

**2012-2013 HOLMAN MIDDLE SCHOOL  
CHEERLEADING TRY-OUT INFORMATION PACKET AND GUIDELINES**

We will be holding an informational meeting for those interested in trying out for the 2012-2013 Holman Cheerleading Squad in the Holman M.S. auditorium on Thursday, May 3<sup>rd</sup> from 5:00-5:30.

Tryout practices are scheduled from Monday, June 4<sup>th</sup> through Wednesday, June 6<sup>th</sup> in the Holman gym. The practices will begin at 3:30 and all candidates must be picked up by 5:30. During this time, candidates will learn and practice two cheers and one chant as well as jumps.

Actual tryouts will be held Thursday, June 7<sup>th</sup> beginning at 3:30. Candidates will meet in the gymnasium and will tryout in the order of their numbers (which will be given at the practice). The candidates will tryout in front of a panel of 4-7 judges, including school coaches, and will demonstrate the two cheers and chant in addition to jumps. Judges will score each candidate in the following categories: accuracy/ sharpness of moves, knowledge of material, voice projection, spirit, and jump. **We ask that the girls do not leave after they finish their tryout, as we will have the opportunity for call-backs.** Team selections will be posted on the following website, <https://sites.google.com/site/holmansports/> at 8:00 PM. If you will not have access to the internet Thursday, June 7<sup>th</sup> please contact the cheerleading coaches for an alternate arrangement.

Each candidate should dress in comfortable shorts, t-shirts, tennis shoes, and no jewelry for practice days. On try-out day, each candidate is to wear a plain white T-shirt, black or blue shorts, tennis shoes, and no jewelry. The candidate's hair is to be secured in a ponytail everyday of practice and tryouts. The length of the shorts must adhere as best as possible to the guidelines of the Code of Conduct and should not have any writing on the seat. Spandex material shorts are prohibited. Practices & tryouts are closed to only the judges, officials, & cheerleading candidates.

We ask that you please bring the following completed forms to the Holman Middle School main office by Thursday, May 31<sup>st</sup> no later than 3:30 PM **OR** you may mail completed forms to the following address (if mailed, please ensure that items will arrive by Thursday, May 31<sup>st</sup> ).

Holman MS  
Cheerleading Coach  
600 Concourse Blvd  
Glen Allen, VA 23059

1. Physical Examination form dated **after May 1, 2011** (\*see note below). Candidates will NOT be allowed to practice or tryout without a valid Athletic Physical.
2. Information Sheet with Cheerleading Permission Form
3. Eligibility and Insurance Information Form
4. Financial Responsibility Form
5. A copy of your child's most recent report card or printout of current grades
6. Acknowledgement and Consent Form signed (review Huskie Handbook prior to signing)

**\*HOLMAN MIDDLE SCHOOL WILL BE HOLDING A PHYSICAL NIGHT FOR ALL STUDENTS ON THURSDAY, MAY 10<sup>th</sup> BEGINNING AT 3:30 IN THE HOLMAN MIDDLE SCHOOL GYM. CHEERLEADERS ARE ENCOURAGED TO COME GET THEIR PHYSICAL ON THIS DATE AS ALL STUDENTS TRYING OUT MUST HAVE A PHYSICAL FORM DATED AFTER MAY 1, 2011. ANY STUDENT WHO IS SELECTED FOR THE TEAM WILL BE REQUIRED TO HAVE A PHYSICAL ON FILE DATED AFTER MAY 1, 2012. THOSE WHO ATTEND THE PHYSICAL NIGHT WILL NOT NEED TO OBTAIN A NEW PHYSICAL OVER THE SUMMER IN ORDER TO BE ELIGIBLE FOR PRACTICE BEGINNING IN SEPTEMBER.**

**2012-2013 Holman Middle School Cheerleading  
Information Sheet and Permission Form**

Last Name		First Name	Middle Initial	Date of Birth
Street number	Street	City	State	Zip Code
Home phone number	1. Parent Cell/Work Number	2. Parent Cell/Work Number		
1. Parent E-mail Address		2. Parent E-mail Address		
1. Parent name		2. Parent name		
Emergency Contact Person	Emergency Contact Number	Preferred Hospital		
Physician Name	Physician Address	Physician Phone		
Health Insurance Company	Policy Holder Name	Policy Number		
Health conditions that we should be aware of in case of emergency				
Current Grade Level		Current School		

**2012-2013 Holman Middle Cheerleading Permission Form**

By signing this form, I give permission for my child \_\_\_\_\_ to tryout for, and if applicable, participate on the 2012-2013 HMS Cheerleading Squad. I will assume all responsibility for my child's transportation. I state that my child is in good health and I realize that the school and the coach are not held responsible for any injury that may occur during tryouts or during the 2012-2013 Cheerleading season. I understand that a Middle School Athletic Physical Form dated after May 1, 2012 is required for participation on the team. Please initial below.

Yes  No  The team physician, trainer, or coach may apply first aid if necessary until the parent or the family doctor can be contacted.

Yes  No  We give our consent for the team physician, trainers, and/or coaches to use their own judgment in securing medical aid and ambulance service in case we cannot be reached, or if time is critical.

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

## Eligibility and Insurance Information

Student Name: \_\_\_\_\_

Parent Name: \_\_\_\_\_

April 17<sup>th</sup>, 2012

Dear HMS Families,

We are pleased your child has expressed interest in participating in the Interscholastic Sports Program at Holman Middle School. Extracurricular activities can play a valuable role in the total education process.

Eligibility is based on meeting several specific requirements. Please read the following items carefully and initial beside each to verify that your child is eligible to participate.

\_\_\_\_\_ In order to be academically eligible for fall/ spring participation, a student must pass the four core subjects during each semester. Your child must be enrolled in five classes at the time of participation. My initials verify that I know my child to be academically eligible.

\_\_\_\_\_ My initials verify that my child was born after August 1, 1997.

\_\_\_\_\_ A physical examination must be completed after May 1, 2011 and prior to participation. **The Information and Permission, Financial Responsibility, Eligibility and Insurance, and Middle School Athletic Physical Forms must be completed and turned in by Thursday, May 31<sup>st</sup> in addition to a copy of my child's report card or printout of current grades.** The Athletic Physical Form will be kept in the Athletic Department for the remainder of the school year. My initials verify that I have submitted all forms including a Physical Examination form dated after May 1, 2011. Please note that we will be holding a physical night on Thursday, May 10<sup>th</sup> for all students attending Holman Middle School. **Students selected for the 2012-2013 HMS Cheerleading team must have a physical dated after May 1, 2012 in order to participate/ practice in the fall.**

\_\_\_\_\_ My initials verify that my child is covered by health insurance. In order to tryout and participate, a student MUST be insured either through the school or through the parent/ guardian's personal policy.

**Parent signature below is my verification that all information provided is correct.**

**Signature of Parent/ Guardian:** \_\_\_\_\_

## Acknowledgement and Consent

Please read all of the materials in this handbook carefully. Parent(s) and student(s) should discuss these policies and procedures thoroughly. If you have any questions, please contact the coach, athletic director, or principal.

The student is not allowed to try out until a copy of this page is completed and returned to the coach. Student and parent signatures below are acknowledgement that you have read and understand the contents of this handbook and consent to abide by these policies and procedures.

ATHLETE'S NAME (print) \_\_\_\_\_ GRADE \_\_\_\_\_

ATHLETE'S SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

PARENT/GUARDIAN (print) \_\_\_\_\_

PARENT/GUARDIAN SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

PHONE (day) \_\_\_\_\_ (evening) \_\_\_\_\_ (cell) \_\_\_\_\_

EMERGENCY CONTACT (name) \_\_\_\_\_ (phone) \_\_\_\_\_

*Revised: July 2011*



## Financial Responsibilities for Holman Middle School Cheerleaders

**Attire** (The following items will need to be purchased):

- Crop Top/ Body Suit
- Lollies (navy blue)
- Cheerleading Shoes
- White Socks
- T-shirts and other spirit wear may be available and are optional.

### **Uniform:**

The cheerleading uniform is the property of Holman Middle School. The uniform must be kept clean and free from stain. NO “colored” drinks may be consumed while wearing the uniform. If it is necessary to alter the provided uniform in any way to fit the child, you must first contact the coach to discuss the options. If it is agreed upon that altering is the best option, the material may not be cut, and the new stitching must be able to be removed. **The length of the uniform may NOT be altered.**

Uniforms will be turned back in to the coaches at the end of the season. Staining, not returning, or destroying uniforms will result in a charge to replace the uniform.

Please note that the uniform includes the following items: cheering skirt, cheering top, warm-up jacket, warm-up pants, and poms.

### **Food/Other:**

It is requested that each cheerleader provide drink and/or snack for the entire squad on game day. This is requested for only 2-3 games per season.

Please contact the coaches if financial obligations are unable to be met. We are willing to work with all situations.

I agree to and understand all of the above responsibilities and conditions.

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Parent signature

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Student signature

## **Holman Middle School Cheerleading Tryout Info**

Tryouts will be held in the gym at **Holman Middle School** on the following dates and times (we will meet in the gym):

### **Practice Days:**

Monday, June 4<sup>th</sup> (3:30-5:30)  
Tuesday, June 5<sup>th</sup> (3:30-5:30)  
Wednesday, June 6<sup>th</sup> (3:30-5:30)

\*Please do not wear attire with any writing pertaining to cheerleading. Please do not wear jewelry.

### **Tryout Day:**

Thursday, June 7<sup>th</sup> (beginning at 3:30)

TRYOUTS BEGIN AT 3:30

1st group will be seen as soon as all judges arrive around 3:30

We ask that all candidates stay until the end in case callbacks are needed

### **Tryout Day Rules:**

You must wear a white shirt with NO WRITING  
You must wear blue or black shorts with NO WRITING  
You are not allowed to wear any jewelry  
Relax, Smile, and Have Fun!!

Team selections will be posted on the following website at 8:00 PM on Thursday.

<https://sites.google.com/site/holmansports/>

At tryouts, the unbiased and experienced judges will be looking for the following:

1. Sharpness, Knowledge, Voice and Spirit during Cheer 1
2. Sharpness, Knowledge, Rhythm and Spirit during Cheer 2
3. Sharpness, Knowledge, Voice and Spirit during Chant
4. Jumps

Judges' totals will be added together for a tryout score.

Grades will not be used to determine tryout score, but you must pass all of your core academic classes during the 2012-2013 school year.

Good Luck!!!

## Checklist of Forms for Holman Cheering Tryouts:

The following forms, stapled or paper clipped together, must be returned by Thursday, May 31<sup>st</sup> at 3:30 PM. Please utilize the following checklist to make sure all forms are complete and returned.

- Physical Examination form dated **after May 1, 2011 is required to participate in practice and tryout.** (Cheerleaders selected for the team must have a physical dated after May 1<sup>st</sup>, 2012 to participate in the fall).
- Information Sheet with Cheerleading Permission Form
- Eligibility and Insurance Information Form
- Financial Responsibility Form
- Copy of current report card or printout of current grades
- Signed Acknowledgement and Consent Form (\*\*Read the Huskie Handbook for athletic policies and regulations prior to signing this form. The handbook can be found on the Holman website's athletic page or by using the following link:  
[http://henrico.k12.va.us/ms/Holman/images/documents/HuskieHandbook2011\\_12.pdf](http://henrico.k12.va.us/ms/Holman/images/documents/HuskieHandbook2011_12.pdf))

Thank you!!!

**\*Please note: Your child cannot participate in tryouts if any of the forms listed are missing and/or the forms are incomplete.**

**\*\*All physicals must be fully complete and you must use the Henrico County Middle School Physical Form. A copy of this form can be found on the Holman website's athletic section, or you may use the following web address:**

<http://henrico.k12.va.us/ms/Holman/images/documents/PhysicalForm.pdf>

### Physical Night:

Holman Middle School will be holding a physical night at the Holman Middle School gymnasium on Thursday, May 10<sup>th</sup> beginning at 3:30 pm. All candidates must have a physical dated after May 1, 2011 to practice and tryout.