

Cheerleader Information Form

Cheerleader Name: _____

Cheerleader Cell Phone: _____

Cheerleader Email:	_____	
Parent(s) Names:	_____	
Parent Emails:	Mother	_____
	Father	_____
Step-Parent(s)		_____
Parent Cell Phones:	Mother	_____
	Father	_____
Step-Parent(s)		_____

Please check email and the cheerleading website regularly. This is the main form of communication about practices, forms needed, games, etc.

Check stunting positions for which you have experience:

Front Spot: _____ Base: _____ Back Spot: _____ Flyer: _____ None: _____

Indicate Sizes Below:

Shoes: _____ T-Shirt: _____ Shorts: _____ Body Suit: _____ Briefs: _____ Warm-Ups: _____

REQUIRED FORMS FOR TRYOUTS:

____ Birth Certificate ____ Current Physical Form ____ Most Recent Report Card

____ Teacher Rec. #1 ____ Teacher Rec. #2 ____ Teacher Rec. #3 ____ Teacher Rec #4

GENERAL INFORMATION

- Coach Graves' email is jmgravес@mcssk12.org.
- Practices will take place in after tryouts and in the month of June in order to prepare for camp. Please plan summer vacations for the month of July.
- Basketball games usually take place on Tuesdays and Fridays, with the occasional game being on a Monday or Thursday and tournaments possibly taking place on the weekends. Please be flexible.
- There is **no cheerleading class** during the day. All practices will be after school.
- Girls have the option to take a once-a-week tumbling class at ACE, with the S9GS team. There's a \$30 registration fee, and class is \$40/month. This will be a contract directly with the gym and is not included in the costs listed below.
- If you have any conflicts that may arise (other sports, dance, visitation with a parent, inability to cheer on certain nights of the week, etc.), please talk to the coach BEFORE trying out. Please do not take the spot of another girl who may be able to do all practices and games, if you cannot.
- The size of the squad will be based upon the number of girls who are qualified and make the minimum score on the judges' sheet. It could be 8 or as many as 20.
- Cheerleading is a commitment. You must be willing to commit to all practices and ALL GAMES (discuss doctor appointments, etc. with the coach ahead of time).
- Tryout results will be posted online, by tryout number.
- Please understand that every year, some girls do not make it. Please do not call the coach or the school office to complain, or send an email. Wait 24 hours, and then email the coach to ask for advice on what your daughter can improve upon. Please do not accuse. Regardless of how great an application or recommendation/grades look, we still hold a tryout. Much like searching for a job, we may have a great application but not do well on an interview. A potential cheerleader may have a great application but not do well at the actual tryout. A cheerleader may be perfect at the tryout but not have good grades or teacher recommendations. There are a lot of factors involved in the tryout.

Potential/ESTIMATED Cheerleading Costs

Cheer Bag - \$35 Boy Cut Briefs - \$15 Uniform - \$135 Shoes - \$80 Poms - \$25
Practice Wear (tshirts/shorts/bows) - \$200 Warm Ups - \$150 Camp - \$150
Catastrophic Insurance - \$10

Total Potential Cost: \$800

**Prices do not include ACE*

Payment Due Dates:

\$275 May 16th

\$275 June 28th

\$250 July 26th

(can be cash or check to SHS or at myschoolfees.com)

CHEER SQUAD PHILOSOPHY

Below, both the cheerleader and one parent must initial EACH paragraph. Please read carefully. This is serious, and we want all expectations to be known ahead of time. The cheerleading program has a demerit system that will result in benching or team dismissal if too many demerits are earned.

_____ (initials): It needs to be understood that being a cheer squad member is not an easy job. There are many sacrifices to be considered. As a cheer squad member, you will be a member of an athletic team that maintains a regular practice schedule, conditioning program, and cheers at athletic events.

_____ (initials): Our first priority is to support our athletic teams. All members of the cheer squad should remember that wherever we are, whatever we are doing, we represent Sparkman High School.

_____ (initials): Our second priority is academic achievement. All squad members will be required to maintain a minimum of a 70% in all class subjects in order to remain eligible for cheer. A coach may find it necessary to bench a squad member who is having difficulty in the classroom, to allow her the opportunity to bring grades up. **Please supply (staple to the back) your 3rd quarter report card.**

_____ (initials): Our third priority is school spirit. It is our belief that a member of the cheer squad should, at all times, promote school spirit. Members should refrain from negative statements about the school, teachers, athletics, and other squad members or students (this includes grumbling or posting to social media). Our purpose is to promote, support, and encourage our athletes and our school. School spirit and support of athletics comes before performing and competing. Performing and competing will be done after members have successfully done their job of promoting school spirit and supporting athletes.

_____ (initials): A teamwork attitude is essential. As a cheer squad member, you are a member of the TEAM. You will perform, compete, and conduct yourselves as a UNIT, not as individual personalities. The TEAM is only as good as its weakest member, so we should uphold, help, and encourage one another. Each member should remember that her attitude and conduct affects the whole squad. Your performance and dependability affects every member of the squad. One member's poor performance affects the way the squad appears as a whole. One member's absence affects the squad's ability to perform stunts and cheers. If schoolwork or other activities prevent you from being able to attend a practice or game, perhaps this is not the sport for you. If we all work together, we will have a great squad! Parents, please do not use game attendance as a punishment. We need to depend on girls for the routines/stunts. Let coach know of discipline needs, and she can make her run, bench her for part of the game, etc.

_____ (initials): Members of the cheer squad are expected to exhibit appropriate behavior. The conduct of a squad member is a direct reflection on the school as a whole. We desire for that reflection to be a positive one. Please be careful at all times, especially in uniform. Chatting with friends during a game or showing public affection with a boyfriend/friend, especially in uniform, is strictly prohibited. Keep social media free from scandalous photos/videos, and do not cuss or bully in any form.

_____ (initials): We also believe that problems within the squad belong within the squad and should not be discussed outside of the squad (except with parents). Opinions, suggestions and complaints are welcome if given with respect for the feelings of all members of the squad. These should be discussed at practice only and not at a ballgame. Our goal is to bring this squad together and solve any problems as a team. Cooperation is vital to our squad, and in-squad bickering will lead to dismissal. The coach will always listen and take constructive comments if presented with respect. Creativity is vital for all members to succeed, and that creativity is fostered through the cheerleading program.

_____ (initials): Complaining is also not appropriate. This goes for parents (in the stands) as well as cheerleaders at practice/games. We need cheerleaders who are capable of handling the exhausting task. If you are not physically capable of the major stunts, or capable of getting up after being knocked down, this may not be the sport for you. If you have too much homework or too many other commitments, this may not be the sport for you. The ENTIRE squad must be present for all after-school practices. Sickness or death in the family are the only reasonable excuses, and a phone call to the **coach (not another cheerleader)**, must be made at least 6 hours before the practice to let her re-work the plan for routines.

_____ (initials): It should also be understood that we will do our best to provide schedules as soon as they are available to allow for scheduling appointments. However, schedules are subject to last minute changes that are unavoidable. Remember, if the team has to be there, so do we, including fall break.

SHS CHEER SQUAD RULES & REGULATIONS

Rules and regulations are necessary to maintain a team approach and insure that the best possible image of Sparkman High School is presented to the students, community, and other schools. **Each cheerleader and one parent or guardian must initial next to each heading to indicate that they have read each rule.**

REGULATIONS _____ (initials)

1. MUST maintain school grade and eligibility policy and squad eligibility.
2. MUST be on time for school to be able to practice or participate in games.
3. MUST be at school the day of a game. If you are home ill, you are not to be at the game. If you leave early, without permission from the principal, you will not be at the game.

DUTIES AND RESPONSIBILITIES _____ (initials)

1. Respect and abide by the coach's and captains' decisions and rules.
2. Attend and participate fully in ALL practices and ballgames, including holiday breaks.
3. Keep informed of what is happening. Check e-mails and websites regularly.
4. Keep uniforms clean and neat, and always have all pieces of your uniform at games.
5. You must be, at all times, concerned about your moral standards and good behavior at school and in the community. You must be dependable and show leadership because "ALL EYES ARE ON YOU!" You will often be the first impression people have of Sparkman High School, so show your pride in what you have chosen to represent.
6. Cheer shoes and practice wear should only be worn for cheer activities.
7. Anyone who will be missing a practice/game, MUST contact the coach, not a squad member, at least 6 hours before the practice to give her time to re-work the plans.

APPEARANCE _____ (initials)

1. If you have on any part of your uniform, except shoes, you must have on all of your uniform (skirt, shell, briefs, white low socks, bow, and poms).
2. No jewelry is to be worn at practice, games, pep rallies, etc. (NO EXCEPTIONS).
3. Hair must look subdued and be natural in color.
4. While in uniform, you must be clean and neat in appearance: hair clean and pulled into a high ponytail, short fingernails, NO bright colored nail polish, only a neutral or clear coat, and further requirements as need arises (at coach's discretion).

ABSENCES _____ (initials)

If an absence is not excused from school, it is not excused from practice. Try not to schedule routine doctor or dentist appointments during practice times. Appointments with a specialist will be excused due to the difficulty in scheduling the appointment. *If you are planning a family trip, please do it at a time that will not interfere with practice/games.* All absences need to be given to the coach in writing (email or text will suffice). PRIOR NOTICE IS REQUIRED. Call the coach before the practice or game if you are sick. Do not deliver a message through a friend.

****Did one parent and the cheerleader initial each paragraph?***

****Please go back and check!***

CHEER TRYOUT QUESTIONNAIRE:

1. Do you understand that if the team players must be at a game, you must also be at the game?
2. Have you read, and do you understand and agree to the cheer rules/regulations and philosophy?
3. Do you commit to the practices set by the coach?
4. Do you agree to keep all negative comments to yourself and abide by the following confrontation principle? This means that if you have a problem with another cheerleader, captain, or coach, you must speak to that person first, before going up the ladder of authority.
5. If you disagree with the coach or are angry about something, please initial that you will talk to the coach and refrain from negative comments to other people (wait 24 hours for a cool-down period, before going to the coach).
6. Cheerleaders, are you willing to come to a Saturday and/or 6:00 am or 7:00 pm practice, if the situation truly calls for it? Parents, are you willing to make sure your cheerleader gets for such a practice?

Please initial if you wish to answer YES to the above questions: _____ (cheerleader) _____ (parent)

1. What do you expect to accomplish during the cheerleading experience this season?

2. What are your strengths regarding cheerleading?

3. What are your weaknesses regarding cheerleading?

4. How would your peers describe you?

5. Have you ever been asked to leave or quit an athletic team/sport? If so, what happened?

SPARKMAN HIGH SCHOOL CHEERLEADING SQUAD DEMERIT SYSTEM

At 12 demerits, a cheerleader will be dismissed from the squad.

	DEMERITS:
Failure to attend a practice or game (only doctor excuses are allowed – Limit of 2 each – funerals excused by administration or Coach Graves will be accepted)	3
Failure to notify the COACH if unable to attend practice, activity, or game	2
Late to practice or game (even if it is your parent's fault)	1
Wearing the wrong uniform or practice clothes	1
Wearing jewelry or other accessory items at practice or games	1
Wearing nail polish or having nails past the end of the fingertip	1
Chewing gum at practice or games	1
Showing affection at school, game in or out of uniform (holding hands, kissing, hanging on boyfriend, etc.) If you are seen or reported by anyone, you will get demerits.	3
Leaving practice, game, or other cheer activity early	1
Not performing required tumbling or jumps	1
Not turning in money or material on time	1
Leaving jacket, poms, bag, or signs/megaphone at school or games	1
Any marks on the body that can be seen - You will not be allowed to cheer until marks are gone and will receive demerits for each activity missed as well.	6
Talking to friends, or doing things other than cheering during a game	1
Teacher Complaint or Getting a D or an F on a progress report (one per grade)	1
Not at school for at least half of a day on game days (with excused absence)	2
Fussing, fighting, and gossiping among cheerleaders. This also includes inappropriate or disrespectful behavior to the coach or captains of the squad.	6
Unsportsmanlike conduct and failure to abide by school rules and dress code	6
Any inappropriate behavior which reflects on the reputation of the squad or school This includes smoking, consumption/drinking of alcohol and/or use of illegal drugs)	12 (dismissal) -
Anytime any administrator or coach feels your behavior is inappropriate	12 (dismissal)

NOTE: At the coach's discretion, demerits may be run off at the rate of one mile per demerit

Please initial that you have read/understand the demerit system: _____ (cheerleader) _____ (parent)