



The University of Notre Dame 2026-2027 Cheerleading Fall Tryout Information

Updated: June 2026

STATEMENT OF PURPOSE

The Notre Dame cheerleading program is a co-ed athletic program that supports all aspects of the University of Notre Dame's athletics programs. 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, 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 predominant 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, academic student-athlete services such as tutors, approved class absences for travel, and priority scheduling.

TRYOUT PROCESS

The fall tryout process is much more laid back than our extensive spring tryout, as we aim to fill the last remaining roster spots. Fall tryouts will be held on Tuesday, Sept. 22nd, 4:30-6:00 p.m, in Gym 1 of the Joyce Center (located above gate 8), entrance is best through gates 1 or 2. During this time, tumbling and stunt skills will be evaluated, there will be a short interview, a sideline will be taught, and a portion of the fight song, if not already known by all candidates.

TRYOUT ELIGIBILITY

- Current and transfer students at Notre Dame, St. Mary's, or Holy Cross College with a GPA above 2.0 are eligible.
- Current students must be enrolled full-time (12+ hours) to be eligible.
- Current and transfer students must be in good disciplinary and academic standing with the university.
- An in-person interview will be conducted during the final tryout process.

FALL TRYOUT REQUIREMENTS

Required Documents:

- Up-to-date physical (within 6 months of the in-person tryout date)
- Tryout Waiver
- Cheerleading Tryout Form
- Health Questionnaire Form
- Resume or list of activities/work experience/community involvement
- Head Shot or Photo
- Skills List
- **Current Students:** Copy of Grades (a screenshot of your unofficial transcript). This is waived for incoming first-year students

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 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 partner

FIGHT SONG

The fight song is required of all individuals who wish to try out for the 2026-2027 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.

YouTube Channel Link:

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

TRYOUT ATTIRE

Females should wear cheerleading shoes, athletic shorts, and a full-length, fitted, t-shirt or tank top. Please wear hair and makeup that projects a collegiate image. Males should wear athletic shoes, gym shorts, and a t-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**

- Females
 - Purdue up-to-shoulder stand
 - Walk-In Chair
 - Hands (Walk in and Toss)
 - Extension
- Males
 - Purdue up-to-shoulder stand
 - Walk-In Chair
 - Hands (Walk In or Toss)
- **Preferred Skills:** Any stunts from hands (extension, lib, cupie, etc.) and toss stunts (extension, lib, cupie, etc.)

3. A Notre Dame Sideline

4. Fight Song

