

**Heritage Middle School
Cheerleading Tryout Information**

It is time for cheerleading tryouts for Heritage Middle School! Parents should read this entire letter before giving their consent. **APPLICATIONS ARE DUE NO LATER THAN Monday, April 6th.** We will not take late applications.

Tryouts will be held at Heritage Middle School in the Auxiliary Gym on **April 17th**. Girls will be taught tryout material on **April 14th-16th**. **Attendance is NOT mandatory; however material will only be taught once.**

Results will be posted on April 17th by 10pm on the HMS Cheerleading Webpage. Score sheets are confidential and will not be open for review.

Changes in the cheer program The HMS cheerleading program will have one Spirit Squad this year. The Spirit Squad will cheer at Varsity Football games and Varsity Basketball home games. The competition squad will be selected from the Spirit squad and number of girls will be determined at tryouts.

ELIGIBILITY REQUIREMENTS

1. A candidate must currently be enrolled or planning to attend HMS during the upcoming 2015-2016 school year.
2. A candidate must meet No Pass/No Play guidelines.
3. Candidate must have a good attendance record. (Not missing more than 5 days per semester excused/unexcused).
4. Each candidate must obtain 2 teacher recommendations which will be averaged into the score.
5. A candidate must have satisfactory conduct report.
6. Each candidate must carry school insurance or present a signed waiver by parents stating they have adequate insurance.
7. Each candidate must turn in a Parental Permission Form to tryout.
8. Each candidate must turn in a **physical on the school form.** (This can be downloaded from the school website via this website: <http://heritagemiddleschoolathletics.weebly.com/athletic-forms.html>)
9. A candidate will not be permitted to participate in other school sports during the cheer season.

TRYOUTS

Tryouts are conducted as fairly as possible. Judges' rating on performance of the dance, cheer, tumbling, and jumps will be used to score the candidates. Judges' decisions are final, and the scores will **NOT** be open for inspection. The number of girls to be on the squad has not been pre-determined, and no member of the squad has been pre-selected. Please be advised, special consideration will not be given to those who have previously cheered at HMS or any other school. Even though experience may help your child to do a better job, it will not matter to the judges, since they will not know how many years of cheer, dance, music, baton, or gymnastics she has received. Keep in mind that if your child does not make the squad, she may try out again next year as long as she is still eligible.

Girls should wear tennis shoes, socks, and a comfortable shorts outfit to every practice for tryouts. Please pick your child up **promptly** after each session. All practices for tryouts are strictly closed sessions, this also includes the final judging. This means no one other than the girls that are trying out, judges, and coaches will be allowed to observe. No exceptions will be made for any reason.

1. The tryouts will consist of performing skills in front of a panel of judges.
2. All skills will be graded on the basis of the level of perfected execution. There are 5 categories that the judges will be scoring. The 5 categories are as follows:
 - Tumbling (20 points),
 - cheer (25 points),
 - dance routine (25 points),
 - jumps (15 points), and
 - Teacher recs & attendance (15 points).
3. The judges will be chosen on the basis of their expertise in cheerleading. They will be selected from outside of the HMS community if possible.
4. All cheers and routines necessary for tryouts will be taught at the clinic conducted by previous cheerleaders.

Requirements

A. Coaches' Scores

During tryouts cheerleaders will be observed for the following qualities:

1. A positive attitude
2. Willingness to work hard
3. Leadership potential
4. Responsibility
5. Willingness to cooperate with others
6. Ability to listen well and follow instructions quickly

B. Judges' Scores

During tryouts each cheerleader will be expected to perform the following:

1. Dance Routine
2. Group Cheer
3. Series of different jumps (double toe touch and pike)
4. Tumbling
5. General Qualities (Spirit, Facials, etc.)

Heritage Middle School Cheerleading

Cheerleaders are one of the most visual representatives of their school. HMS Cheerleaders are expected to demonstrate good sportsmanship at all times. The purpose of the HMS cheer program is to promote school pride, unity and to lead the student body in demonstrating spirit and support for the teams, coaches, and all athletes.

Rules, Regulations, and Guidelines

- No profanity or obscene language – EVER!
- *No profanity, vulgar, obscene language or pictures on social media.*
- No gum while in team attire or during practice/games
- **No cell phones. Phones must be turned off at practice and games**
- **No friends, parents or boyfriends are allowed at practice.**
- **Negative/bad attitudes absolutely will not be tolerated**
- Coaches will always be treated with respect
- ***Always always be on time!!!!!!!!!!!!!! This is for arriving to practice as well as leaving.***
- **Attendance** is mandatory.
- Tardiness will not be tolerated.
- Cheerleaders that do not follow instructions will sit out of games.
- Cheerleaders are responsible for the replacement cost of any property that is lost or damaged. (Uniforms)
- All personal matters must be dealt with outside of practice. Squad unity is a primary goal.

Contact Information

Meredith Burkett
mburkett.hms@catoosa.k12.ga.us

Melissa Travillian
mtravillian.hms@catoosa.k12.ga.us

Beth Sawyer
bsawyer.hms@catoosa.k12.ga.us

Candidate Signature: _____ Date: _____

Parent Signature: _____ Date: _____

RETURN

**Heritage Middle School
2015-2016 Cheerleading Tryouts Information & Permission Form**

Student Name _____

Phone: _____

Address: _____ Parent Email: _____

_____ Student Email: _____

Mother's Name _____ Mother's Cell # _____

Father's Name: _____ Father's Cell # _____

Present School: _____ Present Grade Level: _____

Insurance Company: _____ Policy Number: _____

Health Concerns: _____

I, the above named student, have read and understand the information in the 2015-2016 Heritage Middle School Cheerleading Tryout Packet.

Signature _____ Date _____

I give permission for my child to participate in tryouts. I fully understand that the school and coaches will take every reasonable precaution to prevent accidents, but know they will not be held responsible if any accident occurs.

Signature _____ Date _____

Required Cheer Practice Policy

All cheerleaders are expected to be at **EVERY** practice. With **prior arrangements**, up to two practices may be missed.

3 practices= Benched 2 quarters, must sit in uniform with coach

4 practices= Benched 1 game, must sit in uniform with coach

5 or more= Benched 2 games and possible dismissal from squad.

The practice schedule is tentatively set for the following:

Summer Practice Schedule

Competition:

Choreography camp: June 8th and 9th

Tuesdays/Thursdays @ HMS: 8:00-10:30am

Tuesdays @ RAH 6:00-8:00 (Spirit Squad from 6:00-7:00 and competition only from 7:00-8:00)

Football/Basketball:

Summer Camp: TBA

Sideline Cheer/Band Dance Camp: TBA

Regular Season Practices: TBA

Dead week for vacations is: June 28th through July 4th Please if possible make vacations this week.

I agree to have my daughter at every cheer practice on time and picked-up on time.

Parent signature _____ date _____

FINANCIAL RESPONSIBILITIES

The cost of trying out for the HMS Cheer Squads is \$10 this helps us to cover the cost of judges' fees and other materials needed. The check must be made out to HMS. Please be sure your check has a phone number on it, this is a school policy. This payment is due by March 20th along with the rest of the tryout forms.

Parents must assume all costs for their daughter. Payments will be due at the beginning of each month on the 5th starting in May. Every account must be paid off by October 5th. Sometimes these expenses are due without much notice. They cannot be charged or paid in installments. Failure to make the required purchases would result in dismissal from the squad. Additionally, if for any reason the squad is dissolved, your child quits, or is dismissed from the squad, there will be no way to recover the money spent.

Fundraisers will be made available to help with expenses throughout the year. If you feel that you may not be able to meet these expenses, then please do not let your child try out.

If you have read this and wish to have your daughter participate in the tryouts, please sign below.

Parent Signature _____ Date _____

Document Signoff Form

Name: _____

Please check off the following forms as you get them together to turn. Turn in all forms together stapled.

_____ Parental Permission Form to tryout.

_____ Required Cheer Practice Policy

_____ Financial Responsibilities

_____ Physical form from a medical doctor

_____ Proof of insurance

Important Dates

IF your child makes the cheer squad for the 2015-2016 season, they **MUST** be at all of the following events:

Tuesdays beginning April 21st @ RAH from 6:00-8:00- All competition cheerleaders must attend RAH **every** Tuesday night. Spirit Squad cheerleaders will practice from 6:00-7:00 and competition only from 7:00-8:00. *However, for the month of APRIL ONLY everyone will attend from 6:00-8:00.* These practices will start April **This is not an option, but a mandatory practice.** These practices should be treated just as our school practices. Attendance, punctuality, etc. are all required. Cost is around \$60.

Monday, April 20th – 6:00

Parent meeting in the HMS media center (Parent & Cheerleader **MUST** be present)

\$150 is due at this meeting. This is for uniform rental (3 uniforms total). The first fundraiser will start on this night as well. This is a “Sell Your Spirit” T-shirt where the girls can get family and friends (not businesses) to sponsor them at \$25 for a megaphone on the back of their personal t-shirt. The first \$25 goes to the cost of the shirt and the rest of the money raised will go into your cheerleader’s personal account to help pay for camp, clothes, etc. More information at this meeting.

You will also get information about the **Football Program ads**. The ads and money will be due by June 17th. More information will be given out at the meeting.

June 2nd-3rd we will have a band dance/sideline cheer clinic where we will team up with the HHS Spirit Squad and learn the band dances and sideline cheers for the season. This is a mandatory clinic and there will also be team building activities built in. Times and more details will be given soon.

Monday June 8th and Tuesday June 9th Competition Choreography at HMS. Friday we will practice from

May 15th-Friday – Money and forms due for Sell Your Spirit T-shirt to Mrs. Burkett , Mrs. Sawyer, or Mrs. Travillian. (**Forms must be turned in electronically via email.**)

Summer Vacations:

If you have not already planned vacations, please try to do so **June 28th-July 4th**. It’s hard to work on our routine when someone else is absent each week. Obviously, you have to do what’s best for your family, but if you could go one of these weeks that would be great! Girls are only allowed to miss 2 summer practices, after that, there are consequences. (Running, conditioning, benching.)

Remember each month on the 5th there will be a \$200 payment due to pay towards your daughter’s balance. Last year’s dues were about \$1000 for each participant. We will offer various fundraisers throughout the summer to help pay this balance. If you need extra fundraisers, please see one of us and we will get one for you. I encourage everyone to participate in the individual fundraisers offered so that you are not paying too much out of pocket.

**Heritage Middle School Cheerleading
Teacher Recommendation Form - 1**

Dear Teachers,

As part of the tryout process for the 2015-2016 HMS Cheerleading squad, we are asking each candidate to acquire two recommendations. Your perspective as a teacher observing the actions of the candidate will help in our selection process and count towards their overall tryout score. Thank you for your time in helping us select new members that are not only successful at cheerleading, but also in academics, personality, and attitude. All of these attributes combined will lead us all to another successful season! If you teach a current 5th grader, please return this form to Meredith Burkett at HMS via the pony **by April 13th**.

Do not return this form to the participant - send it directly to us please. Your comments will be held in confidence and will not be shared with anyone.

Student Name: _____

Teacher Name: _____

For each factor listed below, place a check in the column that you believe best represents the candidate's ability for that particular trait. We would also appreciate any additional comments you believe would be helpful for the selection process.

Rating Factors	Excellent 5	Good 4	Average 3	Fair 2	Poor 1
Dependable					
Honest					
Attendance-comes to school/practice regularly					
Punctuality-comes to class/practice on time					
Attitude-is cooperative					
Initiative					
Team Worker					
Helps others when time and circumstances allow, even at the risk of doing more					
Handles Stress Well					
Leadership Skills					
Creativity					
Judgment/Trustworthy - can be trusted to make good decisions					
Listens to and Follows Directions					
Responds Well to Constructive Criticism					
Poise and Social Skills with Adults					

Additional Comments:

Teacher/Coach Signature _____ Date _____

**Heritage Middle School Cheerleading
Teacher Recommendation Form - 2**

Dear Teachers,

As part of the tryout process for the 2015-2016 HMS Cheerleading squad, we are asking each candidate to acquire two recommendations. Your perspective as a teacher observing the actions of the candidate will help in our selection process and count towards their overall tryout score. Thank you for your time in helping us select new members that are not only successful at cheerleading, but also in academics, personality, and attitude. All of these attributes combined will lead us all to another successful season! If you teach a current 5th grader, please return this form to Meredith Burkett at HMS via the pony **by April 13th**.

Do not return this form to the participant - send it directly to us please. Your comments will be held in confidence and will not be shared with anyone.

Student Name: _____

Teacher Name: _____

For each factor listed below, place a check in the column that you believe best represents the candidate's ability for that particular trait. We would also appreciate any additional comments you believe would be helpful for the selection process.

Rating Factors	Excellent 5	Good 4	Average 3	Fair 2	Poor 1
Dependable					
Honest					
Attendance-comes to school/practice regularly					
Punctuality-comes to class/practice on time					
Attitude-is cooperative					
Initiative					
Team Worker					
Helps others when time and circumstances allow, even at the risk of doing more					
Handles Stress Well					
Leadership Skills					
Creativity					
Judgment/Trustworthy - can be trusted to make good decisions					
Listens to and Follows Directions					
Responds Well to Constructive Criticism					
Poise and Social Skills with Adults					

Additional Comments:

Teacher/Coach Signature _____ Date _____

