

NORTH MECKLEBURG HIGH SCHOOL CHEERLEADING TRYOUT PACKET 2014-2015 VARSITY/JUNIOR VARSITY CHEERLEADING SEASONS

To All North Mecklenburg High School Cheerleading Prospects and Parents:

Go Vikings! We are so pleased that you are making the decision to try-out for North Mecklenburg's High School cheerleading squad! North Mecklenburg students have a lot of spirit and we need strong leaders to keep the enthusiasm going! That could be you! Cheerleading is a great way to get involved in the community, as well as the school. North Mecklenburg High School cheerleaders are held to the highest standard and will be expected to set a good example for other students on, and off the field. All cheerleaders selected this summer will cheer for **BOTH football and basketball seasons**. In addition, there will only be ONE tryout for the NMHS squad during the 2014-2015 school year. This is a big time commitment, so please be sure you are ready for it!

In this packet, you will find the following information: tryout information with a list of important dates, an information sheet, the 2014-2015 Rules for Cheerleading, and the Statement of Permission and Agreement. **In order to try-out you will also need to bring a copy of your CURRENT physical, CURRENT report card, one letter of reference from a teacher that has taught you within the past year, and a 1 page essay about what it means to be a cheerleader.** Please read and understand all the enclosed information before tryouts. (Note: email's from teachers sent to me WILL NOT be accepted as letters of reference.)

Kind Regards and Good Luck!

Coach Davis and Coach Caldwell ☺

Cheerleading Tryout Dates:

- Try-outs will be held on August 7-9th, 2014 from 9:00-11:30am. Tryout material will be taught during this time.
- Official tryouts with a judge's panel will take place on August 9th, 2014 from 9:00-11:30 am.

Eligibility:

To be eligible in the fall/spring of 2014 -2015 for cheerleading, a student must have:

- Been Promoted
- Passed 3/4 classes taken the previous semester
- Achieved a 2.0 grade point average for the previous semester
- No more than **13 absences**

The following MUST BE turned in BEFORE you can participate in tryouts:

- High School Athletic Pre-Participation Form and the NCHSAA Sports Participation Examination Form
- Completed Information Sheet
- Statement of Permission and Agreement
- A copy of your year-end report card; please do not send the original

Note: *The deadline for turning in this paperwork is **August 7th**; however, the earlier you can get this paperwork in, the better. Participation in cheer clinics or try-out clinics will be prohibited if any of the forms are missing or incomplete. You can drop the forms off in the main office of North Mecklenburg High School and ask them to place it in my mailbox.*

Selection of the cheerleaders will be based on the following:

- A cheer, chant, and/or dance that will be taught to you during the clinic.
- Jumps (A toe touch and side herkie, are required)
- Athleticism/physical fitness
- Scholastic achievement/eligibility
- Conduct
- Attitude, initiative, teamwork, leadership, work ethic, and enthusiasm

What do you wear to tryouts?

- ✓ During tryouts please wear a sports bra, appropriate length shorts and a t-shirt or tank top. Shorts should be three inches long. Sports bras **MUST** be worn and not seen. Absolutely **NO** basketball shorts or pajamas. **NO** denim shorts, jewelry, or artificial nails. Your hair should also be off your shoulders.
- ✓ On official try-out day, you will need to wear dark colored shorts (black or navy blue) a solid white t-shirt or tank top. Your hair should be pulled back, nails painted clear, and absolutely no jewelry.
- ✓ Please do not wear any previous cheerleading/dance attire during tryout week or items from other schools.

Estimated Costs

We realize that Cheerleading in an expensive sport, however we try to cut the cost down as much as possible through fund raising and taking care of what we have. There are, however, certain items that can not be passed down from squad to squad and have to be purchased by the individual. In addition, wear and tear requires replacement of uniforms, warm-ups, etc. At this point I'm unable to give you an exact amount however; I can give you an estimate that should be fairly close.

Shoes	approximately \$75
Undergarments	approximately \$25
Warm-ups	approximately \$100
Total =	approximately \$200

All monies are due by early/mid August, 2014. This is an approximation. Please be prepared to have this amount of money in the event that you make the team.

If you make the team ALL parents will be required to attend the Fall Cheerleading/Parent Meeting on Aug 10th at 4:00 PM.

If you have any questions, please contact Coach Davis via email: Felisha.Davis@cms.k12.nc.us. Unfortunately, I will not be available to answer ANY cheerleading related questions until **mid to late July!** This packet is very detailed and I promise it addresses any comments and concerns you may have. ☺

Camp Recommendations: U-Fit Cheer and Dance Youth Camp Johnson C. Smith University

June 23-27, 2014

8:00-4:00 PM

Ages 4-18

\$55

Registration begins May 2

Contact: Moreinfo@u-fit365.com

Note: This camp is not connected to CMS or NMHS Cheer. This is simply a recommendation of a camp that teaches the type of skill and technique we use in a professional manner. All information about this camp should be directed to U-Fit directly.

Work Out Dates:

July 8: 9-11am

July 10: 9-11am

July 15: 9-11am

July 17: 9-11am

Workouts are **NOT** required to make the team!

DO NOT contact me about attending/not attending workouts!

We will meet in the square

Free lunch will be provided for all students on campus.

You must bring a copy of your **CURRENT** physical in order to participate in workouts.

Transportation will **NOT** be provided and you must be picked up promptly by 12 in order to participate.

Bring bottled water and a snack.

Information Sheet

Please complete the following information. Please write LEGIBLY.

Student Name:	Student ID #:
Current Grade Level:	School you attended 2012-13
Home Address:	
Home Phone:	Cell Phone:
Email address:	Birthday:

Parent/Guardian Name:	
Home address (if different from above)	
Parent/Guardian Phone (If different from above)	
Mother's Work Phone:	Mother's Cell Phone:
Mother's Email:	
Father's Work Phone:	Father's Cell Phone:
Father's Email:	
Emergency Contact Name:	Relationship to You:
Emergency Phone:	Emergency Cell Phone:

Allergies/Health Problems/ Medications (Please describe in detail):
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Were you involved in any behavior infractions (ISS or OSS) during the 2014-2015 school year? If yes, please explain ALL incidents in detail on a separate sheet of paper.

Statement of Permission and Agreement

If you make the cheerleading squad, realize that you are making a commitment to North Meck High School, your coaches, your teammates, and yourself for the **complete season (full year)**. The decision to tryout should not be taken lightly. You will be expected to put cheerleading as one of your priorities outside of academics.

Student Agreement

I, _____, have read and understand the 2014-2015 RULES FOR CHEERLEADING. I agree to abide by the policies described if I am chosen as a member of the squad. I am agreeing to the information in the packet and understand that failure to adhere to these rules policies could result in dismissal from the squad.

Student Signature

Date

Parent/Guardian Agreement

I, _____, the parent or legal guardian of _____, have read and understand the 2014-2015 RULES FOR CHEERLEADING and TRYOUT INFORMATION. I agree to abide by the policies described if my child is chosen as a member of the squad. I also agree to the financial obligations as they are described in the information provided. I understand that failure by me or my child to adhere to these policies could result in dismissal from the squad.

Parent Signature

Date

2014-2015 Rules for Cheerleading

Purpose

The objective of the NMHS High School cheerleading squad is to effectively execute a school spirit program that supports the athletic teams and promotes the school itself. Cheerleaders will serve as positive role models and leaders for NMHS and should promote sportsmanship within our school and among other schools. The highest priority should be to display and encourage spirit and pride for NMHS.

Squad Members and Practices

- Members will be chosen at a formal tryout session.
- The JV squad will consist of **up to 12** students who will cheer at JV football and basketball games and will participate in some pep rally events.
- The Varsity Football/Competition squad will consist of **up to 14** sophomores, juniors, and seniors who will cheer at all Varsity football games, competitions, and pep rally events. Freshmen typically do not make a Varsity squad; however, exceptions can be made at the coach's discretion.
- If a member of a squad is removed from a position, a replacement will be determined by the coach.

Practices and Games

- Squads will have practices EACH week. A schedule will be given by Coach Davis and Coach Caldwell. ALL practices are mandatory, and other schedules should revolve around cheerleading practices. Additional practices may be added when needed.
- During football season, games are held on Thursdays for JV and Fridays for Varsity. You will also be given a schedule at the beginning of the season, and cheerleaders will be expected to be present at all games, **including playoff games**. In addition each girl will have a game to bring snacks and refreshments for the team.
- During basketball season, games are normally held on Tuesdays and Fridays. Occasionally, games may be held on other days of the week (especially during inclement weather when games must be pushed to the next night).

Attendance Requirements

- **ABSENCES CAN BE THE DOWNFALL OF A GREAT CHEERLEADING SQUAD!** If one or more squad members are absent from a practice or game, the other members are forced to make last minute changes. .
- You will be expected to be at all games and practices. Jobs, club activities, extracurricular activities, doctor's appointments, etc. must not interfere with cheerleading.
- If you commit to cheerleading you are committing to attend every game. Unexcused absences are those caused by anything other than illness or family emergencies. In addition, just because a cheerleader asks to be excused doesn't mean that the excuse will be granted.
- If you are ill or have a family emergency, the coach needs to be notified by a parent or guardian in order for this absence to be excused. Please notify the coach before the absence or as soon after as possible; only under extreme circumstances will prior notice not be expected. Please call and notify the coach of any excused absences. If the coach is unavailable, please leave a message.
- As stated in the Guidelines for NMHS Athletes, students must be present half the school day (2 full class periods) to be eligible for practices and games scheduled for that day.
- If a student is assigned to ISS, the student may not participate in any scheduled event for the time the athlete is assigned to ISS. In addition, the athlete will be benched for ISS counseled and/or dismissed from the squad for OSS.

Grades

- A minimum of 2.0 GPA must be maintained throughout the cheering season..
- If at any time you are failing a class, you will be required to attend tutoring, and failure to attend tutoring will result in benching.
- From the time the F is written on the progress report, you have a few weeks to pull the F up before a more severe consequence is given.

Uniforms

- Uniforms are issued by the school and are property of the NMHS Athletic Department. If for at any reason a cheerleader quits or is dismissed, he/she is expected to return all uniforms/equipment within five days of the termination.
- Washing instructions will be provided when uniforms are distributed. At the end of basketball season, uniforms are to be turned in clean.

- All altered uniforms must be restored to their original size before being turned in at the end of the cheering season.
- Damaged or lost uniforms will be replaced by the cheerleader.
- A cheerleader may not represent another sport (soccer, track, baseball, etc) while in uniform.
- JV Cheerleaders choosing to stay for a Varsity game must change out of the cheerleading uniform and into regular clothing.

Fund Raising

- Every cheerleader will be expected to support all fundraising events which support the team.
- Failure to participate and meet your quota of fundraising can result in dismissal from the squad.
- Turning in fundraising money after the due date will result in being benched.

Transportation

- Parents are required to pick up their cheerleader **ON TIME from games, and practices**. If parents are frequently late this can result in your cheerleader being removed from the team! I am NOT open to staying late with student athletes and it creates an unsafe environment for me and your child!
- If a parent is going to pick up their cheerleader at an away game, the parent MUST speak to the coach at the game.
- If the parents do not speak to the coach, you are expected to ride the activity bus back to North Meck.
- Your parent or adult family member is the only one you are allowed to leave a game with, not friends.
- Cheering is not allowed on the bus. It distracts the driver, coaches, and other team members.

Expected Behavior

- All CMS and NMHS High School guidelines must be followed at all times.
- Consequences will be issued for misbehavior or poor conduct (this includes social media!!!)
- Promote a positive image for the school community—your peers, parents, teachers, and community members
- While representing NMHS, cheerleaders **must not:**
 - ⊗ Drink alcoholic beverages
 - ⊗ Use controlled substances
 - ⊗ Use tobacco products
 - ⊗ Show unsportsmanlike conduct
 - ⊗ Use profanity
 - ⊗ Show displays of affection on school grounds
 - ⊗ Be academically dishonest
- Cheerleaders must wear the designated uniform/outfit to school on the day of a game.
- Attend all practices and games.
- Your attitude and ability to work with other different personalities must be exceptional.
- Lying or fabricating the truth will not be tolerated and can result in immediate termination from the squad.
- Part of a coach's job is to know where you are at all times during practices, games, and special events. Consequences will be issued for failure to follow the coach's direction or to stay in assigned areas during events.
- Cheerleaders can not wear or loan NMHS cheerleading uniforms/outfits when attending non-cheerleading activities.
- All official cheerleading decisions and activities will be made by the coaching staff. **All coaches and captains are to be given respect and cooperation by cheerleaders and parents at all times.** Lack of respect will not be tolerated and WILL be grounds for dismissal. I am not available in the evenings or early mornings for discussions regarding cheerleading.

Coaches reserve the right to make changes/additions to the rules as needed. In addition, if you have any questions or concerns, please respect the following chain of command: Coach Davis, Athletic Director, and then School Principal