad when applicable. All other responsibilities are distributed among both squads equally.

OPPORTUNITIES

The opportunities and responsibilities of the Notre Dame Cheerleading Program are as follows: home and away football games, home volleyball games, home and post-season, both ACC and

NCAA, travel for men's and women's basketball games, and competing at UCA College Nationals in addition to various campus and community appearances and events throughout the academic year.

RESOURCES

Resources provided to members of the program are athletic training, strength and conditioning, sports nutrition, sports psychology, approved class absences for travel, and priority scheduling.

TRYOUT INFORMATION MEETINGS

A member of the cheerleading staff will be holding three Zoom information meetings to discuss the tryout process and answer any questions.

In-Person Dates: No in-person information meetings will be made available, but we encourage all on-campus students to attend open practices or schedule a meeting with Coach Delayna by ndcheer@nd.edu.

Zoom Dates: All Meetings are held at 7:30 p.m. ET on Wednesday, February 4th, Monday, March 16th, and Wednesday, April 1st.

<https://notredame.zoom.us/j/2183430019?pwd=bmw5eFp3UTdJVERFQWd2T3dCRDlaZz09&omn=93147389664>

Meeting ID: 218 343 0019
Passcode: 257420

OPEN PRACTICES:

Open practices are **NOT** part of the tryout process. Open practices are for students planning to join the spring tryout process who are on campus or in the surrounding areas. All open practices are held in Gym 1 above Gate 8 of the Joyce Center. Please check social media for updates and changes.

Open Practice Requirements:

- Students accepted, awaiting admittance, or are currently enrolled at Notre Dame, Holy Cross College, or St. Mary's College.
- Any high school students who attend must be 18 years of age or older.
- **Signed open practice waiver form.**
- Women who attend are **required** to have a *standing back handspring, and those who are working or have a standing back tuck.*
- Men who attend are **required** to have *previous individual or team athletic experience or weightlifting experience.*

Dates: Jan. 28th, Feb. 11th, March 16th and 30th April 7rd, 8th, 14th, 15th, 20th and 21st
All Open Practices will be held in Gym 1 of the JACC at 5:00 p.m.

*All times and dates are subject to change and cancellations. Please visit our social handles for the most up-to-date information. *

TRYOUT PROCESS

Step 1. Tryout Submission is due Wednesday, April 8th at 6 p.m. ET, **or** receive a Final Tryout bid by attending our Recruiting Clinic on March 1st, 2026. Please visit the clinics tab on our website for more info.

- Please note that not all individuals who attend the clinic will receive a bid. Bids will be awarded based on the coaching staff's discretion and the athlete's ability to meet the minimum skill requirements.

Step 2. Receive an invitation or further communication regarding the Final Round of Tryouts by Wednesday, April 15th at 7 p.m. ET.

- Please note that all individuals who submit a first-round submission will receive communication on whether a bid is extended or not. If you do not receive communication, please email ndcheer@nd.edu in case an error is made.

Step 3. Attend Final Tryout

- Alternate tryout dates may be available for athletes competing at Worlds the weekend of tryouts. Please email ndcheer@nd.edu to discuss further options.

TRYOUT SUBMISSION ELIGIBILITY

- Incoming freshmen are eligible to try out and must be admitted to or waitlisted (the University of Notre Dame, St. Mary's, or Holy Cross College) at the time of tryout submission. If you are awaiting your admission decision, please email Coach Myers for further instructions. **Please Note: All individuals who are extended an invite to the final round of tryouts must be accepted to the University, have paid their deposit, and have enrolled at the University before attending the In-Person Tryout.**
- Current and transfer students with a GPA above 2.0 are eligible.
- Current students must be enrolled full-time (12+ hours) to be eligible.
- Current students must be in good disciplinary and academic standing with the university. Transfer students must be academically eligible to return to the university from which they are transferring.
- An in-person interview will be conducted during the final tryout process.

TRYOUT SUBMISSION REQUIREMENTS

The following documents and video must be provided with the tryout submission. Submissions should be submitted using the Google Form below. This submission is due by **Wednesday, April 8th at 6 p.m. ET.**

[Men's Cheerleading Tryout Submission Form](#)

[Women's Cheerleading Tryout Submission Form](#)

*Virtual first-round submissions may be waived or modified for **some on-campus students.***

Required Documents:

- [Health Questionnaire Form](#)
- Resume or list of activities/work experience/community involvement
- Personal Statement Video - *Please see the information below.*

- Head Shot or Photo
- Detailed List of Skills - Please see the information below.
- Fight Song Performance Video - Please see the information below
- Skills Video - Please see the information below
- **Current Students:** Copy of Grades (a screenshot of your unofficial transcript)
- **Incoming Students:** Copy of admissions letter (or waitlist) to the University of Notre Dame or St. Mary's College
 - – waitlisted individuals' participation in the in-person tryout is contingent upon acceptance.

PERSONAL STATEMENT

The University of Notre Dame Cheerleading program is seeking well-rounded students-athletes and individuals who demonstrate required skills and are committed to:

- Academic and athletic excellence
- Community Service
- Ambassadorship for the University in all aspects

Please discuss in a **1-minute video**, using examples, your willingness and ability to hold to the ideals stated above. Please provide any information regarding any extenuating circumstances about which you feel we should be aware. For more information on the mission and values of the University of Notre Dame Athletic Department, please visit fightingirish.com.

SKILLS LIST

Please provide a detailed list of skills, including but not limited to the following. All standing tumbling, running tumbling, and coed stunt skills were performed. We ask that you provide as much detail as possible as to where the skill was thrown (ex. Spring floor vs dead floor, practice vs. stunting clinic), who it was thrown with (ex. Competition partner, stunt private coach), if there was a spot (tumbling) and what setting it was thrown in (ex. Practice, college stunt clinic, etc.)

Example Skills List

Skill	Details
Standing Tumbling:	
Standing Tuck	Dead Mat, Practice, Comp, Games
Standing Full	Spring floor, with a spot from my tumbling coach
Running Tumbling:	
ROBHS BT	Games and Competition
Stunt Skills:	
Toss Target Stretch	ND Cheer Stunt Clinic with a member of the team
Toss Hands	Competition and Games with a partner

FIGHT SONG PERFORMANCE VIDEO

The fight song performance video is required of all individuals who wish to try out for the

2025-2026 Notre Dame Cheerleading Program. There is a playlist on our YouTube channel that provides teaching of the fight song. **Please learn Ripple TWO of Markee for this submission.** Additional documents are provided on the website for males to assist in learning the fight song. The fight song should be recorded being performed from the front, and the video should be uploaded into a Google Folder or unpublished YouTube links listed in a Google Doc.

YouTube Channel Link:

<https://www.youtube.com/playlist?list=PLL2nwsHh-nelly8AhGREEDsZoEBKWj6at>

SKILLS VIDEO

The skills video should include (2) standing skills and (2) running tumbling, as well as any coed stunt skills. Skills should be new or within the last calendar year. Please note: if you are only able to provide a portion of the skills asked, that is still encouraged! If you can only provide tumbling, please still submit a skills video! The skills video may be uploaded into a Google Folder or unpublished YouTube links listed in a Google Doc.

FINAL TRYOUT INVITATIONS

The final Round of Tryout Communication will be sent to individuals via email no later than Thursday, April 17th, at 7 p.m. ET. The final tryout dates are **April 25th and 26th**. A tentative schedule will be released at a later date, with the final schedule being released with tryout invitations.

FINAL TRYOUT ELIGIBILITY

- Incoming freshmen are eligible to try out for the team and must be admitted and enrolled (the University of Notre Dame, Holy Cross College, or St. Mary's College.)
- Current and transfer students with a GPA above 2.0 are eligible.
- Current students must be enrolled full-time (12 hours) to be eligible.
- Current students must be in good disciplinary and academic standing with the university. Transfer students must be academically eligible to return to the university from which they are transferring.

FINAL TRYOUT REQUIREMENTS

The final tryout requirements must be provided upon arrival to campus or with the final tryout submission:

- Please bring all hard copies of the paperwork that was previously submitted in the first round.
- **Up-to-date physical (within 6 months of the in-person tryout date)**
 - It will be requested that this be submitted virtually during the week of tryouts when tryout bids are extended.
- Tryout Waiver ([Tryout Waiver Form – Minors](#), [Tryout Waiver Form – Adults](#))

TRYOUT INFORMATION

- All current members are required to participate in a tryout or skill evaluation.
- Exceptions for first-round tryout videos may be approved by coaches for individual situations and some on-campus students.
- The coaching staff determines the final invitations and team selection. Their decision is final.

TRYOUT ATTIRE

Females should wear cheerleading shoes, athletic shorts, and a full-length, fitted, t-shirt or tank top. Please note the colors indicated below by grade. Please wear hair and makeup that projects a collegiate image. Males should wear athletic shoes, gym shorts, and a t-shirt.

Incoming Freshman: White Shirt

Rising Sophomores: Gray Shirt

Rising Junior: Green Shirt

Rising Senior: Navy Shirt

TRYOUT SKILLS

1. Tumbling

- Females
 - Stand Tumbling – **required** a standing back handspring and a standing back tuck, **recommended** cartwheel tuck and back handspring back tuck.
 - Running Tumbling – **required** a round-off back tuck and a back handspring back tuck.
- Males
 - Standing Tumbling - no experience required, recommended skills are cartwheel and handstand, **preferred** back handspring and/or back tuck.
 - Running Tumbling - no experience required but welcomed, recommended skill is round off, **preferred** round off back tuck.

2. Stunting - Co-ed: **Required Skills for New Members(Open Practices are a great opportunity to learn these skills)**

- Females
 - Purdue up-to-shoulder stand
 - Walk-In Hands
 - Toss Hands
 - Shoulder Sit; Fun Pop
 - Extension
 - Preferred: Experience with 1 leg skills (i.e.. Libs and heel stretches)
- Males
 - Purdue up-to-shoulder stand
 - Walk-In Hands

- Toss Hands
 - Shoulder Sit; Fun Pop
 - **Preferred Skills for all members:** Any stunts from hands (extension, lib, cupie, etc.) and toss stunts (extension, lib, cupie, etc.)
 - Returning Members will be provided with a stunt sequence or required skills each season.
3. A Notre Dame Sideline
 4. Fight Song

THE TENTATIVE FINAL TRYOUT SCHEDULE

The tentative final tryout schedule will be released with final invitations.

Please hold the weekend of April 24-26, 2026, for In-Person Cheerleading Tryouts.

PRESEASON TRAINING

Preseason training is held in August before the start of the academic year. A tentative date, schedule, and detailed information will be provided to those who are selected to join the team.

