

DAVIS MIDDLE SCHOOL 2016-2017  
CHEERLEADING INFORMATION PACKET



Dear Prospective Student,

Thank you for your interest in the General Ray Davis Middle School Cheer Team. Cheerleading is a sport that promotes leadership, teamwork and being a role model for your school and community. This includes working hard in the classroom. The first priority of every student athlete at DMS is being a great student! If selected, there are specific responsibilities and obligations that must be followed in order to qualify and remain on the team. It is an honor and a privilege to be selected as a DMS cheerleader. As a leader of the student body, you will be expected to conduct yourself with appropriate behaviors at all times. The packet includes all required paperwork. It must be complete and returned no later than **APRIL 29<sup>th</sup>** ! No one is allowed to try-out without paperwork on file. All paperwork is good for one calendar year and will be kept on file at DMS for other sports activities or try-outs.

### **TRYOUT INFORMATION**

The dates for tryout clinics will be Monday, May 2nd, Tuesday May 3rd, Wednesday May 4th, Please arrange to be picked up promptly at 6:00! **Thursday May 5<sup>th</sup>, will be the actual try-out day.**

Try-outs will begin at 4:30 and girls may leave once they are finished.

A roster of the girls selected will be posted on the front window of the school on Friday morning by 8:30am.

All information in the packet must be complete in order to participate in tryouts. Completed forms, must be turned in to the front office no later than **Friday April 29th!**

Please use this as a check list.



- \_\_\_\_\_ Preparticipation Physical Evaluation HISTORY FORM
- \_\_\_\_\_ THE ATHLETE WITH SPECIAL NEEDS: SUPPLEMENTAL HISTORY FORM
- \_\_\_\_\_ Preparticipation Physical Evaluation PHYSICAL EXAMINATION FORM
- \_\_\_\_\_ Preparticipation Physical Evaluation CLEARANCE FORM
- \_\_\_\_\_ *Athletic Programs* Emergency Information & Consent
- \_\_\_\_\_ *Athletic Programs* Permission ~ Medical Consent ~ Waiver of Liability for Participation in Athletics or Sports-Related Activities
- \_\_\_\_\_ Photo Copy of Athlete's Insurance Card (Front and Back)
- \_\_\_\_\_ Middle and High School Extracurricular Participation Code of Conduct Contract
- \_\_\_\_\_ STUDENT/PARENT CONCUSSION AWARENESS FORM
- \_\_\_\_\_ Gymnastics declaration
- \_\_\_\_\_ Financial Obligation
- \_\_\_\_\_ DMS Behavior Contract
- \_\_\_\_\_ Cheer Constitution



# DMS Cheer Tryout Permission Form 2016-2017

## Student Information:

**Name**\_\_\_\_\_

**Grade**\_\_\_\_\_ **Homeroom**\_\_\_\_\_

**Cell number**\_\_\_\_\_

**Current Physical on file(Yes/No)**\_\_\_\_\_

• **Reason/Date**\_\_\_\_\_

## Parent Information:

**Parent(s) Name**\_\_\_\_\_

**Parent Email**\_\_\_\_\_

**Parent phone number**\_\_\_\_\_

## PERMISSION:

I have reviewed the dance team expectations and schedule. I understand if my child is selected, he/she is expected to attend all practices and performances. I understand that if my child makes the team, I must attend the mandatory parent meeting Monday, May 9th at 5:45pm, or my child will be unable to participate. I also understand that the first payment of \$350 is due at the meeting. I give permission for my child to try-out for the 2016-2017 Davis Middle School Cheer Team.

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

Date\_\_\_\_\_

## DMS CHEERLEADING DECLARATION OF GYMNASTIC ABILITY

My child, \_\_\_\_\_ has been properly instructed in gymnastic tumbling techniques by a qualified instructor or coach. Please list below the tumbling stunts that your daughter has permission to perform during tryouts. If your daughter does not tumble, please just list N/A below.

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PARENT SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

STUDENT SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

### Financial Obligation (Estimated)

Camp cost \$100.00

Camp wear cost \$125.00 includes 3 camp wear outfits. These are used for camp and school.

Shoes \$75.00

Warm Up \$80.00

Accessories \$65 includes briefs, socks, bag, and megaphone

DMS Athletic Fee \$150.00 (Includes 2 free tickets for all home games/Athletes Banquet Dinner and Awards)

Brand new uniform \$200 (Fundraiser purchase, hopefully!)

Total= \$800 Estimate for entire 16/17 school year!

**Fundraisers will be available to offset individual costs.**

PARENT SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

DMS EAGLE CHEERLEADING Squad  
STUDENT and PARENT BEHAVIOR CONTRACT

**EXPECTATIONS:**

- Attend every practice and game and to be prepared to cheer. I will seek prior approval before a practice or game absence.
- In cases of illness or emergency e-mails, text messages from parents, or messages left in the front office for the coach is acceptable. Word of mouth from another cheerleader is NOT acceptable.
- To be in position, ready to cheer at game time.
- To stand at attention between cheers.
- ALL practices are closed to spectators.
- Arrange transportation in advance and be picked up on time.
- To only engage in school appropriate conversation and to behave as a role model to my peers.
- To treat all squad members and coach in a respectful manner at all times.
- To maintain a minimum of a passing average in all of my academic classes. I am a student athlete, so academics are my first priority!
- Follow all RCPS school procedures and policies. Cheerleaders are expected to exhibit model behaviors at all times at DMS.

**CONSEQUENCES:**

Should there be an incident where the expected behaviors or the Cheerleading Constitution rules that are not followed; the consequences of these actions are listed below:

- A verbal warning.
- Official warning, which includes a partial game benching and parent notification.
- If there is a third warning, benching for the entire game, and parent conference required.
- If a student is assigned ISS, one full game benching for each day of ISS. If a student is in ISS the day of a game, they will not be able to cheer that day.
- 3 days ISS Dismissal from squad.
- School suspension immediate dismissal from squad.

Cheerleader Signature \_\_\_\_\_

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

**CHEERLEADING CONSTITUTION**

**APPEARANCE**

All members shall be present at all performances in the required uniform. All cheerleaders are expected to follow the follow the rules listed below:

- No gum chewing, candy or food while at practice or at games. Breaks will be provided.
- No jewelry of any kind at any time in uniform. No jewelry during any practice at any time! Plan wisely do not get a new piercing during the cheer season.
- *Medical ID's bracelets/necklaces are the only exception.*
- Fingernails must not be visible beyond the end of the fingers. No acrylic nails or fingernail polish may be worn during games or practice for safety precautions.
- Hair must be worn up at practices and performances. No metal hair clips or bobby pins.

**CONDUCT**

Proper conduct is expected at all practices and games

All behavior expectations are in the DMS, and RCPS behavior contracts. Discipline will be handled between the Cheerleader, the Coach, the Parents, Athletic Director and the School Administrators.

### **Academic Eligibility –**

Athletes are eligible the first year they enter the 7<sup>th</sup> grade and the first year they enter the 8<sup>th</sup> grade provided they passed 5 subjects the previous semester.

### **PRACTICES AND PERFORMANCES**

All cheerleaders shall attend EVERY practice, game, fund-raiser and function to which she is assigned, except in case of emergency or illness.

- Please notify the coach before you miss practice or a game.
- All cheerleaders will be at practice, dressed and ready to begin work at 4:15pm. Practice will end at 5:45pm and will need to be picked up promptly.
- There will be no practices scheduled without the coach.
- Absence from school for over half the school day prohibits you from cheering at a game.
- If there is a conflict with a cheerleading activity and another organization (Chorus, NJHS, Band, etc.), please see the coach before the conflict.

### **CAPTAINS**

- The captains should begin practice by checking for proper attire, jewelry etc. and leading the squad in stretching and warming up.
- Captains should not display any partiality toward any member of the squad. Good sportsmanship should be practiced at all times.
- The captains should give respect and receive respect from other team members.

### **Miscellaneous**

- Cheerleaders are expected to complete the full season. If any circumstances arise, please contact the coach.
- Class time is for academics, not for cheerleading. Please do not ask for a pass from your teacher for cheerleading issues unless there is an emergency. You may see the coach before or after school or during lunch.
- In case a situation arises that has not been accounted for, the coach reserves the right issue consequences according to the severity of the problem.

I have read all the Cheerleading Constitution. I agree to abide by these rules.

Cheerleader Signature \_\_\_\_\_ Date \_\_\_\_\_

I have read all the Cheerleading Constitution. I understand that I have a vital role in helping my child follow through with each of the Articles of the Constitution and agree to help her uphold the rules.

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