

Thanks for your interest in the Menlo College Competitive Cheer team! We are Menlo College's newest varsity sport. There are many perks to being on the cheer team including:

1. Athletic trainers present at every practice
2. Priority access to all athletic facilities
3. All uniforms, shoes, practice clothes, bows (if applicable), bags, warm-ups are provided at no cost to team members
4. All travel costs and meals when we travel are provided at no cost
5. All competition and choreography fees provided at no cost
6. Free class credit
7. Two free season passes to all athletic events
8. The opportunity to be a part of the cheer team's uprising to National Champions!
9. Athletic scholarships to team members
10. and much, much more!

Requirements for the 2012-2013 Cheer Team:

1. Strong dance and motion technique
2. Elite stunting skills in your position (flyer, base, back) ****we all-girl and co-ed stunt****
3. Level (preferably hyper-extended) jumps
4. Standing back handspring*
5. Round-off back handspring*
6. Exceptional work ethic and attitude
7. Comfortable performing in front of large crowds
8. Proportionate body shape
9. Strong ability to balance school and sport time schedules

*If you don't tumble yet, it is expected that you excel in all other required areas...and continue to train until you meet the minimum tumbling requirements.

If you are interested in joining the 2012-2013 Menlo College Competitive Cheer team we'd love to hear from you! Please click on the "recruiting" link and fill out the questionnaire...or you can contact Coach Molinsky directly via email at kezia.molinsky@menlo.edu or by phone/text at 503-369-2821