

# NMS Cheerleading team Tryouts



**NMS: April 16th-19th 4-5:30**

All participants will meet in the gym. You will need to be dressed out in a t-shirt, athletic shorts, and cheer shoes. NO JEWELRY. All paperwork must be turned in to the front desk by **April 15th**.

**\*Late paperwork will not be accepted. No paperwork, no tryout!**

**For questions and concerns please contact:**

NMS
Contina Smith-csmith@gocats.org
Jerica White- jmwhite@gocats.org

## **Cheerleader Team Candidates and Parents,**

Thank you for your interest in the NMS Cheerleading program.

Cheerleading is a sport that requires discipline, training, hard work, and dedication. My goal for these programs is to provide each cheerleader or dancer with confidence and success while developing cheerleading or dance skills that will advance them to the next level if they so choose.

Cheerleading is very demanding and time consuming. A cheerleader or dancer **must** be willing to devote time during the summer, after-school, and on the weekends. They are expected to attend practices, clinics, camps, volunteer appearances, fundraising opportunities, and competitions.

The NMS Cheerleading Squad will consist of 28 members selected by the coaches and other judges. Maximum of 14 members will be on sideline squads. The competition squad will consist of 20 members. Each and every girl will play a part and will be responsible for their part on this team. If they are not willing or able to uphold these responsibilities they will be replaced.

I hope and encourage each girl to support one another for the best interest of the squad and to challenge themselves to be the best they can be as a person and cheerleader.

The following will be **considered** in selecting this team:

- Tumbling skills- a back handspring is strongly suggested but **not required**
- Jumps- toe touch, double toe touch, pike, and hurdlers
- Stunting skills- **Flyers** must be able to exhibit skills that require balance and flexibility ending in a twist cradle (full down) One legged skills such as ( liberty, arabesque, heel stretch , full up, switch up, etc.) **Bases** must be able to use proper technique and strength to hold up their flyers and keep them safe, for **NO REASON** should a flyer hit the floor. **Backs** must be able to help relieve weight off of the bases and help keep the flyer balanced by using proper technique and strength. Must be able to work with a variety of groups and willing to work in the spot needed.
- Cheer technique- strong, tight motions, knowledge of cheer routine
- Dance technique- good rhythm, fluid dance movement
- Spirit- good voice projection, smile, enthusiasm, eye contact, facial expressions
- Attitude- must possess a **good attitude and respect** to coaches, team members, and any other guest/elder.
- Must be able to catch on to new material quickly

#### **Academic and Behavior Requirements**

- Cheerleaders must maintain a grade of C or higher in all their academic and connections classes.
- Cheerleaders **WILL NOT** display a behavior record for any reason.
- Each candidate must be picked up on time. Any candidate that is picked up late more than 15 minutes three times will be released from tryouts and/or the squad.
- **Each candidate must attend every practice, competition, and outside event that the squad participates in. Work, social event, or outside activity that is not involved with Valdosta Middle School will be unexcused and will result in demerits.**
- **If the candidate/ cheerleader does not withhold these requirements, they will be released from tryouts and/or the squad.**
- **VCS Cheerleaders are representatives of the school system and are therefore required to follow all school rules. Any incident that is harmful to a cheerleader or the reputation of this squad WILL result in automatic removal.**

#### **Required Paperwork**

- Physical
- Application Form
- Payment Acknowledgement Form
- Parent/ Guardian Permission Form
- Expectation Commitment Form

# Pricing List

## For Cheerleading

1. Sideline uniform rental
2. Sideline shoes
3. Warm up jacket
4. Bloomers
5. Practice Wear
6. Pom-poms

Total Cost: \$300

## Payment Due Dates:

1<sup>ST</sup> PAYMENT OF \$100 DUE APRIL 30TH

2<sup>ND</sup> PAYMENT OF \$100 DUE MAY 31ST

3<sup>RD</sup> PAYMENT OF \$100 DUE JUNE 28TH

**All money raised at fundraisers will be used to buy supplies/equipment and anything else needed for the squad throughout the year.**

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I, \_\_\_\_\_, parent/guardian of \_\_\_\_\_, do hereby agree to ALL financial obligations. I agree to make payments on the scheduled payment dates. I understand that if my payment is not met by the set date, my child will be DISMISSED from the squad. I also understand that any funds that are received cannot, by law, be returned to the cheerleader or parent who raised it. This money is tax deductible for the sponsor and is therefore nonrefundable. I also understand that until my money is paid, my child will not receive any competition materials (uniform, camp clothes, shoes, etc.)

# VCS Cheerleading team Application Form

Please print clearly and in pen.

Student's Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

What grade will the candidate be in during the 2019-2020 school year? Circle One.     7     8

Current School: \_\_\_\_\_

Current School Schedule and Homeroom Teacher:

Student's Mailing Address:

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Student's Home Phone Number: \_\_\_\_\_

Mother's Name: \_\_\_\_\_

Mother's Cell Number: \_\_\_\_\_

Father's Name: \_\_\_\_\_

Father's Cell Number: \_\_\_\_\_

T-shirt size: \_\_\_\_\_

Short size: \_\_\_\_\_

Tennis shoe size: \_\_\_\_\_

## Emergency Information

**Please list information for two people who may be called in the event of an emergency and the parent/ guardian cannot be reached.**

1. 1. Name: \_\_\_\_\_
2. Relation to student: \_\_\_\_\_
3. Cell phone: \_\_\_\_\_
4. Home phone: \_\_\_\_\_

2. 1. Name: \_\_\_\_\_
2. Relation to student: \_\_\_\_\_
3. Cell Phone: \_\_\_\_\_
4. Home Phone: \_\_\_\_\_

Is your child currently taking any medication? \_\_\_\_\_ If so, please list them

here: \_\_\_\_\_

Is your child allergic to anything? \_\_\_\_\_ If so, please list them here:

\_\_\_\_\_

If there is any other medical information you wish to share, please use the space below.

# NMS Cheerleading

## Parent/Guardian Permission Form

**Please print clearly and in pen.**

I give permission for \_\_\_\_\_, to participate in the NMS Cheerleading. I acknowledge that cheerleading or dance is a sport that involves flyers, bases, and spotters. Flyers are lifted into stunts by the bases, with the safety-oriented spotters when needed. Bases and spotters are responsible for catching the flyers when stunts come down. Cheerleading also requires forceful motions, tumbling, voice projection, and jumping. Participating in competitive cheerleading exposes an athlete to many risks of injury. I acknowledge that even with the best coaching, use of the most advanced practice equipment, and strict observance of rules, injuries are still a possibility.

I acknowledge that it is vital that cheerleaders follow the coach's skill instructions, training rules, and team policies to decrease the possibility of serious injury.

I understand that any discipline that needs to be handled will be handled by the coaches. By signing, I understand all of the paperwork that was given to me, and am willing to abide by it. I understand that if my child or I don't follow the requirements to be on the team, my child will be dismissed from the team.

We have read the information above concerning the risks of cheerleading and travel. We understand and assume all risks associated with trying out, practicing, cheering at competitions, games, and traveling. In signing this form, we assume the inherent risks of cheerleading and travel and waive future legal action by our heirs, estate, executor, administrator, assignees, family members, and ourselves.

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Participant's Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

# Expectations

1. Maintain the proper behavior before, during, and after school.
  2. Have respect for yourself and others.
  3. Attend all practice, conditioning, competitions, and fundraising events.
  4. Be prompt (this includes being picked up after practices, games, and competitions).
  5. Behave properly during practice and competitions.
  6. Dress properly for competitions.
  7. Be prepared.
  8. Maintain good academic standing in all classes.
  9. Display school spirit and a positive attitude at all times! 📖
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This upcoming year, the cheerleaders will be placed on the demerit system. This holds them accountable for their actions. **Receiving ten demerits will result in being expelled from the squad.**

Category	Specific Behavior(s)	Number of Demerits
<b>Behavior</b> <i>(before, during, and after school)</i>	Teacher Complaint	1
	Write-Up	5
	ISS	2
	Fighting	10
	Disrespectful to Coach	5
	Visiting with spectators during game (parents, family, friends etc.)	2
	Suspension	10
<b>Missed Practice/Game/ Competition</b>	Missed practice	2
	Missed competition	3
	Missed game (unless sick)	3
<b>Timeliness</b>	Late to fundraisers, practice, <b>being picked up more than 15 minutes late</b> , or any other required events	2
<b>Benched</b>	You can be benched from the team because of failing grades or behavior during school or at practice. <i>This is at the coach's discretion.</i>	2
<b>Prepared</b>	Failure to have all of the proper materials on practice or competition days. (Appropriate clothing, shoes, warm up, bow, bag, etc.)	1
<b>Academics</b>	Failing one or more classes on progress report	2
	Failing one or more classes on report card	3



# Expectation Commitment Statement

**Student:** \_\_\_\_\_

After reading and hearing the terms on this page, I, \_\_\_\_\_, fully understand the expectations and conditions of joining this squad.

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date

**Parent/Guardian:** \_\_\_\_\_

After reading and hearing the terms on this page, I, \_\_\_\_\_, fully understand the expectations and responsibilities that are expected and required of my child for the duration of this squad.

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date

**Coach:** \_\_\_\_\_

After establishing and explaining the terms above, I, \_\_\_\_\_, vow to treat each cheerleader fairly and hold her to the same expectations as her fellow cheerleaders.

\_\_\_\_\_  
Coach Signature

\_\_\_\_\_  
Date

# Checklist of Items

To be returned prior to or on April 15th

€ Copy of candidates most recent report card

€ Athletic Physical

€ Application Form

€ Payment Acknowledgement Form

€ Expectation Commitment Statement