



775 Dacula Road, Dacula GA 30019
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Middle School: Basketball Cheerleading for Upcoming 5th Graders

2016-2017

Please see the following information concerning try-outs for the 2015-2016 Hebron Lions Varsity Middle School Basketball cheerleading for upcoming 5th graders:

- **MIDDLE SCHOOL BASKETBALL PARENT MEETING:** March 14 @ 7:00pm in Mezzanine
This is a mandatory meeting in order to tryout. All forms must be turned in at this meeting.
- **TRY-OUTS:** Middle School on **March 21 and March 23 from 3:30-5:30pm** at the high school gym.
- **RESULTS: THURSDAY, March 24th in the gym.**

TRY-OUT ATTIRE:

Wear dark shorts with white shirt (small logo is acceptable and no tank tops or spanx). Please wear bloomers or spandex shorts under your cheerleading shorts. Hair needs to be pulled back in a ponytail. No jewelry or nails. Hebron cheerleaders will be evaluated and selected based on performance (ability to perform the cheer), motions (placement, sharpness), showmanship, voice, jumps, tumbling (if candidate has tumbling), attitude, teamwork, work ethic, and grades.

MUST BE COMPLETED BEFORE TRY-OUTS:

- Must be re-enrolled in Hebron Christian Academy.
- Must be eligible according to the Hebron Christian Academy standards outlined in the handbook and GHSA standards. This will include grades and financial responsibility.
- GHSA Physical Evaluation.
- Emergency Contact and Consent Form.
- Online Registration which includes the Athletic Handbook/Liability and Statement of Cooperation Forms.
- Constitution Signature Form.

* These forms can be found on the Hebron website. Go to ATHLETICS – FORMS and print the GHSA physical form and statement of cooperation and liability.

If you have any questions or concerns, please contact Coach Brittany Button by email at brittboo1194@gmail.com or 678-327-9118.

HCA MIDDLE SCHOOL BASKETBALL CHEERLEADING

Our goal for Middle School Basketball Cheerleading Squad is to help develop our cheerleading program to a higher level. Basketball cheerleading is less stressful, but a great opportunity to support Hebron Lions Basketball. Basketball Cheerleading can also help prepare the girls for Varsity football/competition cheerleading. Basketball cheerleaders will only cheer home games. We will not start practicing until the end of November, and once we start cheering games, we will practice once a week. Tumbling is not required for basketball cheerleading. More exact dates and times will be announced in October!

IMPORTANT DATES

| EVENT | DATES <i>(Dates and times are subject to change)</i> |
|------------------------------------|---|
| Parent Meeting | October 6 th @ 5:30 in the mezzanine |
| School Physicals | Please check to make sure that your physical is up to date |
| Choreography Practice for halftime | TBD |
| Practice Days | Mondays and Wednesday in the mezzanine from 3:30pm-5:30pm |
| Uniform Fitting | TBA, but will be after school. |
| Tournament | Middle School cheerleaders will cheer at the end of the season tournament for the basketball teams. The location, the dates and time is to be determined at a later date. |
| Games | Will Cheer all Home and Away Games |

Cheerleading is a commitment and an expensive activity. Please see the fees/costs and due dates below.

| Middle School Basketball Cheerleading Fees and Misc. Costs | | |
|--|-----------------|---|
| Fee/Item | Amount | Due Date |
| Athletic Fee | \$200.00 | Should already be paid online |
| T-Shirt (new) | \$25.00 | Check to HCA |
| Shoes * | \$45.00 | Online- Please email Coach Mathews if you need this item. |
| Bloomer * | \$13.95 | Online- Please email Coach Mathews if you need this item |
| Bow * | \$8.00 | Online- Please email Coach Mathews if you need this item |
| Poms | \$50.00 | Will be charged online |
| Meal Money | TBD | This will need to be turned in at your first practice |
| Banquet | TBD | This will be charged online |

* Cheerleaders will only need to purchase if they have not purchased one in the past or would like to purchase a new one.

ALL PAYMENTS MUST BE PAID IN FULL ON DUE DATE OR STUDENT WILL NOT BE ALLOWED TO PARTICIPATE IN PRACTICE, CAMP, OR GAMES.

Online Team Registration

Team registration is now **online** and includes all the required forms. Prior to tryouts or summer participation, families should register for their athlete's desired team on RenWeb by following the instructions below:

Instructions for Online Team Registration

1. Log on to RenWeb account through Parents Web.
2. Click on **School Information** on the left tab.
3. Click the **Web Forms** button.
4. Select **Athletic Team Registration Forms**. If a new student, select Athletic Team Registration Forms PreEnrolled.
5. Select the "**Athletic Team Registration – [Select Season of Sport – or MS PE class]**" box next to student athlete you wish to register. Fall = Football/Competition, Winter = Basketball Cheerleading.
6. Complete all sections and sign digital signature at the bottom. **Note all red sections are required to complete online registration.**
7. When done, hit **SAVE**.
8. "**Data Saved!**" will appear at the top when successfully completed.

Note: Online registration does not require athletic fee payment. Athletic fees will be billed once season begins.



The screenshot displays the Hebron Christian Academy website interface. At the top, the school's logo and name are visible. Below the header, a navigation menu on the left includes "School Information", "Student Information", and "Family Information". The main content area is titled "Athletic Team Registration Forms" and lists registration options for two students, Sam Smith and John Smith, across three seasons: Fall Sports, Winter Sports, and Spring Sports. Each student has a button for each season.

| Student Name | Registration Season |
|--------------|--|
| Sam Smith | Athletic Team Registration - Fall Sports |
| John Smith | Athletic Team Registration - Fall Sports |
| Sam Smith | Athletic Team Registration - Winter Sports |
| John Smith | Athletic Team Registration - Winter Sports |
| Sam Smith | Athletic Team Registration - Spring Sports |
| John Smith | Athletic Team Registration - Spring Sports |

HEBRON CHEERLEADING CONSTITUTION

2016-2017



MISSION: It is the goal of the Hebron Christian Academy Cheerleading program to represent Christ, our families, and the standards of Hebron Christian Academy in all that we do. We endeavor to create school spirit, pride, and loyalty. Our goals are to seek to cheer and compete with a level of character, intensity, enthusiasm, integrity, and sportsmanship that is consistent with our faith and honoring to our Heavenly Father.

A constitution is a necessity for the success of any program. This contract will clearly state all rules and regulations administered by Hebron Christian Academy and the Hebron Christian Academy Cheerleading Program. Athletes and parents should completely read and understand this constitution and the expectations laid out in it.

I. Organization

- A. This Constitution has been written and adopted for the Hebron Christian Academy Cheerleading Squad. The team and its Constitution are governed by Hebron Christian Academy and the Hebron Christian Academy Cheerleading squad members.
- B. Henceforth, the name of the organization shall be HCA Cheerleading squad.
- C. The purpose of the HCA Cheerleading squad is to:
 1. Represent Christ, Family, and HCA in all actions.
 2. Create school spirit, pride, and loyalty.
 3. Promote interest in school activities and perform at school games.
 4. To cheer and compete with a level of character, intensity, enthusiasm, integrity, and sportsmanship that honors God.
 5. Teach teamwork and pride in a quality performance through maintaining high standards.
- D. A Coach will be hired by Hebron Christian Academy Athletic Department upon recommendation of the Athletic Director.
 1. The Coach will be responsible for the daily running and activities of the HCA Cheerleading squad.
 2. The Coach will be responsible for administering all disciplinary procedures.
 3. The Coach, with the advisement of the Athletic Director, may place certain restrictions on team members.

II. Eligibility

- A. Each candidate trying out for the HCA Cheerleading squad must be deemed eligible by the GHSA standards of eligibility outlined in the GHSA Constitution.
- B. Each candidate must also be eligible according to the standards outlined in the Hebron Christian Academy Athletic Handbook.
- C. Each member must have a current GHSA athletic physical on file with the school prior to tryouts.
- D. Each member must submit a completed Application Form, Parental Consent/Medical Release/liability form, and be reenrolled BEFORE the annual tryouts take place. (online)

III. Attendance at Practice, Games, and Mandatory Events

- A. All students who participate in daily school activities must be present at all after school activities pertaining to the HCA Cheerleading squad, unless previously discussed with the Coach.
- B. To participate in after-school activities, a student must attend school for at least 3 periods of the day.
- C. All alternates will attend each activity in its entirety
- D. Work is not considered an excuse for missing an activity.
- E. Prompt attendance is required for all cheerleading activities.
- F. Excused Absences (see consequences for unexcused absences below):
 - 1. Sickness with a doctor's note - All doctors' appointments should be scheduled so they do not interfere with HCA Cheerleading activities. (Physicals, yearly appointments, etc.)
 - 2. Death in the family
 - 3. Family emergency- only with notification from parent

IV. Uniform

- A. Each team member will be expected to purchase a practice uniform.
- B. Performance uniforms will be provided by the Hebron Christian Athletic Department and are property of the Athletic Department.
 - 1. A football/basketball /competition uniform will be provided.
 - 2. If not returned, you will be required to pay for a replacement uniform.
- C. Each team member will be required to maintain good condition and cleanliness of her uniform on a weekly basis.
- D. Each team member will be required to have all uniforms cleaned and in good condition before the end of the year.
- E. Footwear and accessories such as bows, bloomers, and make-up will be purchased by each member. A complete list and cost sheet will be provided at tryouts.

V. Medical

- A. Each team member must have a complete physical exam before the first day of tryouts.
- B. Each team member must also have a completed Medical Emergency Form on file with the Coach and a current concussion test.
 - 1. The Coach must have these forms in her possession at all times.
 - 2. These forms can be obtained from the Coach

VI. Character

- A. Team members should be leaders within the school and set a good example at all times.
- B. Team members should maintain good personal appearance and habits that cannot be criticized.
 - 1. Smoking, drinking and/or drug use are grounds for suspension or dismissal from school as well as from the HCA Cheerleading squad.
 - 2. Each member must abide by those standards set by Hebron Christian Academy, which are found in the Student Handbook.
- C. Each member must be courteous and friendly to all other team members as well as the student body.
- D. Each member must be courteous and friendly to other teams and visitors.
- E. Each member must be respectful to the Coach and a credit to the school.

VII. Discipline

- A. Consequences for unexcused absences.
 - 1. First unexcused absence - sit out one home game
 - 2. Second unexcused absence- sit out two home games.
 - 3. Third unexcused absence- dismissal from the squad.

- B. Consequences of misbehavior during practice, games, or mandatory events. (This also includes disciplinary issues at school)
 - 1st – verbal warning
 - 2nd – conditioning at coach's discretion
 - 3rd – sit out first quarter of next football game
 - 4th – sit out the next entire game or competition

VIII. Mathew 18 Principle

"If your brother sins against you, go and show him his fault, just between the two of you. If he listens to you, you have won your brother over. But if he will not listen, take one or two others along, so that every matter may be established by the testimony of two or three witnesses. If he refuses to listen to them, tell it to the church; and if he refuses to listen even to the church..."

- A. One: Keep the matter confidential. The very pattern of sharing the problem only with those directly involved establishes the principle of confidentiality. The Bible has much to say about those who gossip or malign others with their words. "An hypocrite with his mouth destroyeth his neighbor; but through knowledge shall the just be delivered" (Proverbs 11:9, KJV).
- B. Two: Keep the circle small. "If thy brother shall trespass against thee, go and tell him his fault between thee and him alone...." The first step and most often the only step needed in solving a person-to-person problem is for one of the two people involved to initiate face-to-face dialogue. Most problems are solved at the two-people level.
- C. Three: Be straightforward. "Tell him his fault." Jesus tells us to be forthright and to love honestly. Sometimes it is difficult to be straightforward and tell someone the very heart of the matter. But restoration and improvement can only come when the issues are lovingly, yet clearly, presented. The Scripture says "Faithful are the wounds of a friend . . ." (Proverbs 27:6, KJV).
- D. Four: Be forgiving. "If he shall hear thee, thou has gained thy brother." This implies that once the matter is resolved, we should wholeheartedly forgive and restore the person whose fault has offended us. Galatians 6:1, KJV, reads "If a man be overtaken in a fault, ye who are spiritual restore such an one in the spirit of meekness, considering thyself, lest thou also be tempted."

IX. Rules

- A. General Rules
 - 1. NO gum during cheerleading activities.
 - 2. NO nails beyond fingertip length and NO colored nail polish while cheering.
 - 3. NO jewelry of any kind during practice or games.
 - 4. NO cell phones during cheerleading activities.
 - 5. Hair must be up in a ponytail at all games and practices.
 - 6. Represent HCA in a Christian and positive manner AT ALL TIMES.
- B. Rules for practice
 - 1. Must wear practice clothes to every practice.
 - 2. Be dressed out, mats out, and ready at 3:30PM
 - 3. Practice is for practicing with your team, not socializing.
- C. Rules for Games:
 - 1. You are there to cheer and support HCA; you are not there to talk to people in the stands or each other.
 - 2. Designated team members will be responsible for calling the cheers.
 - 3. NO cell phones used during the game.
 - 4. You may use the bathroom only during halftime or in emergency situations.
 - 5. After halftime, you need to be back in line-up with two minutes left on the clock.
 - 6. When not cheering, jumping, stunting, or showing spirit, you must stand in ready position.
 - 7. After the game you must clean up your area and check with the coach before leaving.

X. Safety

- A. Follow American Association of Cheerleading Coaches and Administration School Cheer Safety Rules.

XI. Booster Club/Team Parents

- A. The Booster Club will be governed by officers as denoted in the organization's by-laws.
- B. By-laws will be provided by the Hebron Christian Academy Athletic Department.
- C. There will be functioning committees within the organization.

XII. Fundraising

- A. All members are required to participate in all fundraising which is generated by the team and/or the Booster Club
- B. All fundraisers are mandatory events for all teams.
- C. Varsity fundraisers- Parents night out, Youth Lions Camp, Calendar, and possibly one more.



**HEBRON CHRISTIA
ACADEMY**

Preparing students spiritually, academically, physically,
and socially to become disciples of Jesus Christ.

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CHEERLEADING CONTRACT APPROVAL FORM

2016-2017 SCHOOL YEAR

I, _____, have read and understand what is expected of me as a HCA cheerleader in accordance with the 2016-2017 HCA Cheerleading Contract. I will abide by these rules and understand that if I chose not to, the previous page consequences will be set in place. I also understand that my actions and behavior can affect my placement on a future squad.

Signature _____ Date _____

I give my daughter permission to try-out for cheerleading at HCA. I understand and agree to the financial and fundraising obligations, as well as the time commitment involved in this sport.

Parent/Guardian Signature: _____ Date: _____