# Clinton Middle School Cheer Team Clinic and Tryouts April 11 – April 14, 2016

# I. Forms

All of the following forms must be completed as instructed and returned **NO LATER THAN Friday, April 8, 2016,** to Mrs. Shelley in Room 25 at Clinton Middle School to be eligible to participate in cheer clinics and try-outs.

#### FAILURE TO TURN PACKET IN ON TIME WILL RESULT IN A TEN POINT DEDUCTION ON FINAL SCORES!

You may turn your packet in to the front office, if coming from a school other than CMS. If you have any questions please direct them to Mrs. Shelley at **mshelley@acs.ac**.

Cheer Candidate and Parent should initial each space as each of the following forms are completed.
Form A — Candidate Information / Application (candidate, please fill out as indicated).
<b>Form B</b> – Parental Permission and Informed Consent (parent(s)/guardian(s), please fill out and have notarized).
Form C – Information Sheet (Candidate and Parent(s), please read and initial where indicated.)
<b>Form D</b> – CMS Cheerleader Merit System (Candidates and Parent(s), please read and sign).
<b>Form E</b> – CMS Cheerleader Financial Obligations (Candidates and Parent(s), please read and sign).
<b>Form F</b> – CMS Cheerleader Release Form (Parent(s), please complete, read, and sign).
Form G — Please provide three core teachers with a copy and have the teacher place the completed form in a sealed envelope with their signature over the seal. Turn these <u>sealed</u> envelopes in along with all other paperwork, or the individual teachers may place them in Mrs. Shelley's school mailbox. If three core teachers are not available related arts teachers or past teachers will suffice recommendation requirement.

#### **II. Clinic and Tryouts**

(Clinic and tryouts are for <u>candidates only</u> and are closed events for <u>all</u> others. This includes parents/guardians, friends, boyfriends, siblings, etc.)

# **Clinic Dates** (CMS Gym)

Monday (April 11) 4 – 6 PM Tuesday (April 12) 4 – 6 PM Wednesday (April 13) 4 – 6 PM

- \*There is a \$10 clinic fee due at the first day of clinics on Monday, April 11th. Clinic fee may also be turned in with packet.
- \*Each candidate must be present, on time, and properly dressed\* each day. Although clinics are not mandatory they are highly recommended as part of the evaluation process will be conducted during clinics and all material will be taught during clinics that is necessary for try-outs. Tryout material will be covered the first two afternoons and a mock tryout will be conducted on Wednesday after a review of material.
- \*Proper dress during clinic and tryouts include: athletic shoes, shorts, sports bra, and a shirt. (No jewelry is to be worn during clinic and please dress modestly but wear proper attire to tumble, stunt, and dance.)

# **Tryouts** (CMS Gym)

Thursday, April 14, 2016, try-outs will begin at 4 PM promptly at Clinton Middle School Gym.

- \*Candidates need to wear black shorts, a black top, and athletic shoes for try-outs only.
- \*Bows are optional.
- \*Cheerleading clinics and tryouts are closed events. No one will be allowed to watch these events except for candidates, judges, assistants, and the coaches. Anyone trying to intrude on events will be escorted out of the event and could impact your candidate's final scores for failure to follow information and directions given.

#### III. Health Physicals

All candidates who are chosen for the CMS Cheer Team are <u>required</u> to complete and pass a sports physical. Physicals are available free of charge in May or June (date and time to be announced), but it is the parent's responsibility to provide transportation to secure these physicals. If unable to attend the free physical event at school, the parent or guardian must secure a physical from the candidate's physician. Physical forms are available in the back of this packet (or as a separate file if downloaded online) and must remain current for a calendar year. It is the parent/guardian and cheerleader's responsibility to ensure that Mrs. Shelley receives a copy of the most current physical on file to keep at all times. Any cheerleader that does not pass, secure a physical, or provide a copy of a current passed physical prior to **June 1st will be cut from the team!** 

Cheerleader Signature	Date
-	
Parent/Guardian Signature	Date

# Form A – Candidate Information/Application (Parent Info on Back)

(Must be turned in with other forms no later than Friday, April 8, 2016.)

# **Cheerleader Contact Information:**

Name	Birthdate		2016 - 2017 (	Grade Level
Street	City/	State/Zip C	Code	
Home Phone	Cell	Phone		
E-mail				
Please check any skill you can complet are committed to performing that ski regardless of performance surface.	e <b>competently</b>	with the ur	derstanding any ite	em checked indicates <b>you</b>
Base (circle all that apply: SIDE	MAIN	BACK	SINGLE BA	ASE NONE)
Flyer (circle all that apply: PREP	EXTENSION	LIBERTY	FULL UP/DOWN	STAIR-STEP SINGLE)
Back handspring (without spot ONL)	<b>Y</b> )			
Back tuck				
Series tumbling (running)				
Jumps (circle all that apply: TOE TO	DUCH HURDLEF	R HERKIE F	PIKE TOE TOUCH S	ERIES Other)
PLEASE ANSWER THE FOLLOWI	NG QUESTIO	NS ON TH	IE BACK OF TH	IS PAGE.
1. If selected for the 2016 - 2017 Clinto	n Middle Cheer	Squad, wh	at will you contribu	te to the squad?
2. What does "100% Commitment" mea	an to you?			
3. Why do you want to be a cheerleade	r?			
4. What does it mean to be a represent	ative of Clinton	Middle Sch	ool?	
5. Have you been involved in a significa	ant amount of d	rama in the	last year? Please	explain.
6. What do you think about people that	get jealous of c	thers easily	<i>ı</i> ?	
7. What would you do if your coach ma outfit at practice or you were late for practice or you were late for practice.	-	ngry? (ex. Y	ou had to run extra	for not having the correct
8. Do you play any other sports? If so,	what are they?			
9. What comes to mind when you hear	the word "cond	itioning"?		
10. What would you do if your worst en	emy made the	cheerleadin	g squad and you d	id as well?
Cheerleader's Signature Date		Parent/0 Date	Guardian Signature	)

# PARENT/GUARDIAN CONTACT INFORMATION

Name(s)	
Address	
Mailing Address (If different)	
Parent(s) Daytime Phone Numbers	
Parent(s) Evening Phone Numbers	
Parent(s) Cell Phone Numbers	
Parent(s) E-mail address(es)	
Parent/Guardian Signature	Date

# Form B – Parental Permission and Informed Consent

CMS Cheerleading Tryouts (Spring 2016), Information Pac	ket due April 8, 2016.			
Candidate's Name				
I/We,	, parer	nt(s)/guardian(s)		
ofwho wishes to participate in cheerleading tryouts for the chearticipate in all cheerleading activities of Clinton Middle Soland/or participate in such activity, give my/our consent for such activity.	chool, and in consideration	ccepted as a cheerleaden of allowing my/our chi	er, to	
I/We understand that our child is required to be in good physical shape and condition and that the ac will be asked and expected to participate in are strenuous and require physical and athletic agility. It explained to me/us that these activities include, but are not necessarily limited to: tumbling, a variety routines, as well as a variety of mounts and stunts requiring the coordination of more than one partic. We further understand that these activities will not be confined to any one site or venue, but rather a places throughout the school year.  I/We realize that cheerleading is an activity in which the risk of injury is high; that any one of the routing child's participation in cheerleading activities in general could lead to serious injury. I/We have also decided and among ourselves. Despite this understanding of the possibility of serious or catastrophic injurvolved, I/we still consent to the participation in this activity by my/our child.		athletic agility. It has been mbling, a variety of gymler than one participant or	hletic agility. It has been fully bling, a variety of gymnastic han one participant on the squad. I/	
		/We have also discusse	discussed this with our	
I/We also understand that our child will be required to travel to locations off campus for the purpose of participatic cheerleading activities and that the coaches, her designee, advisors, and/or the school may provide transportation her. I/We also consent to such transportation and agree to provide transportation when necessary to/from activitie events.  I/We represent to you that, to the best of our knowledge and belief, our child has no physical, medical, or mental or any limitation that would restrict his/her ability to fully participate in this activity as described and explained to row we have been informed that my/our child must be examined by a physician prior to participation in the activities of above and I/we agree to such examination.			rtation to him/	
			d to me/us. I/	
I/We agree to, and by the signing of this agreement, rel School, and the Board of Education from any claim of heirs, executors and assigns, from any liability arising any claims for loss of or damage to his/her property wl Middle School Cheerleading Program for the 2016-2017	negligence by myself/ou from claims for damage nich may arise out of his	irselves, my/our child, es for injury to my/our	my/our child and	
In witness whereof, I/we have affixed our signatures to this	agreement on this	, day of	, 2016.	
(parent's/guardian's signature)		(date)		
Notary Public:				
County of:				
Notary expires:_				
(Please affix seal)				

# Form C - INFORMATION/CONTRACT SHEET Clinton Middle School

This contract is to be read, signed, and followed by both the cheerleader and all guardians of said cheerleader.

The purpose of the Clinton Middle School Hawks Cheerleading Team is to show the true spirit of loyalty and sportsmanship for Clinton Middle School through a positive display of team support at both football and basketball games.

Parents' Initial here	Candidate Initial here	
football and basketball games.	rout scores and this team will be responsible for cheering during both The team is TMSAA sanctioned and is regulated by the rules set fort ate High School Association Spirit Rules Book and other guidelines d/or administration.	
Parents' Initial here	Candidate Initial here	
School. Please be aware that we Clinton Middle School Hawks Conduct. A check disrespectful of herself or would become necessary for a cheerle certain that appropriate consequentations of the principal for such actions deem their school and community or frequent (smoking, drinking of a members of the opposite sex); abody, or the school. Cheerleade any kind; stunts or tumbling with	sentative and must uphold the high standards of Clinton Middle while cheerleaders are participating in activities related to their role as theerleader, they are governed by the Anderson County Schools eerleader should never conduct herself in a manner that would be direflect negatively upon the other members of the team. Should it eader to have disciplinary action taken against her at school, be uences will be given by the coaches. (Please see demerit system.) by be dismissed from the squad at the discretion of the coaches/ ed inappropriate for people who have been selected as leaders of for actions which are deemed as destructive to the development of the ude, but are not limited to: violation of the ACS Student Code of alcoholic beverages, use of drugs, inappropriate conduct with ANY public behavior that would reflect badly on the team, the student ers WILL be dismissed for not following safety procedures (jewelry of thout appropriate supervision). Any cheerleader receiving out-of-school cheerleaders will also be dismissed upon the accumulation of 20	ne t
Parents' Initial here	Candidate Initial here	
	trips/vacations to your coach no later than May 1, 2016. amps, performances, etc. are mandatory unless pre-	

Parents' Initial here \_\_\_\_\_ Candidate Initial here \_\_\_\_\_

#### **Time Requirement**

Cheerleading is a year-round sport. The time commitment spent by the team members during the summer and throughout the school year is enormous. All cheerleaders must be willing and able to sacrifice this time in order for the team to work successfully. Students may find it difficult and virtually impossible to combine cheerleading with other school sponsored sports. Some exceptions can be made for special clubs and activities but these are extremely difficult and require a considerable amount of advanced notice, at least two weeks is the minimum notice required, and the event is not guaranteed to be excused.

- \* All cheerleaders are required to attend all official CMS Hawks Cheerleader activities, functions, practices, and games. They are to be properly dressed, as specified by the coaches.
- \* A cheerleader must be at school for the **entire day** on game day in order to cheer that night. Cheerleaders who are tardy to school on the morning following a game will be required to sit out the next game, but may be asked to perform at the half-time should the success of the performance depend upon their participation.
- \* Practices will begin immediately after tryouts. Our first scheduled practice is on Friday, April 15, 2016 at G-Force gym from 5-7 PM, attendance is mandatory. We typically practice about once per week. We will practice every Friday from 5-7 PM at G-Force Cheer and Dance Gym for \$10 each week, these are mandatory practices. Please note: these practices may change. Special practices may be called, attendance is required if at least 24 hours notice is given. Practice attendance is mandatory and absences will accumulate demerits. Failure to attend practice FOR ANY REASON will result in sitting out the following game. The only exception afforded will be consideration of commitments required for academic credit (for example, a band concert).

*Cheer Summer Camp time	s are TBD. Attendance is required if selected for team!
Parents' Initial here	Candidate Initial here
maintain high academic star will be instituted. You will use attend before/after school tu	op priority at Clinton Middle School, team members are expected to ards. If your grade falls below a "C" IN ANY SUBJECT, a suspension this time to concentrate on your school work and may be required to bring. If qualifying improvement is achieved, you may be reinstated. If eantly within a reasonable amount of time, you will cease to be a part of
Parents' Initial here	Candidate Initial here
works diligently at maintaining anyone, insubordination, u	with faculty, staff, other students, and the public that each cheerleader a pleasant and positive attitude. Being rude and disrespectful to sing foul or crude language or gestures will not be tolerated and is nissal. Cheerleaders are school ambassadors and should be proud of

that stature. This includes addressing all adults as ma'am and sir.

Parents' Initial here \_\_\_\_\_ Candidate Initial here \_\_\_\_\_

Cheerleaders MUST ride in official transportation provided by the school to away games. A cheerleader can only be released to her parents after the parents have spoken to one of the coaches CHEERLEADERS WILL NOT BE RELEASED FROM PRACTICE OR A BALLGAME TO GO TO THE COMMUNITY CENTER WITHOUT A PARENT NOTE. (The note must be signed and dated.) Parents must be at the school when the bus arrives from an away ballgame. Disciplinary action will be taken on recurring offenses.
Parents' Initial here Candidate Initial here
Fundraising and Costs Involved  We will hold minimal if any fundraising activities. These fundraising activities are usually school related (such as Spirit Week). All cheerleaders are expected to participate, with parental support when a fundraiser does occur. Fundraising money earned from these types of events will go to the general fund to supply awards and items used by the team as a whole. Most expenses for the cheer season are the responsibility of the parents/guardians to fulfill because of the system used to pay online. Fundraising funds will not be available to put towards these items. Please see Budgetary Commitment page for further information. Failure to comply with fundraising efforts and/or to pay by deadlines for needed/mandatory items is cause for suspension and/or dismissal from the squad.
Parents' Initial here Candidate Initial here
Good Health All sports physicals for cheerleaders must remain current. A sports' physical is good for one calendar year, however as soon as it expires the cheerleader must cease participation. However, if the cheerleader waits for the free physical day, the physical will be good for the entire sports/school year of 2016 - 2017. Should a cheerleader's current physical expire, all physical activity related to cheerleading will be suspended until proof of a current physical is provided. If a cheerleader is temporarily injured and cannot cheer, the cheerleader will continue to participate in other cheerleading activities and be present at all practices. If the injury is serious enough to impede performance for a significant amount of time, an alternate may be chosen.
Parents' Initial here Candidate Initial here
Resignation:  The member must submit a letter to the coach stating they are resigning from the team, the date they are resigning, and why they are resigning from the team. The letter must include the team members signature and parent/guardian signature. It is important to make a decision now about if you are willing to commit for an entire year. If one quits at any point through the year, they have taken the spot of someone else that would have really wanted that spot on the squad. I stress this now in hopes that everyone will realize the commitment that is required for being a cheerleader.

Parents' Initial here \_\_\_\_\_ Candidate Initial here \_\_\_\_\_

**Transportation** 

**Uniform Care** 

Family Educational Rights and Privacy Act, (FERPA) is a federal law that protects the privacy of students. The Coach, Athletic Director, Principal, Assistant Principals, School Staff, Central Office Staff, School Board Members are not allowed by this law to discuss other student athletes with anyone other than their parents and/or guardian. As a parent and/or guardian I will not request or inquire any information about another student athlete.

Parents' Initial here C	Candidate Initial here
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#### Form D - CLINTON MIDDLE SCHOOL CHEERLEADER DEMERIT SYSTEM

\*\*\*This will be strictly adhered to. There will be NO EXCEPTIONS.\*\*\*

An accumulation of 20 demerits will lead to <u>IMMEDIATE AND PERMANENT DISMISSAL</u> from the Cheerleading Squad. This system will be in effect for the entire time that the cheerleader is a member of the CMS Hawks Cheerleading Squad.

**3** Absence from practice without a doctor's excuse or coach *pre-*approval

**NOTE:** Telling a coach you will be absent does not guarantee it is excused.

- 3 Not completing or participating in assigned squad duties
- 3 Late for the game or bus to the game or late being picked up from a game, practice or event
- 2 Late during a game (not in sideline formation at least 1 minute before game begins/ half-time ends)
- 5 Unsafe behavior during a game, practice, and/or event
- **5** Being sent to the office (+5 more for EACH day, if this results in In-School Suspension or detention)
- 5 Inappropriate behavior or bad sportsmanship during a game, practice, and/or event
- 5 Forgetting pom pons (game/ practice/ camp/ any other time they are specified)
- 5 Wearing any part of the uniform in an unofficial capacity
- 5 Not wearing any/ all designated parts of uniform to an activity
- **10** Absence from a game without doctor's excuse and/or coach *pre*-approval
- 10 Misrepresenting your excuse for being late/ absent for any scheduled activity
- 10 Disrespect/ Defiance shown toward any faculty/ staff member, guests, adults, and/or teammates

I understand the guidelines that will be expected to be followed as a Clinton Middle School Hawks Cheerleader and the consequences to face if unable to abide by the guidelines.

Decisions made by the coaches/ administration based on these guidelines will be accepted.

Candidate Name:
Candidate Signature:
Parent/Guardian Signature:
Date

<sup>\*\*</sup>Other circumstances not mentioned will be decided by the coaches.\*\*

#### **FORM E - FINANCIAL OBLIGATIONS**

The following is an <u>estimate</u> of expected expenses. The full amount of money that is due at designated deadlines must be paid in full. This means the cheerleader's parent/guardian is expected to make payments on the payment deadlines for merchandise, camp, classes, and any other expenses that may arise.

Camp: \$185.00 - \$200.00

#### Weekly Tumbling and Stunting Classes: \$10 per week at G-Force Cheer and Dance

G-Force Gym is located at: 7250 Asheville Hwy, Knoxville, TN 37924. As of right now we are scheduled for Friday nights from 5-7 PM. \*Please note this location, time, and cost can change at any time at the discretion of the coach and availability of the facilities.

Below you can find a visual presentation of everything a 2016 - 2017 CMS Cheerleader will be required to purchase from our vendor, VARSITY SPIRIT FASHION. This is the cost for a non-returning cheerleader as it includes three uniforms. New uniform designs are purchased every other year. Returning members that are chosen for the 2016 - 2017 CMS Cheer Squad will not have to purchase new uniforms unless they desire to have new ones or need different sizes. Merchandise is purchased online via the Varsity Team Store. Payments that are accepted are all major credit cards and debit cards.



\*Please note some items will be different colors and have different words/images on them, but were not able to be changed on our Varsity Representative's visual programming software.

I, the parent/guardian of CMS Cheerleader/candidate have reviewed the following financial obligations and understand that it is the mine, the parent's/guardian's, responsibility to pay the full amount due at set deadlines. Failure to do so will result in not receiving merchandise and/or dismissal from team. Also, should the cheerleader be dismissed from the team for any reason or quit the team for any reason at any time, a refund will not be given. I understand that once purchased the items are final sale and will not be able to be returned for a refund from Varsity or from Clinton Middle School or any of said affiliates.

Parent/Guardian Signature	Date
•	
Cheerleader Signature	Date

#### Form F - Cheerleader Release Form

The following individual(s) are those that may check my child out at the end of the game, practice, any cheerleading event and provide transportation for my child after aforementioned check-out. If an individual is not listed on this form, I understand that my child will NOT be released into their care. Once my child has been checked out to this individual I waive all liability from the coaches, administration, Clinton Middle School, and other affiliates.

Parent/Guardian Signature	Date
Contact Information	
Relationship to cheerleader	
Name of Individual	
Contact Information	
Relationship to cheerleader	
Name of Individual	
Contact Information	
Relationship to cheerleader	
Name of Individual	
Contact Information	
Relationship to cheerleader	
Name of Individual	
Contact Information	
Relationship to cheerleader	
Name of Individual	

#### Form G - CONFIDENTIAL

#### **Teacher Recommendation Score Sheet** is a candidate for the 2016 - 2017 Clinton Middle School Cheer Squad. Cheerleaders represent our school and community in several capacities, therefore it is important to choose members of the squad based on ability, academic performance. and quality of character. Please complete this recommendation form based on his / her performance in your class. Thank you for your help!!! Please return to the candidate in a sealed envelope with your signature across the seal, on or before Friday, April 8, 2016. Thank you in advance for your time. Respectfully. Meredith Shelley - Cheer Coach Please rate the candidate in the following areas using the following scale: 1=never, 3=rarely, 5=sometimes, 7=often, 10=always The above mentioned candidate... 1. Displays a positive attitude towards the teacher: 3 7 10 2. Displays a positive attitude towards classmates: 3 5 7 10 3 5 7 3. Completes assignments on time: 1 10 4. Follows directions/instructions: 1 3 5 7 10 5 7 5. Is on time to class: 1 3 10 6. Works diligently to accomplish goals and 5 objectives set for the class: 1 3 7 10 7. Follows classroom rules as well as the rules in the ACS Code of Conduct: 1 3 5 7 10 1 3 5 7 8. Is respectful to self and others: 10 3 5 7 9. Works cooperatively with peers: 10 Please choose one: I DO recommend this candidate to represent CMS as a member of the 2016 - 2017 Clinton Middle School Cheer Squad.

I Do Not recommend this candidate to represent CMS as a member of the 2016 - 2017

Date

Additional comments may be written on the back and are very welcome.

Signature

Clinton Middle School Cheer Squad.

#### Form G - CONFIDENTIAL

#### **Teacher Recommendation Score Sheet** is a candidate for the 2016 - 2017 Clinton Middle School Cheer Squad. Cheerleaders represent our school and community in several capacities, therefore it is important to choose members of the squad based on ability, academic performance. and quality of character. Please complete this recommendation form based on his / her performance in your class. Thank you for your help!!! Please return to the candidate in a sealed envelope with your signature across the seal, on or before Friday, April 8, 2016. Thank you in advance for your time. Respectfully. Meredith Shelley - Cheer Coach Please rate the candidate in the following areas using the following scale: 1=never, 3=rarely, 5=sometimes, 7=often, 10=always The above mentioned candidate... 1. Displays a positive attitude towards the teacher: 3 7 10 2. Displays a positive attitude towards classmates: 3 5 7 10 3 5 7 3. Completes assignments on time: 1 10 1 3 5 7 4. Follows directions/instructions: 10 5 7 5. Is on time to class: 1 3 10 6. Works diligently to accomplish goals and objectives set for the class: 1 3 5 7 10 7. Follows classroom rules as well as the rules in the ACS Code of Conduct: 1 3 5 7 10 3 5 7 8. Is respectful to self and others: 1 10 5 3 7 10 9. Works cooperatively with peers: Please choose one: I DO recommend this candidate to represent CMS as a member of the 2016 - 2017 Clinton Middle School Cheer Squad. I Do Not recommend this candidate to represent CMS as a member of the 2016 - 2017

Date \_\_\_\_\_

Additional comments may be written on the back and are <u>very</u> welcome.

Signature

Clinton Middle School Cheer Squad.

#### Form G - CONFIDENTIAL

#### **Teacher Recommendation Score Sheet** is a candidate for the 2016 - 2017 Clinton Middle School Cheer Squad. Cheerleaders represent our school and community in several capacities, therefore it is important to choose members of the squad based on ability, academic performance. and quality of character. Please complete this recommendation form based on his / her performance in your class. Thank you for your help!!! Please return to the candidate in a sealed envelope with your signature across the seal, on or before Friday, April 8, 2016. Thank you in advance for your time. Respectfully. Meredith Shelley - Cheer Coach Please rate the candidate in the following areas using the following scale: 1=never, 3=rarely, 5=sometimes, 7=often, 10=always The above mentioned candidate... 1. Displays a positive attitude towards the teacher: 3 7 10 2. Displays a positive attitude towards classmates: 3 5 7 10 3 5 7 3. Completes assignments on time: 1 10 1 3 5 7 4. Follows directions/instructions: 10 5 7 5. Is on time to class: 1 3 10 6. Works diligently to accomplish goals and objectives set for the class: 1 3 5 7 10 7. Follows classroom rules as well as the rules in the ACS Code of Conduct: 1 3 5 7 10 3 5 7 8. Is respectful to self and others: 1 10 5 3 7 10 9. Works cooperatively with peers: Please choose one: I DO recommend this candidate to represent CMS as a member of the 2016 - 2017 Clinton Middle School Cheer Squad. I Do Not recommend this candidate to represent CMS as a member of the 2016 - 2017

Date \_\_\_\_\_

Additional comments may be written on the back and are <u>very</u> welcome.

Signature

Clinton Middle School Cheer Squad.