

Central Middle School



Cheerleading Tryout Information

Dear Student,

We are so pleased that you have expressed interest in becoming a Central Middle School Cheerleader! We are searching for a group of dedicated, outgoing, young people who share the goal of bringing pride and spirit to our school. Please carefully read all the information attached to determine if you would like to try out for cheerleading.

Being a cheerleader involves a time beyond normal school hours, but it is a great deal of fun! Cheerleaders volunteer time for games, making signs, pep rallies, and fundraisers, etc. Time is also set aside for practices during the summer and after school to prepare for the upcoming games and events. During this time, we will focus on improving individual technique and cheerleading skills, as well as developing positive relationships among teammates. Practices will also include conditioning and strength building exercises. The hours of hard work and dedication are met with many rewards, personal growth, satisfaction, and long-lasting memories.

The cheerleaders at CMS should strive to boost school spirit, promote good sportsmanship, be a positive role model both on and off campus, follow all school rules, and develop a positive crowd involvement. Being the most recognizable representatives of our school, the cheerleaders must display high standards of conduct. Appropriate behavior will help earn the respect of the student body, which is the core of developing effective school spirit and student involvement. I look forward to a fun and successful season with CMS Cheerleading! I wish you the best of luck!

Cheerfully,
Coach Ambrose

**** Please pay close attention to the required deadlines and important dates and an explanation of what is needed to try out for the squad. ****

Central Middle School Cheerleading Checklist

Name: _____

Grade: _____

Due Date: June 26, 2020

Please return all forms to the front Office of
Central Middle School

Please include this page on the top of your packet when you turn forms in.

- Cheerleading Application with Photo
- Parent and Cheerleader consent letter; signed by both.
- Physical forms EL2 (**2nd & 3rd page to be filled out by Physician**)
- EL3 (Consent and Release from Liability)
(Insurance Company & Policy # required on 1st page)
- ECG Completed & Form
- RTA – Assumption of Risk Form
- Copy of 1st Semester report card

If you have any questions, please contact
Shawna Ambrose @ (321)720-6272 (TEXT) or email coachsambrose@gmail.com

*****All forms can be found on the CMS website*****

IMPORTANT DATES

- **Informational Parent/Student Meeting**
 - Date: March 3, 2020
 - Time: 6:00 PM
 - Location: Central Middle School Cafeteria
- **Cheerleading Packets Due (Including physical and all teacher evaluation forms)**
 - Date: **June 26, 2020**
 - Time: Until Close of Business **2:30 PM**
 - Location: Central Middle School Office
 - Completed packets can be emailed to coachsambrose@gmail.com; IF YOU DECIDE TO EMAIL; *BRING ORIGINAL PACKET WITH YOU TO 1ST CLINIC*

**** If the student has not turned in a completed packet, including EL2 & EL3 & ECG they will not be able to participate in the clinic or tryouts! ****

- **Cheer Tryout Clinic**
 - Date: June 29-30
 - Time: 5:00 PM – 7:30 PM
 - Location: Central Middle School Gym
 - ** Students will learn all required material they will need for tryouts! ****

- **Cheerleading Tryouts**
 - Date: July 1, 2020
 - Time: 5:30 PM – Finished
 - Location: Central Middle School Gym

**** Each student will be provided a time. Tryouts and Clinics are closed. NO one is allowed in the gym except those who are trying out. ****

- **Mandatory Meeting for Parents; Fittings for 2020-2021 Cheerleaders**
 - Date: WILL BE DISCUSSED
 - Time: 6:00 PM
 - Location: VIRTUAL

- **Camps and Practices:**
 - *Camps/Practices are mandatory during the summer.*
 - Practice dates and times will be discussed after tryouts; 2 or 3 a week (Mon – Sat)
 - Other team bonding activities will be held throughout the summer

- **Payments**
 - First payment of approximately \$250 is due July 10, 2020 @ parent meeting.
 - Second payment of \$50 is due July 18, 2020
 - Final payment/balance on account is due July 24, 2020
 - If for any reason a cheerleader quits or is removed from the team at any time; there is NO REFUND.

CENTRAL MIDDLE SCHOOL CHEERLEADING GUIDELINES

TRYOUT PROCEDURES FOR PARTICIPANTS

- The Participant must have and keep a cumulative 2.0 G.P.A. No failing grades.
- Satisfactory school disciplinary record. No referrals. No suspensions.
- The Participant must have turned in **completed** physical and parent consent forms **ECG, EL2, EL3, RTA**
- The items below will be used to select the new squad:
 1. Attitude and Participation at clinic and tryouts.
 2. Appearance/Spirit at clinic and tryouts.
 3. Skills Performance: Dance, Cheer, Jumps.
 4. Grades, Attendance, All Teacher recommendations.
 5. Tumbling (optional) at the tryout.

Please wear comfortable shorts, sneakers, and t-shirt (No other cheerleading/dance team/high school clothing. No CMS cheerleading outfits from previous years). Spirit dress (i.e. decorated t-shirts, bows) is always welcome. The Participant must dress as if he/she would for cheerleading practice. Hair should remain out of the face. **NO denim shorts, ABSOLUTELY NO JEWELRY! NO GUM!** Bring WATER! All drink and food must remain in gym lobby.

PROCEDURES TO REMAIN ON THE SQUAD

- Maintain a 2.0 GPA the entire year.
- No failing grades on any report card.
- Remain a respectable role model with coaches, teachers, administration, and peers.
- Keep a satisfactory discipline record.
- Be present at ALL cheer practices/activities unless excused by the coach.
- Absence at practice may result in being benched.
- Excessive tardy and/or attendance issues may result in removal from the squad.
- Homework & school projects are NOT excused absences-time management is critical!!
- **Extra-Curricular Activities:** Cheerleaders may participate in other school-sponsored sports & organizations, but time should be split fairly, and scheduled in advance with both Sponsors/Coaches. May be excluded from certain performances if not at practice. All-Star/Studio cheer/dance teams are **NOT** excused absences!

GRADES

- A “C” average must be maintained in all academic subjects each grading period. The state requires a cumulative 2.0 to be eligible to cheer.
- If a cheerleader receives an F on an interim/report card, the cheerleader will be benched until that grade is brought up.
- If a cheerleader receives anything below a satisfactory in behavior on any interim or report card, the cheerleader will be benched for a period of two weeks or until behavior improves in that particular class.

ATTITUDE/BEHAVIOR

- A squad member should promote good sportsmanship at all times. There will be no sarcastic remarks, foul language, or disrespectful words toward other cheerleading members, cheerleading coaches, CMS faculty, or anyone. This will not be tolerated and can result in disciplinary actions from the coach and depending on the severity of the actions, administration could potentially be involved. Possible removal from the team. ****REMEMBER:** It's not always WHAT you say; it's HOW you say it.
- No Complaining. If the cheerleader wants to express his/her feelings, they must do it after practice one on one with the Coach. Complaining (huffing and puffing/rolling eyes/talking under their breath) amongst the team will not be tolerated and result in being sent home and demerits given.
- Cheerleaders are role models. Cheerleaders are expected to set a good example for their fellow students.
- If a cheerleader receives a referral-the cheerleader will be benched 1 week, the 2nd referral-benched for 2 weeks and the 3rd referral-the cheerleader may be dismissed from the squad.
- If a cheerleader receives a referral that results in OSS (due to fighting, using profanity, etc.) the cheerleader may be dismissed from the squad.
- There will be NO cliques! These types of groups hurt the togetherness of the team.
- All school rules must be followed as well as dress code. If an outfit is questionable; don't wear it!
- Public displays of affection in or out of uniform will not be tolerated and can result in disciplinary actions/demerits from the coach.
- Absolutely no bullying on or offline.
- Social Media will be monitored. Bullying, foul language, and questionable posts/pictures will not be tolerated and will result in demerits and disciplinary action from the coach and depending on the severity of the actions, administration could potentially be involved.
- If the cheerleader is at school, he/she is expected to be at practice/game that day.
- The cheerleader must be at school to participate in cheerleading activities.
- If the cheerleader is going to be late, miss practice, he/she's parent must communicate with the coach, **not** another cheerleader.
- A Demerit system will be in effect beginning the first meeting/practice. Demerits are to be discussed with Cheerleader, Parents and Coaches, **only**. Demerits are not to be discussed with any other team member or any other parent. If this occurs a Cheerleader may be dismissed from the team. Coaches are the **only** ones who will initiate demerits.

ATTIRE/APPEARANCE

- Practice attire: Must be worn the correct way (no rolling up/down of shorts, no tying up of shirts, midriff showing will not be allowed).
- Each cheerleader must be dressed and ready in *correct practice wear, sports bra, spank, shoes and bow* at the beginning of each practice; if not, will result in an unexcused tardy

and demerits. For the safety of all cheerleaders, sneakers/cheerleading shoes must be worn at practice or the cheerleader will not participate.

- Jewelry is not permitted during practice, games, or performances. This includes: rings (of any kind), necklaces, and earrings.
- **Cheerleaders must wear their hair as requested by the coach for practices and games.** All hair must remain out of their face.
- Any nail polish must be subtle, nothing crazy/attention grabbers or excessive length.
- No unnatural hair color (pink, blue, purple, etc.)

GAMES

- Basketball games can begin the last week of August and end the first week of October. This includes all of September. Games are every Tuesday and Thursday. There are 10 games. Possible playoff for 2 additional weeks. All games start at 5:00. **GAMES ARE ABSOLUTELY MANDATORY!**
- Cheerleaders will remain after school for both home and away games. Cheerleaders will ride the bus to away games with Girls Basketball team. Some games would require cheerleader to leave before last period of school day. Cheerleader is responsible in making up any missed schoolwork.
- If a cheerleader would like to return home after the game with a parent, **WRITTEN NOTICE** must be given to the Coach.
- Parents must be on time to pick up your child after Home and Away games.
- Cheerleader must attend the entire game, including pre-game, set-up, or any other requirements for that performance. **Cheerleaders will clean up their area before leaving home & away games.**
- Water and restroom breaks during games/performances should be taken together and all members should return together to the appropriate place within the allotted time.

UNIFORMS AND EQUIPMENT

- Game attire: Must wear appropriate uniform established prior to the game/performance. Uniform designated for a game/performance must be **CLEAN & NEAT** in appearance. Clean shoes & socks. Bows are considered part of the uniform.
- **Alterations may not be made to the uniform without permission from the Coach.**
- Squad members are responsible for the care, cleaning and repair of uniforms and equipment. When any loaned equipment is returned to the coach, it must be clean and in good condition. If any of the equipment is damaged, it is the cheerleader's responsibility to notify Coach in order for it to be replaced or fixed.
- Any props, such as, poms, megaphones and/or signs, are to be used **ONLY** by the CMS cheerleaders.

MONEY MAKING ACTIVITIES

- All squad members must participate in squad fundraising activities. Fundraisers are mandatory. Fundraisers are to benefit the entire team's costs and activities for the year.

PARENTS AND CHEERLEADERS

- If a parent or cheerleader has a question or concern about the program, it is best to approach the coach first by phone or email. Please do not attempt to approach the coach before a game, after a game, or before/after practice. This takes time away from the team.
- The parent or cheerleader must email and/or text the coach and set up appropriate appointment time for both the coach and the parent.
- Both the Principal and Athletic Director have given our coaching staff their full support. The most reliable, accurate information **is first acquired** directly from the Cheer Coach.

CENTRAL MIDDLE SCHOOL **CHEERLEADING APPLICATION**



Insert Headshot Here

Name _____

Address _____

City _____ Zip Code _____

Date of Birth _____ Age _____

(Home#) _____ Student (Cell#) _____

Email _____

Entering Grade (circle) 7 8 GPA _____

Insurance Name _____ Policy # _____

Doctor's Name _____ Doctor's # _____

Mother's Name _____ Father's Name _____

Mother's Cell # _____ Father's Cell # _____

School you are now attending: _____

Clubs/Teams you are a part of or plan to be: _____

What are **ALL** the dates you will be out of town during the summer?

Please list **ANY & ALL** obligations that may interfere with attending summer practices or camps _____

Experience

NAME: _____

Grade: _____ (2020-2021)

Years cheering, dancing or tumbling:

1-2 3-4 5+

Tumbling:

Cart Wheel Round Off

Back Hand Spring Front Hand Spring

Back Tuck Front Tuck

Walk Over Aerial

Jumps:

Toe Touch Hurdler Herkie Pike

PARENT AND CHEERLEADER CONSENT **LETTER**

Dear Parents,

Your child is interested in becoming a member of the Central Middle School Cheerleading Squad for the 2020-2021 season. If your child is selected to be a cheerleader, there are specific responsibilities and obligations that you and your child must assume in order to qualify and remain part of the squad.

After reading the attached cheerleading guidelines and fully understanding the rules and regulations which govern the cheerleaders, and after your child has complete understanding of her/his responsibilities, please sign and have your child sign and return this packet to Central Middle School no later than June 26, 2020.

The estimated cost for each cheerleader is \$400-\$600 (uniform, shoes, practice wear, poms, bows, choreography, camps). Warm ups (jacket/pants) will be available for an additional cost.

There will be 1 Choreography sessions in the summer; TBA; which are approximately \$50 each.

Participation in all fundraisers is mandatory. Fundraisers will be discussed at the parent/cheerleader meeting.

First payment approximately \$250 is due July 10, Second payment of \$50 is due July 16, Final balance/payment is due July 24. New practice wear and uniform will need to be purchased, as well as, new shoes, performance bow, and poms for all cheerleaders, new and returning. Costs will be discussed on an individual basis.

If for any reason a cheerleader quits or is removed from the team, there is **NO REFUND**.

Practices are 2-3 times a week, including Saturdays, **ALL** summer. Beginning May. Practices & Camps & Fundraisers are **ALL** mandatory. We understand that summer vacations are planned. We always do our best to work with scheduled vacations.

If you have any questions concerning the guidelines or cheerleading rules and responsibilities, please contact Coach Ambrose: coachsambrose@gmail.com or TEXT (321)720-6272.

Thank you for your cooperation!

Cheerfully,
Coach Shawna Ambrose

PARENT AND CHEERLEADER CONSENT LETTER CONTINUED

My child, _____ has my permission to be a cheerleader at Central Middle School. I understand that he/she must abide by the rules and regulations set forth by the cheer coaches, Principal and Athletic Director of Central Middle School, and be present for all practices, games, fundraisers, and events deemed mandatory by the coach. I have read the rules and regulations and understand that the violation of any of these rules may lead to temporary or permanent suspension from the squad. I understand and give permission for my child to ride the team bus to and from away games. I understand that all forms attached must be completed by first day of clinic tryouts, or my child will not be allowed to tryout. I understand that my child must attend all tryout sessions or my child may not be considered for a cheerleading position.

I understand that my child will be evaluated by qualified judges, and we agree to abide by the decision of the judges.

I understand all costs involved as stated in the rules. I give permission for my child to be photographed/videotaped during the clinic and tryout process.

I understand by the very nature of the activity, cheerleading and gymnastics carry a risk of physical injury. No matter how careful the participant and coach are, how many spotters are used, or what landing surface is used, the risk cannot be eliminated. The risk of injury includes minor injuries such as muscle pulls, dislocation, and broken bones. The risk also includes catastrophic injuries such as permanent paralysis or even death from landing or falls on the back, neck, or head. I understand these risks and will not hold Central Middle School or any of its personnel responsible in the case of accident or injury at any time.

Parent or Guardian

Date

I am interested in being a cheerleader at Central Middle School. I understand the risks stated above. If elected, I promise to abide by the rules and regulations set forth by the Coach, the Principal, and the Athletic Director of Central Middle School. I promise to cooperate and follow the instructions of the cheerleading coaches.

Student Signature: _____ Date: ____/____/____