

CJHS Cheer Tryout Packet 2018-2019



Who: upcoming 7th-8th graders

When: Clinic Feb. 27- March 1 @ 6:00-7:30 p.m.

Tryouts: March 2 @ 6:00 p.m.

Where: Carthage Jr. High School Gym

**YOU MUST HAVE A MSHSAA PHYSICAL ON FILE
AT THE SCHOOL BEFORE February 27th.**

**A non-refundable \$100 deposit is due at the parent
meeting on Thursday, March 29th.**

Cheerleading Tryout Schedule 2018-2019

Tuesday, Feb 20
Informational Meeting
Junior High Cafeteria- 7:00pm

Tuesday, February 27
Practice Clinic
6:00-7:30 p.m.
CJHS Annex

**** Packets need to be filled out and returned on Tuesday! ****
(Tryout Application, Parent Release Form, Demerit Sheet, and Physical – if needed)
****You CANNOT participate if a current physical form is not on file with the school ****

Wednesday, February 28
Practice Clinic
6:00-7:30 p.m.
CJHS Annex

Thursday, March 1
Practice Clinic
6:00-7:30 p.m.
CJHS Annex

Friday, March 2
TRYOUTS
6:00-????
CJHS Main Gym

- Participants will need to provide their own transportation. Please be sure you have transportation to be picked up at the ending time above.
- **Tryout Attire (Tues-Thurs):** Please wear comfortable clothes and athletic shoes.
Tryout Attire (Friday): On tryout day, please wear a PLAIN white t-shirt, PLAIN black or blue shorts, athletic shoes
- These practices are critical to attend! If you miss a practice, you are responsible for learning the material you missed.
- If you have any questions, please contact: Kayla Fultz

CJHS Cheerleading Expectations and Rules

The following guidelines will be followed to assure that, as cheerleaders, a positive example is being displayed at ALL TIMES. **All rules are in effect as soon as you make the squad.** The coach and/or administration will take disciplinary actions, if the guidelines set forth by the Carthage School's athletic code and these guidelines are not followed.

1. By accepting the privilege of wearing a Carthage Cheerleading uniform, you accept the fact that your actions may be more prominent than those not associated with an activity. This includes actions at school, in public places, and on social media. Inappropriate actions may result in consequences from the coach or removal from the squad.
2. Must maintain good grades. Cheerleaders must be passing 7 classes. Cheerleaders earning grades lower than a C need to focus on academics and may be required to sit the bench until grades are improved. Cheerleaders earning Fs in more than one class is considered ineligible to participate in any sports/activities, and therefore, will be dismissed from the squad.
3. No usage of drugs, alcohol or tobacco—same rules in school policy.
4. No visible tattoos or body piercing (of any kind) allowed at practices, games or performances.
5. Follow chain of command- 1. Cheerleader talk to coach 2. Parent talk to coach 3. Coach talk to Athletic Director 4. Student or parent talk to Athletic Director
6. Absolutely NO show of affection while in uniform. You are representing yourself, your team members, and your school. Some explicit actions out of uniform (in regular clothes) can be disciplined as well, as you are known as a cheerleader.
7. Practices are open only to squad members and coaches. Parents, friends, boyfriends, siblings, etc. will NOT be allowed in the practice area during practice.
8. Cell phones and other devices MUST be turned completely OFF during practices. It is up to the coach if they may be used on the bus to and from games. They are NOT allowed on during any home or away game. The coach will designate a time on the bus ride home to call for rides.
9. It is expected that parents will not use cheerleading as punishment. This affects the cheerleader AND the entire squad.
10. Quitting/Dismissal: If a cheerleader quits anytime after tryouts or is dismissed by coach, they cannot be reinstated anytime during the season. They will also not be eligible to tryout the following year.

CJHS Cheerleading Expectations and Rules, Continued

Attendance Policy

Cheerleaders will be given a practice/game schedule *at least* 2 weeks in advance. All practices and games are **mandatory!** You must be ON TIME to every cheerleading function! **If a cheerleader has 3 unexcused absences, they will be dismissed from the squad.** (special circumstances will be handled by coach and athletic director)

Excused Absences:

Emergency doctor appointment with a note signed by the doctor (coach will need the doctor note as well as the school), illness, death in family or funeral

**Please let the coach know in advance if you are not going to be there!!! It affects the entire squad!

Unexcused Absences:

Everything else!!!! (Appointments, personal business, lack of transportation, non-school affiliated functions, etc)

**If you are not sure whether it is excused or unexcused—ASK!!

Practices

*Check calendar/schedule for practice times and locations

*Practice attire: blue, white, black, or gray Carthage shirt or solid color shirt. Shirts must not be long-sleeved and must fit properly. Shorts or leggings are acceptable and must be blue, white, black or gray. No Spandex unless shorts are worn over them. Sports bras must be worn. CHEERLEADING shoes must be worn.

*No jewelry

*Hair completely up and out of face before practice begins.

*Cell Phones off (Parents may call/text coach during practice for emergency purposes)

*Must be at practice location, changed and started stretching by 3:25, practice begins at 3:30

Games

*Check calendar for time/place to meet

*Be ON TIME!

*When you arrive, begin stretching

*Wear correct uniform with correct ribbon

*White low cut socks

*Gray, black, or white **sports bra** (no other colors allowed.)

*Hair completely up and out of face

*Be on court/field ready before start of game

*Keep drinks/water bottles away from the cheering area

*Keep talking to the **minimum**

*No talking to fans or players during the game

*Keep a positive attitude

*Minimum of 4 jumps per quarter

*Be spirited the entire game

Consequences

1. Demerit(s) (see Demerit Sheet)

2. Conditioning during or after practice

(crunches, V-ups, sprints, laps, stair laps, push-ups, spotting drills)

3. Benched at game

4. Dismissal from squad

5. Any other deemed fair by coach

Carthage Cheerleading Demerit System

DEMERITS WILL BE GIVEN AT THE DISCRETION OF THE CHEERLEADING COACH

Dismissal from the squad will be considered if a cheerleader accumulates 10 or more demerits.

The demerits will be cleared after each season (summer & football together and then basketball)

A cheerleader that quits or is removed from the squad will not be permitted to tryout the following year.

(Special circumstances will be considered by the coach)

Demerits will be given as follows:

Infraction	Demerits	Conditioning other conditioning may be given as well, depending on situation
1-5 minutes late (includes practice, game, meeting, bus, or any event, etc...)	1	1 stair lap
Being late on track/court before game or 2 nd half	1	1 stair lap
Not smiling or acting spirited at a game (the crowd is watching YOU)	1	1 stair lap
Cell phone ringing or use of cell phone during a practice or game (unless given permission by coach)	1	1 stair lap
Excessive talking, giggling, or immature actions during practice or game	1 per infraction	1 stair lap per infraction
Failed to CALL AHEAD of time for absence	1	1 stair laps
Forgetting uniform, accessory, spunks, duty, or responsibility	1 per item	2 stair laps per item
Wrong uniform, accessory, or spunks	1 per item	2 stair laps per item
Leaving item after event	1 per item	2 stair laps per item
Wearing any part of uniform to non-school sponsored event	1 per item	4 stair laps per item
Inappropriate actions on social media	1 per infraction	5 per infraction
6-10 minutes late	2	2 stair laps
Leaving early from practice, game, or event	2	2 stair laps
11-15 minutes late	3	3 stair laps
15+ minutes late	3	coach will decide # of laps, depending on arrival time
Rude, disrespectful comments, downgrading, gossiping, talking bad about another cheerleader, and/or causing conflict among the squad or with coach	3	5 stair laps
Non-cooperation among the cheerleaders or coach during a practice, game, or event	3	5 stair laps
Unexcused Absence	4	5 stair laps

Excused Absences: Illness (coach needs to be notified before practice or game, must be an "excused" school absence to be "excused" from cheer), emergency doctor appointment, or death in family

Unexcused Absences: EVERYTHING ELSE!

Unexcused absences will result in demerits as well as make-up conditioning. (outside activities, vacations, dentist, doctor appointments, work, etc., need to be scheduled around games and practices)

Return by Tuesday, Feb. 27th at the practice clinic.

CJHS Cheerleading Tryout Application

(Please Print)

Name _____ Grade (**next year**) _____

Address _____

Student Phone Number _____

Parent/Guardian (please print) _____

Parent Phone Number _____

I am trying out for:

Checking ALL does not affect your tryout score. (check all that apply - # for preference)

_____ **Football Cheer** _____ **Basketball Cheer** _____ **Both**

CLASS SCHEDULE (THIS YEAR)

Jr. High

	Class	Teacher
1		
2		
3		
4		
5		
6		
7		

Middle School

Class	Teacher
Reading/Communication Arts	
Math/Science/Social Studies	

Return by Tuesday, Feb. 27th at the practice clinic.

Parent Release Form

Student Name _____ Grade (**next year**) _____

I have read and fully understand the rules and regulations, which will govern my son/daughter if he/she is chosen to represent Carthage Junior High School as a cheerleader in the 2018-2019 school year. I further understand that this is an extracurricular activity and that attendance at all **practices, games, special functions, fundraisers** and **camp** is a **requirement** of the elected cheerleader.

I hereby give my consent for my daughter/son, _____ to tryout for cheerleading at Carthage Junior High School and recognize her/his responsibilities and obligations as a leader in the school. ***I understand that if chosen, my daughter/son will be required to fundraise and/or pay for cheerleading camp, camp clothes and shoes.***

Parent signature _____ Date _____

Parent Address _____

Cell Phone _____ Home Phone _____

Work Phone _____

If I am elected as a cheerleader at Carthage Junior High School, I shall fulfill all of the requirements to the best of my ability as stated in the rules, expectations, and demerit system. I have read these policies and understand that if I fail to maintain these rules, I may be removed from my position on the squad.

Cheerleader Candidate Signature _____ Date _____

Address _____

Cell Phone _____

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I have read the Cheerleading Rules, Expectations, and Demerit System. By signing, I agree to abide by its standards. I understand that if I do not abide by the standards, I may be removed from the squad.

 Student Signature

 Parent Signature