

**TUCKER HIGH SCHOOL CHEERLEADING
TRY-OUT RULES, SCHEDULE, AND INFORMATION FOR:
Varsity Football , Varsity Basketball
Junior Varsity Football & Junior Varsity Basketball**

DUE ON FRIDAY, March 17th, 2017 AT NOON:

1. APPLICATION
2. VALID (not expired) PHYSICAL*

*(if you have one on file, complete page 4)

All forms must be returned to Mrs. Eaddy in Room B-222 by FRIDAY, March 17th, 2017 at NOON along with the mandatory Non-refundable \$20.00 Two Day Clinic Fee (Money Order Only made payable to: THS Cheer Booster, Inc.) PLEASE NOTE YOU CAN TURN IN THE COMPLETED APPLICATION PRIOR TO MARCH 17, 2017 WITH ALL DOCUMENTS AND FEES.

Applications may be turned in before the due date.

If completed forms are not returned **ON** or **BEFORE** the due date and time, you will not be able to try-out.

There will be **NO EXCEPTIONS**. If the applications contain any falsified information, you will not be permitted to try-out and an administrative referral will be made. **Recommendations are due Wednesday, March 17th, by Noon by 3 core teachers and 1 Coach from any team sport that you have participated in.**

1. All financial and uniform obligations from the past school year (in any sport) must be completed before any forms will be accepted. The due date is still **FRIDAY, March 17, 2017**. You cannot tryout if you owe outstanding fees; you must have a zero balance with the THS Cheer Booster, Inc. and all fundraiser fees must be paid prior to March 17, 2017. If you are unsure of your fee status please call Nancy Sheely at 404-510-8663. You cannot tryout if you were on the roster for 2016 2017 and quit the team or was removed from the team; you must sit out a year before trying out again.

TRY-OUT SCHEDULE:

TRYOUTS WILL BE TUESDAY, March 28th through FRIDAY, March 31ST *

- x Practices will begin each day at 3:45 PM and end by 5:30 PM each day in Tucker High School's gym.
- x Dress appropriately with dark shorts (black or navy), white shirt, white socks, tennis shoes.
- x **DO NOT WEAR ANY JEWELRY.**
- x **Hair MUST BE pulled back or up so it is off of the shoulders.**
- x **No polish on nails**
- x **No acrylic or artificial nails**
- x **Fingernails should be cut significantly for safety in participation.**
- x **If you are in violation of these rules, you will not be permitted in the gym to tryout.**

*****PLEASE MAKE SURE TO SIGN WHERE THERE IS A SIGNATURE LINE, INCOMPLETE PAPERWORK WILL BE PULLED AND YOU ARE DEEMED INELIGIBLE TO TRY OUT IF ANY OF YOUR PAGES ARE MISSING FROM YOUR APPLICATION YOU ARE NO LONGER ELIGIBLE TO TRYOUT OR CHEER IF YOU ARE PICKED FOR THE TEAM. PLEASE MAKE SURE TO TURN IN ALL SIGNED PAGES AND MAKE YOURSELF A COPY.**

the costs for a top-notch program such as the THS Cheer Program far exceed the fees each cheerleader is asked to pay each year. In order to ensure manageable fees, the Booster relies heavily on fundraisers and support from generous sponsors to supplement actual program costs

- Remember, presentation does count!

- x The gym area is off limits to friends and family during the try-outs.
- x Girls will be able to find out if they made a team no later than April 2, 2017. Check Tucker Football website
- x **THE DECISION OF THE COACHES IS FINAL.**

*Listed below are the criteria the coaches will use in selecting their teams for the season. Their decisions will be based on observations made over a four day period. Candidates should listen closely to comments and suggestions made during daily evaluations as these can be used to aid in their improvement throughout the tryout week.

DANCE:

- coordination
- timing
- knowledge

SPIRIT:

- enthusiasm
- smile
- energy

JUMPS:

- height
- pointed toes
- approach/landing

- arm motions

PERSONALITY PROJECTION:

- **ATTITUDE**
- confidence
- rapport/eye contact

APPEARANCE:

- neatness
- posture
- appropriate attire
(hair up, no jewelry, nails cut)

GYMNASTICS:

TUMBLING, TUMBLING, TUMBLING

- control
- execution

CHEERS:

- voice control
- coordination
- timing
- sharp motions
- knowledge

STUNTING:

- execution
- adaptability

ATTITUDE*

TEAMWORK/COOPERATION*

GRADES/CLASSROOM CONDUCT*

SCHOOL ATTENDANCE*

*(*these 4 areas will carry the highest weight in the selection process)*

If your daughter /son has transferred from another school to Tucker, it might be best to contact Mr. Harwell to see if he/she is eligible to try out. There are some rules where they cannot be on varsity, but can be on JV.

Mr. Harwell's email address: JOHN_M_HARWELL@dekalbschoolsga.org

Please email me if you want to know when your daughter's physical expires: Crystal Eaddy Crystal_Eaddy@dekalbschoolsga.org
or Monica Hardesty Monica_Hardesty@dekalbschoolsga.org

March 28th, 29th, 30th, and 31st: Clinic for tryouts non-refundable \$20.00. Clinic Fee must be attached to your application and the clinic is mandatory in order to try out. (ONLY money orders will be accepted, made payable to THS Cheer Booster, Inc. No checks accepted)

3:45-5:30: Tucker High School Gym. **Punctuality counts!**

FUNDRAISING

- There will individual team fundraiser that will be used to help with the cost of uniforms and cheer expenses for your cheerleader. All cheerleaders that would like to help defray the cost of their fees are encouraged to participate. There is one Mandatory Fundraiser for all teams:
- **Papa John's Pizza – 5/1/15 -5/15/17.** Cheerleaders will sell Papa John's gift cards for \$10.00 and will receive \$5.00 from each sell towards their own fees.
- **Varsity Football – Apple bees Pancake Breakfast – Buy Out Available** (Mandatory Fundraiser. Dates t/b/a
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- **Krispy Kreme – MANDATORY – MANDATORY – MANDATORY Booster Club Fundraiser**– All Cheerleaders will sell 30 Krispy Kreme Certificates @ 7.00 per certificate funds are for Booster Club operations, coaches stipends, 501(c)3 renewal, Corporation renewal; Booster Insurance Renewal, Accounting for Books Auditing and additional items for cheerleaders 9/4/17 – 9/22/17. (\$125.00 Buyout Options available due 9/22/17 or prior to this date for all teams for the Krispy Kreme)
- **Please adhere to the sales deadlines so that your payment may be applied to your child's account in time and the customers can receive their purchased items timely.**

Varsity Basketball – MANDATORY – MANDATORY – MANDATORY – Concession stand for parents. If you do not participate in 4 out of 6 concession stands your child will not receive extra gifts and special items during the season and at the banquet. We all must participate and work together for this fundraiser. You must send an adult in your place if you are not able to attend.

Coaches may have additional fundraising for special team items for the team.

Please sign you have read and understand the fundraising policy:

Signature of parent

Date

Signature of student

Date

- **All teams: May 8th** : There will be a mandatory fitting as follows: Varsity Football 3:30 – 4:15 in Coach Eaddy’s room B-222; Varsity Basketball 4:15 – 5:00 in Coach Eaddy’s Room B-222; and JV Football and Basketball in Coach Eaddy’s room B-222 from 5:00 – 5:45. Please note this is the only time the vendor will be there to fit/measure the girls for the items picked out by the Coaches. There will also be a Mandatory parent meeting after the mandatory fitting of the cheerleaders this same day at 6 pm for all Cheerleader parents. **\$400 will be due at this time**. This will solidify your daughter’s place on the team. I will only accept cash or money order. If your payment is not paid on May 8th, your daughter will forfeit her spot on the team and another girl will be given the opportunity to be on the team. Because the fundraiser is given out on this date you will not be able to wait on those funds for your first payment, you will need to pay your \$400.00 and use the fundraiser for the next payment dates.

IMPORTANT DATES:

JV FOOTBALL & JV BASKETBALL: Mandatory Camp – June 26th – June 28th. Additional information to follow:

VARSITY BASKETBALL CAMP – Mandatory Camp – June 26th – June 28th. Additional information to follow:

****Varsity Football: If there are any returning Varsity Football Cheerleaders please be advised that the yellow gold is being phased out and it is now metallic gold so you will need to purchase new items.

VARSIY FOOTBALL Important Dates: If you cannot be at ANY of the dates listed below you do not need to try out. All of the dates listed below are mandatory. Failure of attendance during the dates below will result in dismissal of the team.

Varsity Football

May: There will be three school nights in May where you will help with the Tucker Lions tryouts. It is usually the first week of May. There is a new director so dates are TBA.

June 5 – 8: VFC Little Girls Camp/Sign Painting

June 12-16: Camp Week (Mandatory)

July 17 – 20: Sign Painting (Mandatory)

July 24 – 27: Conditioning (Mandatory)

August 1-2: Practice

Note: If we do not finish sign painting in the summer we will also paint run through signs on these dates as well as practice.

t/b/a: Picture Day- most likely will confirm with Quarterback Club

CHEERLEADER APPLICATION

NAME _____ CURRENT GRADE _____

ADDRESS _____
Number and street _____ city and zip code _____

HOME PHONE: _____
Please indicate if this number is to remain unpublished.

YOU MAY TRY-OUT FOR BOTH VARSITY FOOTBALL AND JV FOOTBALL TEAMS but you will only be selected to cheer for ONE squad.

Please mark your 1st choice, 2nd choice 3rd and 4th Choice. If you only pick one team and you are not selected for that team you will not be placed on a team.

VARSAITY FOOTBALL (all grades)

_____ (Approx. \$1,350)

VARSAITY BASKETBALL (ALL GRADES)

_____ (Approx. \$1,300)

JV FOOTBALL & JV Basketball (upcoming freshmen, sophomores, and juniors)

_____ (Approx. \$1,250)

PLEASE NOTE:

- 1 In order to try-out for cheerleading, a girl MUST have passed 5 classes the previous 1st Semester and be on track to graduate.
- 2 Cheerleading selections are in accordance with DeKalb County Athletic Advisory Committee regulations. **THE DECISION OF THE COACHES WILL BE FINAL.**
- 3 If a girl declines to cheer for a squad after being selected or is dismissed from a squad for any reason, she will not receive recognition as a Tucker cheerleader nor will she be allowed to try-out for cheerleading the following year. When a girl makes the squad, **she MUST be willing to fulfill her obligations in every way.**
- 4 Each girl will be required to pay for the selected shoes, socks, shirts, sweaters, megaphones, camp fees, etc. She will also be required to join the Booster Club for that sport. **The approximate cost may be about \$1350 for varsity football; \$1,300 for Varsity Basketball & \$1,250 for JV Football and Basketball.**
- 5 Stunting is a required part of Tucker Tiger cheerleading. Cheerleaders will be expected to either base or mount according to the guidelines set forth in the G.H.S.A Spirit Rulebook. Each squad must be comprised of members who are able to base, spot, and fly. Cheerleaders must conform to the National Federation Rules as they pertain to hair. In addition, all cheerleaders on a team will be expected to wear their hair in the same style (as determined by the coach) for a game or performance. **In addition, any cheerleader with gymnastics skills will be expected to share her talent in routines and performances.**
- 6 Cheerleading can be a wonderful experience but it requires a great deal of personal commitment and sacrifice. Each girl will put in long hours of hard work in preparation for each athletic event and must be willing to make such a commitment of time and dedication **both pre-season and in-season.**
- 7 All forms must be filled out **COMPLETELY.** Forms that are **LATE, INCOMPLETE, MISSING, OR FORGED WILL NOT BE ACCEPTED!!!**

To the Student:

I UNDERSTAND AND AGREE TO RESPECT ALL RULES AND STATEMENTS ON THIS APPLICATION IF I AM CHOSEN AS A TUCKER CHEERLEADER. I ACCEPT THE COACHES' DECISION AS FINAL.

SIGNATURE OF STUDENT

To the Parent:

I UNDERSTAND AND AGREE THAT MY CHILD IS RESPONSIBLE FOR EVERYTHING STATED ON THIS APPLICATION AND MUST RESPECT ALL RULES GIVEN THROUGHOUT THE YEAR. I ACCEPT THE COACHES' DECISION AS FINAL.

SIGNATURE OF PARENT

**THIS APPLICATION AND ATTACHED MUST BE TURNED IN NO LATER THAN:
FRIDAY, MARCH 17th, 2017 at NOON**

FAILURE TO TURN IN THESE FORMS WILL MAKE A GIRL INELIGIBLE TO TRY-OUT FOR CHEERLEADING.

EVERY GIRL MUST HAVE A VALID PHYSICAL FORM IN ORDER TO TRYOUT! IT MUST BE VALID AND TURNED IN BY FRIDAY, MARCH 17, 2017 at NOON.

A FORGED OR FALSIFIED DOCUMENT WILL RESULT IN A GIRL BEING INELIGIBLE TO TRY-OUT. APPROPRIATE ADMINISTRATIVE ACTION WILL ALSO BE TAKEN.

IF YOU ARE ON THE VARSITY TRACK, SOCCER, TENNIS, OR GYMNASTICS TEAM, PLEASE CHECK BELOW and provide name of the coach:

SOCCER: _____

GYMNASTICS: _____

TRACK: _____

TENNIS: _____

For those who are involved with a current THS sport:

Note: Once I have contacted your coach, I will let you know if you are eligible to go the early shift or later shift of tryouts.

Only if you are approved will you be able to attend the later shift. Being involved in another sport is the ONLY way to participate in the early shift.

If you are approved, you will tryout at THS on a time assigned

If you have a physical on file* already at Tucker HIGH School for the 2016-2017 school year, please indicate for which sport(s) the physical has been filed:

FULL Name _____

Current Grade _____

Sports for which you have a physical on file for 2016-2017:

Coach(es) for each sport listed above:

- i NOTE: Each physical form must be located before you will be permitted to tryout. Do not complete this form unless you are absolutely certain that you have a physical on file for the current school year and that the physical is still valid.

- i If you do not, you will be required to complete the DeKalb County Athletic Physical form and submit it with your application and Nonrefundable Clinic Fee \$20.00 which is all due on **FRIDAY, MARCH 17th, 2017 by NOON**

Estimate of JV Football Cheerleading Expenses

1. Football Spirit Supplies

2. Uniform (practice uniforms, bag, shoes, megaphone, poms..)

3. Booster Club Operations

Cheerleaders will not be able to receive their clothing and supplies until they have paid for them. Your signature below will serve as consent that you agree to fulfill your financial obligation and will pay for these items regardless of any extenuating circumstances that may occur.

PAYMENT SCHEDULE FOR ALL TEAMS:

4/11/17 - \$400.00 (Cheer Supplies)(Must be paid at mandatory meeting)

5/08/17- \$400.00 (Cheer Supplies) (Mandatory Meeting)

6/2/17- \$425.00 (Cheer Uniform)

6/30/17- \$150.00 (Last of Cheer Supplies) (VFootball Final Payment)

Payments for 6/2/17 – 6/30/17 can also be sent to the following

Address:

THS Cheer Booster, Inc., P.O. Box 344, Tucker, GA 30085

Please indicate on the money order in the memo: Your child's name.

Camp cheer supplies have to be ordered in April, and the rest of the cheer items will be ordered on 6/2/17. Please make sure you adhere to the payment schedule so your daughter will be able to get her items in time. Vendors will not send 1 or 2 items later because of late payment if at all and it will cause you to have to pay more for the same items or not receive them at all. Coaches will only order for the cheerleaders that have paid their money in full, we cannot order items without payment and your cheerleader cannot cheer without the proper uniform. Please keep in mind we are not the only school ordering from the vendor so we will need to get our order in a timely manner.

If you are purchasing items from a former cheerleader, please confirm with the coach these are indeed the same items for the year you are cheering and you must get approval of the attire to confirm it is in good condition before purchasing. We cannot cancel your order once it has been placed because you decided to purchase from another cheerleader. If your items have been approved by the coach to purchase from a former cheerleader you must let your coach and Booster know immediately before the orders go out on June 9th otherwise you are still responsible for the amount that we have to pay the vendor.

Signature of parent

Date

The Cheerleading Tryouts will practice at the Tucker High School Gymnasium every tryout day.

Signature of parent

Date

i **I have read and understand all of the information in the tryout packet.**

Signature of parent

Date

Signature of student

Date

Checklist:

Attire: White top and Black/Dark Navy shorts

_____ This page filled out.

_____ Cheer Constitution (signed)

_____ **Parental Permission Tryout/Practice Slip(signed)**

_____ Payment Information Reviewed (signed)

_____ Medical Release Form (Physical Completed)

_____ Non-refundable \$20.00 Clinic Fee (Made Payable to THS Cheer Booster, Inc.) (Envelope attached)

_____ Cheer Application

_____ Note Dates of Camp (MANDATORY)

THS CHEER INFORMATION AND CHEERLEADER DUES

I understand that cheer items will not be “ordered” until I have a “0” balance with Booster and all fees have been paid. I understand there is a specified time June 30, 2017, for my final payment to be made. I understand if I pay later than the designated deadline there is a possibility that my items will not arrive in time for the season or not at all as some vendors do not make 1 item, it has to be a combination of 6 or more of the same item to fill my order. I am aware that it may cost more to have my items made after the initial team order has been placed and my fees were not paid, so my order was not placed with the team. I assume the responsibility and increased cost along with shipping and handling. I understand that it may take approximately 6 weeks after I have paid my balance and the order is placed to receive my cheer items. I understand that all cheerleaders are expected to be in complete uniform in order to participate and I cannot receive my items until I have paid all of my fees. I understand that if my child quits the squad or is dismissed, no refunds will be refunded. I understand that under the dismissal or quitting statement I am not eligible to try out the following year. I understand I cannot tryout the following year if I have a balance with THS Cheer Booster.

I understand that there are some items that each team will fundraise for, and I recognize that I must fundraise or choose to pay the “buy-out” option for these fundraisers. I understand that there are some items that I will have to fundraise for the booster club or I will choose to buy out.

PLEASE NOTE: CHEER DUES DATES TO BE PAID:

4/11/17 \$400.00 (All Teams) Mandatory Parents Meeting / Booster Meeting - All Teams

5/08/17 \$400.00 (All Teams) Mandatory Parents Meeting/Booster Meeting – All Teams

6/2/17 \$400.00 (All Teams) (Mail to P.O. Box 344, Tucker, GA 30084)

6/30/17 \$150.00 (Varsity Football Only) (Mail to P.O. Box 344, Tucker, GA 30084)

6/30/17 \$ 50.00 (Varsity Basketball Only) (Mail to P.O. Box 344, Tucker GA 30084)

Cheerleader Signature
Parent Signature

No Checks are accepted unless it is a business check, money orders are accepted, please make them payable to THS Cheer Booster, Inc., P.O. Box 344, Tucker, GA 30084.

ELIGIBILITY

If you are not a Tucker Student in the Middle School zoned for Tucker High, a current student at Tucker High School, or you have not earned enough credits to be on Varsity, please call Mr. Harwell at 678-874-3702 prior to turning in your application to confirm your eligibility. We are not responsible for eligibility issues you will need to confirm with Mr. Harwell and GHSA.

_____ Parent Signature

Cheerleading Constitution: Tucker High School

Cheerleader Name: _____ (Print)

I. Purpose

A. To provide leaders for the student body who possess skill and enthusiasm and who support the high school in all activities.

II. Composition

- A. Varsity Football
- B. Varsity Basketball Cheerleading
- C. Junior Varsity Basketball Cheerleading Junior
- D. Varsity Football Cheerleading

III. Election

- A. Participation is Voluntary. Though a volunteer organization, it is a full-time responsibility. A girl must choose between cheerleading and other activities **including jobs. A job cannot interfere with cheerleading in any capacity. Participation in other school activities must be pre-approved by the cheer coach.**
- B. The coaching team of Tucker High School will select the judges for tryouts. Faculty sponsor(s)/coaches will make the final selection of cheerleaders.
- C. The girls with the highest cumulative scores (performance and behavior) will become 2012- 2013 THS cheerleaders pending on their preferences.
- D. Senior Varsity Cheerleaders, under the guidance of the coach, will conduct the tryout clinic.

IV. Requirements

- A. Must show spirit at all times
- B. Must be able to cheer with sharp motions, have good voice quality and projection, and good eye contact with the audience.
- C. Must be able to perform all cheerleading motions, jumps, stunts and tumbling (competition only).
- D. Must have a **good attitude** and willingness to learn and **get along with others.**
- E. Must maintain eligibility as required by the G.H.S.A.

(Sign here if you have read and understand the information in Article III A-D & IV A-E)

X _____ X _____
Parent Signature Cheerleader Signature

F. Cheerleaders who quit or are expelled from a team will not receive any refund & MUST RETURN ALL UNIFORMS IMMEDIATELY!

X _____ X _____
Parent Signature Cheerleader Signature

G. SHOULD PARTICIPATE IN ALL FUNDRAISERS OR PAY MONETORIAL DIFFERENCE TO THE SQUAD

X _____ X _____
Parent Signature Cheerleader Signature

V. Insurance and Physicals

- A. Each member of the squad must be insured or complete an insurance waiver form.
- B. Each participant must also have a physical exam each year. *The health of a cheerleader must be as such that they are capable of participating in any strenuous cheerleading activity including but not limited to jumps and stunt building. If it is determined that a cheerleader's health becomes a hindrance of the squad as a whole, they will be replaced upon approval of the principal.*
- C. If a physical expires during the season, a cheerleader may not practice or participate in any cheerleading function until a new and current physical is on file.

X _____ X _____
Parent Signature Cheerleader Signature

VI. Leadership

A. The **captain(s)** is to be selected by the coaches. Captain(s) will be chosen to serve for the entire season, unless she receives 5 demerits, whereupon he/she will be removed and replaced with the co-captain.

X _____ X _____
Parent Signature Cheerleader Signature

B. The **co-captain** will also be selected by the coaches and will be chosen to serve for the entire season unless **5** demerits are received, whereupon she will be removed and replaced with another cheerleader chosen by the coaches.

X _____ X _____
Parent Signature Cheerleader Signature

VII. Duties of a Captain – The captains will be selected on the basis of leadership abilities, attitude, peer respect, general abilities, and general knowledge of cheerleading. The captains are to set an example for the rest of the squad by following all rules and regulations for the cheerleaders.

- A. Discuss with the coach immediately after school the goals for each day and helping to implement them throughout practice.
- B. The captain must be first at practice and the last to leave every practice. Assign housekeeping duties such as mat arrangement etc., keep and organize the cheerleading closet and delegate duties to other cheerleaders.
- C. Be responsible for having all necessary supplies ready for practice (CD player, music, paper and paint for signs, etc.)
- D. Tell each member what the coach has decided will be worn at any pep rally, game, or other event in which the cheerleaders are attending as a group. Inform each member of the time that she is to be at the school to catch the bus or the time she is to meet for a game.
- E. Greet the visiting squad before a game. Inform the visitors of floor courtesy.
- F. Keep the crowd cheering positively during the game, discourage booing and negative cheering by starting a positive cheer designed to get the crowd involved.
- G. Serve as spokesman for the team to the administration.
- H. Think of new ways to motivate the squad and the student body.
- I. Act as a peacemaker. Show no partiality within the team. Bring problems that are not resolved to the coaching team.
- J. Attend leadership training programs if assigned.

X _____ X _____
Parent Signature Cheerleader Signature

VIII. Personal Appearance of the Squad

A. A complete cheerleading uniform must be worn at performances unless otherwise directed for the competition team. (This includes any hair accessories, or other items added to the uniform by the coach).

X _____ X _____
Parent Signature Cheerleader Signature

B. At the discretion of the Coach, certain articles of clothing will be added or taken away from the regular uniform. In the event that something is added or taken away, **all cheerleaders must be uniform in its presentation.**

C. No jewelry shall be worn during practice and tryouts and at games. This includes but is not limited to stud earrings, nose rings, belly rings and tongue rings. Religious jewelry must be either taped to the body or removed as per the **G.H.S.A.** guideline manual.

X _____ X _____
Parent Signature Cheerleader Signature

D. Fingernails must not be visible over the length of the finger, clear polish Only. **G.H.S.A. Guideline.**

E. All makeup must be similarly presented. Makeup must be worn at official functions (**N/A Competition team only**)

F. Cheerleaders may not wear glitter as per G.H.S.A. guidelines

G. Cheerleaders may have no **VISIBLE** tattoos. If a tattoo is in a place where it can be seen, it must be covered with makeup.

H. Cheerleaders may have no gold teeth.

I. Hair must be maintained neatly. During official functions, Cheerleaders must have hair in official hairstyle (determined by the coaching team). Hair must be able to be pulled up in a pony tail.

X _____ X _____
Parent Signature Cheerleader Signature

Hair may not be dyed any artificial color such as blue, burgundy, etc.

X _____ X _____
Parent Signature Cheerleader Signature

J. Cheerleaders who have an unkempt or unneat appearance will not be allowed to perform with the team

X _____ X _____
Parent Signature Cheerleader Signature

IX. Practice Schedule

A. Each member must be available to practice Monday through Friday. Begin and end time may vary for special events or circumstances. The coaching team will determine actual practice times.

X _____ X _____
Parent Signature Cheerleader Signature

B. Competition Cheerleaders will need to attend tumbling classes on a weekly basis. Continuing to attend tumbling classes are a mandatory practice & essential for improvement for all cheerleaders on the Varsity Football and Competition team. (only sign if you are trying out for the Varsity Football & Competition Team)

X _____ X _____
Parent Signature Cheerleader Signature

C. Cheerleaders are **required to attend camp(s)**-including choreography camp-as most new material that is used during the school year is learned during this time. The clinics have been included in this packet: **attendance is mandatory.**

X _____ X _____
Parent Signature Cheerleader Signature

D. **Cheerleaders must attend all games and other sanctioned events unless accepted by coaching team.** Varsity football games are traditionally scheduled on Friday and/or Saturday. Junior Varsity football is traditionally scheduled on Thursday or Saturday. Competitions will be on Saturdays from September to November. Varsity basketball games are scheduled on Tuesdays, Fridays and Saturdays. Junior varsity basketball will usually have games on Wednesdays and Saturdays. There may be games any days of the weeks for tournaments and playoffs for Varsity and JV basketball cheer teams.

X _____ X _____
Parent Signature Cheerleader Signature

F. Correct practice wear must be worn at all practices. Each member must be dressed and ready to practice by the designated time. No street clothes are allowed.

X _____ X _____
Parent Signature Cheerleader Signature

G. **All practices are mandatory.** A **written excuse** must be submitted to the coach one day in advance by parents in order to get an excused absence from cheerleading practice. If a student is absent from school and that absence is excused, an excused absence from cheerleading practice will be granted. If the student’s absence from school is unexcused, the cheerleading absence will be unexcused as well. If a student is feeling ill and plans to check out, it is his/her responsibility to notify the coach **before** he/she leaves that she will not attend practice. **Otherwise the absence is considered unexcused.**

X _____ X _____
Parent Signature Cheerleader Signature

H. Excused Absences

The following constitute an excused absence:

1. Illness (note a cheerleader will be limited to two excused absences for illness without a doctor’s excuse)
2. Death in family
3. Religious holiday
4. Excused absence from school
5. Prior parental permission for a family event (only two absences will be excused for this reason)

***Note: As a cheerleading squad is made up of a limited number of individuals and the coach attempts to include everyone in some capacity; an absence may mean that the cheerleader will be removed from the “stunt” or performance so that his/her absence will not hinder the others from practicing.**

I. A cheerleader will not be excused early from practice to go to work.

X _____ X _____
Parent Signature Cheerleader Signature

X. Transportation to the Games

A. Each member of the squad must ride the bus when a bus is provided.

X _____ X _____
Parent Signature Cheerleader Signature

B. Each child must have appropriate transportation home after a cheerleading event. Prior to arrival at the school, all cheerleaders will be given an opportunity to call their parent or guardian. As a courtesy to the coach and for safety reasons, a parent is expected to have someone waiting to meet the bus to pick up their child. **Upon arrival at school, a child must be picked up within 10 minutes of their arrival back to the school or when a practice ends. Parents must make arrangements to pick up the child within these time limits or the child will be suspended for no less than one game.**

After three instances, a conference will be held to determine if the cheerleader will be allowed to continue with the team.

X _____ X _____
Parent Signature Cheerleader Signature

C. For security reasons, the cheerleader can only be released to parents only.

XI. Cheerleading procedures

- A. A cheerleader must do **official** warm up before games and practices.
- B. The captain and co-captain will call cheers and chants.
- C. Informal spirit yells can be started by anyone.
- D. Cheerleaders should show spirit and *enthusiasm at all times*.
- E. Cheerleaders should show courtesy at all times.
- F. No chants or cheers with malicious intent at other schools or the referee will be permitted.
- G. Girls should maintain dignity and decorum at all times.

X _____ X _____
Parent Signature Cheerleader Signature

H. Cheerleaders must be prepared to cheer two minutes prior to game time (including warm up, personal hygiene and proper attire). No personal hygiene on the sideline i.e., applying lotion, combing hair, etc.

I. When not cheering at games and not participating in sideline stunts, a cheerleader should be standing at attention.

J. There will be no unnecessary conversation while performing.

K. In the absence of the coach on the sidelines, the cheerleaders will follow the captains' directions.

L. The coach will address any problem that arises. If a cheerleader has a problem with a direction given by the captain, that cheerleader will follow the direction as given and THEN address it with the coach after the game or at practice.

X _____ X _____
Parent Signature Cheerleader Signature

M. No stunting is permitted except in the presence of a cheerleading coach.

N. If the coach is absent from school, there will be no practice on that day. If the coach has failed to give a uniform preference & the game is the next day; the captain will call the coach at home & then each cheerleader to inform them of what to wear.

O. If a cheerleader is confused at any time about uniform choice, game time etc., it is the cheerleader's responsibility to call the coach or captain at home to verify instructions or to bring all uniforms to the event.

P. Cheerleaders who are out of uniform will not be allowed to cheer with the team.

Q. When benched, cheerleaders are to dress out, sit with coaches & support the team. They are to get no special treatment from parents. They are to sit on the sideline with only their cheerleading attire.

XII. Conduct

It is very important that a cheerleader realizes that he/she is a leader of the school and representing Tucker in all of her endeavors. Therefore, very strict adherence must be given to the rules of conduct.

Your behavior / conduct on any sport team at THS for the 2014 – 2015 year will be taken into consideration for the 2015 – 2016 cheer team (s). X _____ Parent Signature X _____ Cheerleader Signature

A. The following offenses will automatically expel a cheerleader from the team:

1. A cheerleader is not allowed to smoke, drink or use illegal substances.
2. A cheerleader is not allowed to use inappropriate bodily contact while in uniform. Example: lewd or obscene gestures, explicit displays of affection, etc.
3. A cheerleader is not allowed to fight.
4. Suspension. If a cheerleader is suspended, the offense will be evaluated by the coaches & if it is deemed a serious offense, expulsion will occur.

B. Because of the serious nature of the above offenses, the coach will handle them with assistance from the principal.

X _____ X _____
Parent Signature Cheerleader Signature

XIII. Uniforms: Football and Competition and Junior Varsity football Cheer Teams only

- A. Each cheerleader is responsible for the care of the uniforms issued from the school. If a cheerleader loses or damages a uniform, he/she will be charged the full cost of replacing the uniform.
- B. If a cheerleader quits a squad, or is expelled, all uniforms are to be returned within 5 days.
- C. Uniforms must be turned in on the date that they are due.

One day late---\$5 fine Two days late--\$7 fine
Three days late--\$10 fine One week late---\$25 fine

X _____ X _____
Parent Signature Cheerleader Signature

XIV. Awards

- A. A cheerleader must cheer at 90% of the games during the season in order to receive a letter. (Only Varsity cheerleaders are eligible for letters)
- B. A cheerleader who has 10 demerits or more will not receive an award.
- C. Awards are given at the discretion of the Coach. You are not entitled to a trophy---it must be earned.
- D. A cheerleader who quits or is removed from the squad for any reason will not receive an award.

XV. School Grades and Conduct

- A. A cheerleader must have outstanding conduct at Tucker High School and anything involved with Tucker High School.
- B. A cheerleader will have to turn in her progress reports every 4.5 weeks to the coach. Any cheerleader with a 73 or below will be on academic probation. Under these circumstances, the cheerleader will have to get an academic probation follow up form and get the teacher to fill it out and turn it in to coach on a weekly basis. The cheerleader will not be able to cheer at any football games until she has a 74 in the class. School comes first.
- C. A cheerleader who has been assigned In School Suspension will receive 4 demerits.
- D. A cheerleader who has been assigned Out of School Suspension will receive 6 demerits.
- E. A cheerleader who is expelled from the school will no longer be a THS cheerleader.
- F. A cheerleader who is tardy to a class 4 times will receive 1 demerit. This is assigned PER teacher. (4 cumulative tardies= 1, 8 cumulative tardies= 2 etc...). An excused tardy will be a late bus and doctor's appointment. It will NOT be excused if the parent just dropped the child off late with a note or no note.
- G. A cheerleader will receive demerits for displaying Public Displays of Affection (PDA) (refer to demerit system)

X _____ X _____
Parent Signature Cheerleader Signature

XVII. The Coach

- A. Any contact with the coach needs to be between 7 am-6 pm (Monday- Thursday), 7 am to 10 pm (Friday)
- B. You may email the coach, but a quick response may not be possible on weekends and outside of contact hours listed above
- C. The coach's priorities come first when it is cheerleading time. Anything different must be approved by the coach prior to any cheerleading event.
- D. Parents are to be supporters of the coach.
- E. No one is authorized to give out the coach's cell phone number.

X _____ X _____
Parent Signature Cheerleader Signature

The Demerit System

1 Demerit will be given for the following infractions:

- Late for practice (Demerits will be given with further consequences)
- Jewelry or long nails at practice
- Chewing gum at practice or a game
- Turning forms in late.
- Turning money in late without prior approval from the coach.
- Out of uniform or inappropriate practice attire (1 Demerit will be given FOR EACH ITEM MISSING and the cheerleader will sit out until appropriate wear is found)
- Includes: Socks, ribbon, shoes, bloomers, shell, practice attire, sport bra, skirt, body suit, hair up in ponytail
- teacher contact with coach about poor behavior in a class
- teacher contact with coach about being tardy four times (this is PER teacher). (4 cumulative tardies= 1, 8 cumulative tardies= 2 etc...)
- primping during a performance

- Not paying attention to what is going on at practice (i.e. not stretching as a group)
- unprepared for a practice
- public display of affection during school

X _____ X _____
 Parent Signature Cheerleader Signature

2 Demerits will be given for the following infractions:

- ó Late after 2 minutes (on scoreboard) deadline before half-time (determined by coaching team)
- ó Unexcused absence from practice
- ó Disrupting a practice or game with inappropriate behavior
- ó Talking to crowd or running into the stands/sidelines at a game
- Unexcused tardy to game or performance
- Eating during a game or performance
- Chewing gum at a game or performance
- Failure to adhere to team decision or vote
- Being uncooperative by words, actions or attitudes
- Promoting disharmony and division by gossiping, lying or tattling
- Disrespect toward team members
- Willful lack of participation during a practice
- Displaying public display of affection when wearing a practice uniform, spirit wear, uniform, or warm up etc...

X _____ X _____
 Parent Signature Cheerleader Signature

3 Demerits will be given for the following infractions:

- Turning in fundraising money late
- Insubordination to the Captain(s)
- Not riding the bus provided
- Not turning in your ACADEMIC UPDATES on time & filled in completely
- Willful lack of participation during a game/performance
- Failure to follow instruction/accept discipline
- Detention or referral from a teacher
- Breaking a school rule, whether or not action is taken by the school
- If you have a skill, it is requires that you show off your skill in games, pep rally, practice. Failure to do so when requested by the Coach or Captain cheerleader will receive 3 demerits. (Skill = backhand spring, tuck, lay out, etc.)

X _____ X _____
 Parent Signature Cheerleader Signature

4 Demerits will be given for the following infractions:

- **UNEXCUSED ABSENCE FROM GAME/PERFORMANCE**
- **DISRESPECT TOWARD COACH, FACULTY MEMBER, OR SUPERVISING ADULT**
- **A cheerleading being assigned ISS**

-BREAKING OF SCHOOL RULE WHERE IN-HOUSE WAS ASSIGNED If this results in additional absences from practice or game □ further demerits may be added)

5 Demerits + Automatic suspension for one game for the following infractions:

- Refusal to follow instructions
- Unexcused absence from game, pep rally or fundraiser event
- Insubordination to Faculty Sponsor, Coach or any other authority figure
- Disagreement with another cheerleader in which any name-calling or profanity is used
- **Unsportsmanlike behavior at a game/performance**

X _____ X _____
 Parent Signature Cheerleader Signature

6 Demerits + Automatic suspension for one game for the following:

Suspension from School

X _____ X _____
Parent Signature Cheerleader Signature

A cheerleader will be removed from the team for the following offenses:

-FIGHTING (IMMEDIATE DISMISSAL FROM SQUAD

-USE OF ALCOHOL, TOBACCO, OR DRUGS (IMMEDIATE DISMISSAL FROM SQUAD)

X _____ X _____
Parent Signature Cheerleader Signature

*****It is under Coaches Discretion to give a Demerit that is not listed above. A written explanation will be given to the cheerleader to give to their parent and then be return to the coach.**

Upon receipt of 2 demerits the cheerleader will be assigned extra duty. They will also not be able to dress out at school but will be able to cheer at the game.

X _____ X _____
Parent Signature Cheerleader Signature

Upon receipt of 5 demerits the Captain or Co-captain is **removed** from office.

Upon receipt of 5 demerits the cheerleader is **suspended** from the squad for one week. However, the cheerleader is still required to practice.

X _____ X _____
Parent Signature Cheerleader Signature

Upon receipt of 8 demerits the cheerleader is suspended from the squad for two weeks (An "off week" does not count). However, the cheerleader is still required to practice.

X _____ X _____
Parent Signature Cheerleader Signature

Upon receipt of 11 demerits the cheerleader is suspended from the squad for three weeks. (An "off week" does not count). However, the cheerleader is still required to practice.

X _____ X _____
Parent Signature Cheerleader Signature

Upon receipt of **15 demerits TOTAL** (including those worked off) the cheerleader is **expelled** from the squad.

X _____ X _____
Parent Signature Cheerleader Signature

X. Transportation to the Games

A. Each member of the squad must ride the bus when a bus is provided.

X _____ X _____
Parent Signature Cheerleader Signature

Transportation and Pick-Up

B. Each child must have appropriate transportation home after a cheerleading event. Prior to arrival at the school, all cheerleaders will be given an opportunity to call their parent or guardian. As a courtesy to the coach and for safety reasons, a parent is expected to have someone waiting to meet the bus to pick up their child. **Upon arrival at school, a child must be picked up within 10 minutes of their arrival back to the school or when a practice ends. Parents must make arrangements to pick up the child within these time limits or the child will be suspended for no less than one game.**

After three instances of a late pickup, a conference will be held to determine if the cheerleader will be allowed to continue with the team.

X _____ X _____
Parent Signature Cheerleader Signature

FINAL REVIEW & CONSTITUTION SIGNATURE

All cheerleaders may ask the coach at any time how many demerits they have. Every time a demerit is given a written demerit sheet will be given to the cheerleader. Demerit sheets must be signed by parent/guardian and return to the coach at the next practice or the cheerleader cannot return to practice. The following constitution covers most of the situations that are required to maintain a smooth and constructive season. Should any other circumstance arise, the cheerleader is advised to look to the Coach as to how to behave or the policy to follow.

I have read all rules and regulations, which govern the Cheerleading squad. As a representative of my school, I understand and agree to abide by them. I understand that I am not officially a part of this team until I have completed all necessary paperwork.

Student Signature: _____
Student Name (Print): _____
Team: _____
School Year: _____

I have read the cheerleading constitution and fully understand the rules and regulations, which will govern my daughter in cheerleading. I agree to help my daughter uphold her obligations with cheerleading. I also agree to support the coach by adhering to the rules and by making sure my daughter is aware of her responsibilities to the squad and the consequences thereof. I understand that my daughter will not be officially a part of this team until I have completed all necessary paperwork.

Parent or Guardian Signature: _____
Parent or Guardian Name (Print): _____
Contact Information:
Home Address: _____
Home Telephone: _____
Parent Cell Phone: _____ (Mom, Dad, Other)
Parent E-Mail: _____
Parent Cell Phone: _____ (Mom, Dad, Other)
Parent E-Mail: _____
Cheerleader Cell Phone: _____
Cheerleader E-Mail: _____
To the Student:

I UNDERSTAND AND AGREE TO RESPECT ALL RULES AND STATEMENTS.

SIGNATURE OF STUDENT

To the Parent:

I UNDERSTAND AND AGREE THAT MY CHILD IS RESPONSIBLE FOR EVERYTHING STATED ON THIS DOCUMENT AND MUST RESPECT ALL RULES GIVEN THROUGHOUT THE YEAR.

SIGNATURE OF PARENT

CHEERLEADING CAUTIONARY STATEMENT

The following recommendations have been designed specifically for the TUCKER High School Cheerleading squads. Because of the physical demands required, squad members and parents are asked to read and understand certain cautions and responsibilities designed to improve the safety and enjoyment of the activity. Horseplay, hazing or initiations are expressly prohibited.

Preparing for practice:

1. Choose an outfit which fits comfortably and allows free movement.
2. Knee pads are highly recommended. Wear all pads, braces and supportive undergarments to all practices and competitions.
3. Squad members with seizure, neuromuscular, renal, cardiac, insulin/diabetic, or chronic skeletal problems, disorders, or diseases, must present physician's approval to the advisor prior to participation in any practice session.

Preparing to workout:

Do all stretching exercises before practice. Take time to stretch leg, neck, ankle, and back muscles before each practice and performance.

Workout expectations:

1. Think safety first.
2. Always be aware of the proximity of others when executing large motor movements.
3. Stunts and routines should be practiced in a progression from simple to complex.
4. Advanced stunts or routines are prohibited unless previously cleared by the advisor.
5. When executing stunts, remember the GHSA rules pertaining to stunts and basket tosses.
6. Always use proper spotting techniques when learning tumbling and balancing maneuvers.

Emergencies

Because of the physical nature of cheerleading, some injuries will occur. All injuries must be called to an advisor's attention. Most will be minor and can be managed with basic first aid. However, an occasional situation may require more intense management and may also necessitate involvement of squad members as follows:

1. DO NOT move the victim!
2. Be alert. Look around. Get the attention of other people as they may need to help.
3. The advisor will manage the person in trouble. You may be asked to assist in one of several ways:
 - a. helping with the injured person
 - b. telephoning for additional assistance
 - c. obtaining first aid supplies or equipment
 - d. directing the rescue squad to the accident site
 - e. keeping onlookers back
4. Fires or fire drills may require immediate evacuation from the building
 - a. sometimes there may be time to grab a coat and exit
 - b. if the situation requires quicker action, participants will evacuate through any exit
 - c. move and remain 150 feet away from the building
 - d. be prepared to use the procedures described in #2 above.

ACKNOWLEDGMENT

We certify that we have read, understand, and agree to adhere to the cautions, considerations and responsibilities required for participation on the TUCKER High School Cheerleading Team.

Athlete Signature

Date

Parent/Guardian Signature

Date

Teacher Evaluation for Tucker High School Cheerleader
Confidential please place in sealed envelope

(A teacher or former coach must complete this form, do not give the form back to the student)

Name of Applicant _____

Evaluator's Name/Position _____

Please complete this form and return it to Coach Eaddy if this is a High School Student or to Coach Hunte if this is a Middle School Student by March 15th. We ask for your openness in rating how you feel the student does in your class(es). Understand that your responses will be kept confidential and will be an important component of the evaluation process.

On a scale of 1 to 5 (5 being the best), please rate the applicant in each area listed below.

_____ **Ability to work in groups**

_____ **Dependability**

_____ **Behavior**

_____ **Attendance**

_____ **Punctuality**

_____ **Maturity**

_____ **Leadership**

Please provide three words to describe this student.

Did this student ever need to be disciplined by you, and if so, what was the offense?

Please feel free to provide any additional information.

Teacher Evaluation for Tucker High School Cheerleader
Confidential please place in sealed envelope

(A teacher or former coach must complete this form, do not give the form back to the student)

Name of Applicant _____

Evaluator's Name/Position _____

Please complete this form and return it to Coach Eaddy if this is a High School Student or to Coach Hunte if this is a Middle School Student by March 15th. We ask for your openness in rating how you feel the student does in your class(es). Understand that your responses will be kept confidential and will be an important component of the evaluation process.

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On a scale of 1 to 5 (5 being the best), please rate the applicant in each area listed below.

_____ **Ability to work in groups**

_____ **Dependability**

_____ **Behavior**

_____ **Attendance**

_____ **Punctuality**

_____ **Maturity**

_____ **Leadership**

Please provide three words to describe this student.

Did this student ever need to be disciplined by you, and if so, what was the offense?

Please feel free to provide any additional information.

Teacher Evaluation for Tucker High School Cheerleader
Confidential please place in sealed envelope

(A teacher or former coach must complete this form, do not give the form back to the student)

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Evaluator's Name/Position _____

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On a scale of 1 to 5 (5 being the best), please rate the applicant in each area listed below.

_____ **Ability to work in groups**

_____ **Dependability**

_____ **Behavior**

_____ **Attendance**

_____ **Punctuality**

_____ **Maturity**

_____ **Leadership**

Please provide three words to describe this student.

Did this student ever need to be disciplined by you, and if so, what was the offense?

Please feel free to provide any additional information.

Teacher Evaluation for Tucker High School Cheerleader
Confidential please place in sealed envelope

(A teacher or former coach must complete this form, do not give the form back to the student)

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_____ **Behavior**

_____ **Attendance**

_____ **Punctuality**

_____ **Maturity**

_____ **Leadership**

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_____ **Attendance**

_____ **Punctuality**

_____ **Maturity**

_____ **Leadership**

Please provide three words to describe this student.

Did this student ever need to be disciplined by you, and if so, what was the offense?

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