Thank you for your interest in trying out for cheerleading. Being a cheerleader can be a fun experience with so many rewards! At the same time, it involves a commitment to the team and to the school. Each cheerleader is expected to be responsible and follow the guidelines set for the team. Our cheerleaders are not only leaders on the field, but also off the field, and during the school day. Therefore, they must exemplify positive attitudes and behaviors. We need to always strive to be positive role models.

In this packet, you will find the following: Tryout information with a list of important dates, an information sheet, summary of rules for Cheerleading, and a parental consent form. You will also need a current physical. Please read and understand all the enclosed information before tryouts.

**OFFICIAL WORKSHOPS / TRY-OUT**

All cheerleading workshops / try-outs will be located in Mason Creek Middle School’s Gym.

**Workshop Dates:** April 27th and May 1st

**Time:** 4:30-6:30pm

**Official Try-Out:** May 2nd – The first group tryouts begin at 4:30. We will continue until all groups have completed tryouts. Coaches/Judges will let candidates in by group number.

Try-Out material will be taught during the cheer workshop. **All candidates must attend the cheer workshop to be eligible for try-outs.**
WHAT WE ARE LOOKING FOR???

*A good attitude *Respectful *Positive leader *Sharp and tight motions *Committed *Great jumps *Stunting *Dance abilities *Loud *Tumbling *Spirit *Coachable *Smart *Enthusiastic *Motivator

ELIGIBILITY: You must be academically eligible to participate in sports at Mason Creek Middle School. For tryouts, eligibility will be determined based on your grades from the first semester of the 22-23 school year. If you failed more than one class, you are not eligible. If you are unsure, please contact Coach Coward to check. Along with having good grades you must also have a good attendance and a good discipline record.

PHYSICALS: Physical required - Physicals will be submitted through DragonFly Max. If your physical is currently on file at the school, please pick up your physical and submit it on DragonFly Max. If you have questions, please contact Coach Coward at heather.coward@dcssga.org

dragonflymax.com

TEACHER RECOMMENDATIONS: You must have 5 teacher recommendations, 4 of which must be academic. Use the link below to give to teachers to fill out. Form is due no later than May 13th, 2021 to be able to try out.

HTTPS://FORMS.GLE/TDZWTELTVXUMDXAMTA

TRY-OUT ATTIRE: During workshop days, please wear comfortable, length-appropriate shorts and tank top or t-shirt. Hair must be pulled up out of face in a high or low ponytail with bow (bow is optional but encouraged)

· No leggings
· No gum
· No zippers/buttons
· No jewelry
· Must wear tennis shoes/cheerleading shoes
· Sport bras and proper undergarments must be worn
· Nails must not be painted and must not leave an indentation when a fist is made
On official try-out day, candidates must wear blue or black shorts, a solid white t-shirt/tank top, and hair in a high ponytail. Do NOT wear any previous cheerleading or dance attire during try-outs.

Selection of cheerleaders will be based on the following:

- Cheer, chant, and dance that will be taught during the workshop
- Rhythm and precision
- Jumps and Motions
- Stunting technique
- Athleticism and physical fitness
- Scholastic achievement and eligibility
- Conduct
- Attitude, initiative, teamwork, leadership, work ethic, enthusiasm, and coachability

For those who make the team – tentative dates and times:

- Mandatory team fitting and parent meeting Thursday, May 18th
  - Uniform Fitting- 4:30
  - Parent Meeting- 5:45
- Mandatory Cheer Camp- ***UPDATED***June 14th-16th times TBD

ESTIMATED COSTS: Cheerleading is very involved. Some attire will be required and some will be optional. There are several events throughout the school year, camp, choreography, music, and attire. We try to cut the cost down as much as possible through fundraising and taking care of what we have. There are, however, certain items that cannot be passed down from squad to squad and must be purchased by the individual.

Estimated Cost $550
PRACTICES AND GAMES: Regular practices will not begin until the fall when school starts back. The team will have 2 practices a week (Tuesday and Thursday) during football season and one game a week. During basketball season we will have 1 practice a week and games will be 2 nights a week. **All practices and games are MANDATORY.**

ATTENDANCE REQUIREMENTS: Absences can be the downfall of a great cheerleading team. If ONE team member is absent from a game or practice, other team members and coaches are heavily affected. This is both stressful and dangerous to coaches and teammates.

· If you commit to Mason Creek Middle School's Cheerleading team, you are committed to attend every practice and game. Unexcused absences are those caused by anything other than illness or family emergencies.

· Cheerleaders are expected to be at ALL the practices and games. Club activities, doctors' appointments, extracurricular activities, other sports, etc., must not interfere with cheerleading.

TRANSPORTATION: Cheerleader's parents/ guardians are responsible for ALL transportation to/from games and practices. COACHES ARE NOT RESPONSIBLE and CAN NOT DRIVE ANY STUDENT. Punctuality is expected and enforced. Cheerleaders MUST be dropped off and picked up ON TIME to any event. Being picked up late or dropped off late, can result in automatic removal from the team.

*Coaches/ Administration have the right to make any additional changes to the guidelines, rules, and expectations as needed.*
Parental Consent Form

I understand cheerleading tryouts and workshops will be closed to all observers. Workshops will be April 27th and May 1st from 4:30pm to 6:30pm. Tryouts will be held Tuesday, May 2nd starting at 4:30pm. I will pick my child up promptly.

I am aware that cheerleading involves financial responsibility. I have seen the estimated cost and will attend the parent meeting if my child makes the cheerleading team.

If any paperwork is not turned in by the deadline, my student will miss the opportunity to try out for the 2023/2024 cheerleading squad.

I am aware that the final list of those who made the cheerleading squad will be posted on the school website and MCMS face book

I have read all material about tryouts and I will clear up any questions before Thursday, April 27th.

I realize that the Douglas County School System physical form must be completed by a qualified physician or nurse practitioner in order for my child to participate in any part of the workshop or tryouts. Physicals and online forms should be turned in no later than Wednesday, April 26th.

If my child makes the cheerleading squad, I realize that the violation of any rules set by the school or coaches may lead to temporary or permanent suspension from the squad.

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

I agree to support my child, the coach, and the team.

Athlete Name_________________________________________

Parent Signature_________________________________________

Date_____________________________________________________

Please sign form and email to hope.cornes@dcssga.org (back page ONLY)