

2018-2019 Murfreesboro City Schools Competition Cheerleading



“The common denominator for success is work.” - **John D. Rockefeller**

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Cheerleading is a highly physical and a very demanding sport. It requires 100% effort of every member involved. We want the best of the best for our squad and therefore, we offer obligations and expectations prior to try-outs.

Please keep the following in mind as you prepare for tryouts:

Cheerleading is very time consuming. We will begin working as a squad to practice and prepare for competition season in May and will continue until our competitions are over in February. During our season, we practice two days a week.

Our camp dates are ***July 16th- July 20th (Junior Team)***. Our camp dates are ***July 9th-July 13th (Youth Team)***. ***Camp is mandatory for all squad members.***

Absences are the downfall of a great cheerleading squad. If one or more squad members is absent from a practice or game, the other members are forced to make last minute changes. This can be both stressful and dangerous to other squad members. If cheerleading is not your number one extra-curricular priority, think about the time you are willing to commit before you try out. **You are allowed three absences (other than for sickness or injury). After three absences, you will be moved to the position of alternate or dismissed from the team.**

As cheerleaders, you will be ambassadors for the school district and the community. You will be expected to participate in various school district and community events. This will require time in addition to practices and games.

Remember you must have the required forms filled out completely and submitted before the clinic April 3rd. If you do not have the forms completed, you will not be able to participate in the clinics or try-out.

2018-2019 Cheerleading Packet

Murfreesboro City Schools

These guidelines are provided to inform students and parents of the expectations of participating in the cheerleading program for MCS. Cheerleaders selected for the cheerleading teams must be in agreement with these guidelines and must adhere to them during their tenure on the squad. **Team members may not participate in the first official practice until this form is signed and returned to the coaching staff.**

Philosophy

The philosophy of the cheerleading program for MCS has two major goals: to strive to be a successful competitive program; and to help our cheerleader athletes develop qualities that will enable them to achieve success in all future endeavors.

CHEERLEADING TRYOUTS

During the first 3 days of clinics, candidates will learn a short cheer to be performed on the tryout day. On the last 2 days of clinics, candidates will work on stunting, tumbling, and their cheer. Candidates should demonstrate the following skills to the best of their ability:

- Communication Skills (projection, voice, enthusiasm, crowd appeal, and school spirit)
- Motion Technique (sharpness, timing, placement)
- Jumps (height, flexibility, technique)
- Gymnastics skill of a round off or higher will be optional for bonus points. (Will be on a gym floor for the first round and on a hard mat/spring floor during the second round of tryouts.)

Teacher recommendations will also be used to evaluate the candidate in terms of teamwork, punctuality, self-motivation, leadership, and desire to learn and improve. Candidates will be evaluated throughout the clinic by the clinic staff. A panel of judges chosen for their experience and expertise will evaluate the candidates during tryouts.

All paperwork is due before tryouts begin on April 3rd. The following forms are required:

- TSSAA Physical Form dated after April 15, 2016 (***The TSSAA form is the only form that will be accepted. You must include the History Form, Physical Exam Form, Clearance Form, and the Consent for Athletic Participation Form***)
- Concussion Form / Sudden Cardiac Arrest Form – MCS Facebook Page
- MCS Consent for Athletic Participation
- Cheerleading Application Form (signed by candidate and parent)
- Cheerleading Application Information Page

- Signed copy of Suspension and Dismissal Policy

All paperwork must be completed in their entirety. **Candidates that do not submit the completed paperwork by the beginning of the clinic on April 3rd will not be allowed to participate in the clinic or the try-out until the paperwork is submitted complete.**

NO ONE OTHER THAN CHEERLEADER CANDIDATES WILL BE ALLOWED AT THE CLINIC SESSIONS OR AT THE TRYOUTS. THIS INCLUDES PARENTS AND FRIENDS. Parents may come in to the clinic days the last 10 minutes in order to record the instruction.

Please wear the appropriate clothing for tryouts: shorts, t-shirt, white no show socks, and cheer/tennis shoes. Hair should be pulled up in a ponytail and no jewelry is allowed. For the day of tryouts- **No MCS Competition Cheer practice clothes can be worn!** Please have your child wear their school shirts on the day of tryouts ☺

Clinic/Tryout Dates:

- April 3rd-4th 4:30-6:00- Hobgood Elementary gym
- April 5th- 4:30-6:00- Hobgood Elementary gym- This will be the first round of tryouts. Candidates will tryout in groups of 3-5 before the coaches. Letters will be handed out to all cheerleaders after the tryout. Some letters will include an invitation to the 2nd round of tryouts at Premier Athletics. Unfortunately, we cannot take everyone, but we will give your child more information on ways to improve so that they can hopefully come back for tryouts next year! ☺
- April 7th-8th- TIME TBA- Premier Athletics (Invitation only)
- April 8th- Candidates will perform for the tryouts before Premier Judges. The final results will be posted on our Facebook page sometime Sunday night.

Standards for Cheerleaders

Cheerleaders by title are role-models. Remember that there are people watching everything you say and do. Because of this, the MCS cheerleaders are expected to set high standards for their school and to set a good example for their fellow students. To achieve these ends, the cheerleaders will:

- Sign and abide by the provisions of this contract.
- Maintain academic and attendance requirements set forth by Murfreesboro City Schools and MCS Competition Cheer expectations.
- Attend all scheduled practices/performances/events/expected fundraisers, unless it is an excused absence.
- Set an example of good behavior at all times (whether in uniform or not) in class, at competitions, and at all school/district functions.
- Cooperate with each other and follow the instruction of the cheerleading coaches.

***Any violation of the rules outlined in this contract will result in one or more of the following consequences administered at the discretion of the cheerleading**

coach and/or district administration: verbal warning, parent conference, temporary suspension from competitions, or permanent removal from the team.

Points to Remember

- In this program we plan on competing at the national level! Keep in mind that by nature, the time commitment and demands are much greater. All athletes are required to uphold their commitment to the team.
- Everyone must have a solid working knowledge of all components of the competition routine. This includes all alternates.
- While we recognize doctor and dental appointments are necessary, every attempt should be made to schedule these appointments around practices and competitions.

Behavior

- **Classroom and social behavior should be exemplary at all times.**
- **Each squad member will treat coaches, competition officials, and other athletics staff with respect at all times. This attitude should also extend to members of this and other cheerleading squads.**
- Coaches' discretion will be final regarding inappropriate behavior or attitude.

Attendance

- You must be eligible both by grades and attendance to cheer.
- If you are at school, you are expected to be at practice that day. We will, to the best of our ability, put together a schedule to assist each member in arranging their schedules. However, these times are subject to change. As quickly as possible, all changes will be communicated and it's the responsibility of the cheerleader to adjust plans accordingly.
- **It is the responsibility of the cheerleader's parent to notify the coaches by text or email, of any potential tardy or absence. Unless there is an emergency, a 24-hour notification must be provided. Any exception to this 24-hour policy must be approved by the coaches.**
- **Practices for both teams are held twice a week at Premier Athletics. These are MANDATORY practices.**
- Conflicts with work or other extracurricular activities are **not** valid excuses.
- Members must arrive at events/practices on time already ***dressed, taped, and ready to warm-up.***
- Practice will usually be two days a week. **May 2nd, 2018 will begin the official cheering season.**
- We have a strict attendance policy for MCS Cheer. This includes every cheerleader that is on the MCS Cheer team. All members are allowed 3 unexcused absences for the ENTIRE season. If a cheerleader misses more than 3 practices/events, then they will automatically be removed from any future competitions.
- Missing a practice for any reason the week of a competition will result in an alternate taking that cheerleaders position.
- Coaches will consider the following acceptable reasons for missed practices, events, and performances:

1. Injury – The member must still attend practice/competitions (unless physically unable) but will not participate until medical clearance has been provided. Doctor's notes must be specific in nature of injury and restrictions.
2. Illness – A member may only miss practice with a text or email from the parent verifying an illness.
3. Family Emergencies/Funerals.
4. Class requirement that cannot be fulfilled at another time.

*Failure to contact a coach about missing practice for any reason will result in an unexcused absence.

- **The coach has the discretion to remove a cheerleader from the team for excessive tardiness and poor attendance.**

Camp and Practice Expectations

- **Practices will be held at Premier Athletics.**
 1. **Junior Club Practices- Wednesdays 5:30-7:00 pm and Fridays 6:30 to 8:00 pm.**
 2. **Youth Rec Practices- TBD**
- **Each girl should always remember to bring an ample supply of water with them to every practice regardless of what the practice schedule may be.**
- **Practice attire includes tennis shoes, shorts, t-shirt, hair up in a secure ponytail, cheer bow. This must be taken care of before practice time. Bring all medical needs (inhalers, insulin pumps, epi pins, etc.) to all practice and competitions.**
- **We will have set practice clothes for each practice. Please make sure to follow this schedule.**
- Remember, one practice a week will be **open** to family and friends but all other practices will be **CLOSED**. Coaches reserve the right to **CLOSE** practices at any time.
- When picking up your child from practice, **PLEASE be on time**. If *consistent tardiness* is a problem, it could mean dismissal from the team.
- **Cell phones should be turned off and put into backpacks before practice. Phones may not be checked during water breaks.**
- Nails should not be longer than the tip of the fingers.
- If you lose one of your practice shirts, you will be required to purchase a replacement. These are not cheap when they have to be printed individually.
 1. "Lose" is defined as going two practices without that specific assigned shirt.

Alternates

We will have alternates for this 2018-2019 season. All alternates will follow all rules and regulations set forth by this contract. They will be expected to attend all events, practices, and fundraisers. They will always have the chance to earn a spot on the floor with regular practice. Alternates will be announced during the first few months of practices. Please understand this decision is not taken lightly.

Safety

- Stunting/Tumbling/Strength Training must only take place in the presence of a qualified supervisor.

Expenses

The numbers are merely estimation. Prices are subject to change.

- Cheerleaders will be responsible for the items which they keep (shoes, bows, briefs, warm-up jackets, and camp wear). Estimated cost of all items: \$415
- Uniform rental fees- \$30 per girl. These are non-refundable fees. They must be paid at the start of the season. You are required to keep the uniform in pristine condition and clean at all times. This includes keeping the uniform out of vehicles or other locations that would allow the uniform to come into contact with smoke, mold, or other smells.
- We will be having choreography and stunt camp during the summer. This will be a week long camp. This will cost \$210 (estimation of price).
- Practices at Premier will have a monthly fee. \$30 registration fee (once a year), \$55 a month during the summer (once a week) and \$90 a month starting in August (twice a week)
- Fundraising will take place. **EVERY** family is required to participate in 75% of the fundraising activities. **This is MANDATORY, NO EXCEPTIONS!**

Parent Expectations

- Flexibility!! There will be changes made to practices, competitions, and event schedules. Only necessary changes will be made. When a change is made you will receive an email or group text as soon as possible.
- Check your emails- this is the primary way we will get in touch with you. Communication is so important for the operations of our squad.
- **Please be on time to pick up your cheerleader. If a cheerleader is REPEATEDLY not picked up on time, the cheerleader can face suspension or dismissal from the squad.**
- If a parent would like to speak to the coach about a serious matter, they should not address it at any event or practice. Please email the coaches to schedule a meeting to address these matters.
- ****Your cheerleader's role in routines, stunts, and/or formations is at the coaches' sole discretion and will be based on what is best for the team.**

Coach's Discretion

All MCS cheerleading rules will be interpreted and carried out by the MCS cheer coaches, under the guidance of the MCS district administration.

These team rules will remain the same throughout the entire year and will be applied equitably to each squad member. No exceptions will be provided to any team member. These are the 2018-2019 MCS cheerleading rules and regulations reviewed and approved by the MCS Administration.

Checklist for MCS Competition Cheerleading Tryouts

Make sure you submit the following paperwork before the beginning of the tryout clinic on April 3rd.

Please place them in the following order:

- ___ TSSAA Physical Exam Form (dated after April 15, 2016)
- ___ TSSAA Clearance Form (dated after April 15, 2016)
(Located on the back of the physical form- this section MUST be completed)
- ___ TSSAA Consent for Athletic Participation Form
- ___ Concussion Form (Return signature page)
- ___ Sudden Cardiac Arrest Form (Return signature page)

**The above forms can be found on our MCS Facebook Page and at our informational meetings.

**The forms below are on the following pages of this packet.

- ___ Cheerleading Contract (with parent and student signatures)
- ___ Cheerleader Information Sheet
- ___ Suspension and Dismissal Policy (with parent and student signatures)

**2018-2019 Murfreesboro City Schools
Cheerleading Contract**

We understand that the activity of cheerleading involves risk to the participant. We further acknowledge and understand that due to the nature of this activity there is a possibility that _____ may sustain physical illness or injury in connection with her participation. We hereby accept this risk and we further release Murfreesboro City Schools and its representatives from any claims for personal illness or injury that _____ might sustain during participation in this activity. We also understand that Murfreesboro City Schools has established rules and regulations pertaining to conduct, behavior, and activities of all students and cheerleading participants, by which we must abide during participation in this activity, and that we will be responsible for our own failure to abide by these rules and regulations. We have been provided with a copy of the cheerleading guidelines for 2018-2019, and agree to participate in accordance with these expectations. By signing this form, we have read and agreed with the MCS coaching staff's rules and regulations as they pertain to my daughter/son as a member of the MCS cheer family.

Name of Cheerleader: _____ Date: _____

Cheerleader Signature: _____ Date: _____

Parent Signature: _____ Date: _____

** I, _____, parent or legal guardian of _____, understand that my child may be an alternate for the 2018-2019-cheer season. My child will still participate in all events, competitions, practices, and fundraisers.

Cheerleading Applicant Information Sheet

Name:	_____
Parents' Names:	_____
Home Address:	_____

Parent Home Number:	_____
Parent Work Number:	_____
Parent Cell Number:	_____
Emergency Contact:	_____

In event parents cannot be reached - please include name, phone number, and relationship.

Parent Email Address:	_____
Alternate Parent Email Address:	_____
<p>Most communication will be through email. Please list an email that an adult will check regularly. You may list several emails if you would like multiple people to receive the updates.</p>	
2017 - 2018 Grade Level:	_____ T-shirt Size: _____ (YM, YL, S, M, L, XL, XXL)
Current Teacher's Name and Email	_____
Date of Birth:	_____

Is there anything else you would like to tell me about yourself?

Suspension and Dismissal Policy

Suspension

A cheerleader may be suspended from cheerleading activities for any of the following reasons at the coach's discretion.

- Failure to do an assigned task.
- Disrespect to coach or teammates
- Profanity/foul language
- Unsportsmanlike conduct
- Lying

Dismissal

- Behavior
 - OSS will result in dismissal from the squad
 - Actions, in or out of school, that are deemed inappropriate by MCS.
- More than three missed practices or events other than from illness or injury will result in removal from all future competitions. If missed events continue then a dismissal meeting will be called.
- Failure to show for a practice or competition without notifying the coach in advance.

Parent Signature: _____

Date: _____

Cheerleader Signature: _____

Date: _____