

Dean Rusk Middle School

2019-2020 7th and 8th grade Cheerleading Tryout Packet

You **CAN** be both a Junior Chief and a Dean Rusk Cheerleader.

Clinic/Tryouts: September 9, 10, and 11 from 4:30-5:15 is the clinic and tryouts are on September 12 starting at 4:15.

- The clinic and tryouts are closed to parents and friends.
- Thursday is the actual tryout date. Girls will be expected to stay until they have completed their tryout routine.
- Judges will independent from Dean Rusk Middle School.
- Evaluations are confidential and parents will not approach coaches about scores and outcomes.
- Girls will report to the cafe after 2nd load buses have been called each day for clinic.

General Cheer Information:

- Approximate cost is \$300 for the season (Price includes everything you will need for the season.)
- All fees will be due at our **mandatory** parent meeting and fitting on Tuesday, September 17th starting at 7 pm.
- Approximate time 2 – 3 days a week which will be from 2.5 – 5.5 hours a week.

Physicals: A current physical is required for tryouts. **All** physicals must be on the Cherokee County Physical form. Other forms from your family doctor will not be accepted.

Forms are due: SEPTEMBER 4, 2019 (the Wednesday before the clinic starts)

Please give all forms to Mrs. Evan or Mrs. Owens NOT the front office. All forms can be found on the Dean Rusk Website.

Please check your forms to ensure that they are complete before turning them in.

___ Cheer Application (Found on the Dean Rusk Website)

___ Cherokee County Consent form (Found on the Dean Rusk Website or the Cherokee County Website)

___ Cherokee County Current Physical Form (Found on the DRMS Website or the CCSD Website)

If you have any questions about tryouts, please contact Coach Evans at

jennifer.evans@cherokee.k12.ga.us or Coach Owens at, leeann.owens@cherokee.k12.ga.us

Dean Rusk Middle School Cheerleading Constitution

Purpose:

The purpose of the cheerleading program is to promote and uphold school spirit, develop a sense of good sportsmanship among students, and to strive for better relationships between schools during all athletic events.

General Objectives:

Above all, cheerleaders are student athletes and must strive to achieve the highest of standards, both academically and physically. They must be dependable, responsible, cooperative, disciplined, enthusiastic, and willing to devote time to their squads while continuously striving to improve their athletic skills. Cheerleaders should be respectful to, and cooperate with, the coaches, fellow squad members, peers, teachers, administrators, and parents. Disrespect of any kind does not reflect the image we uphold and will not be tolerated. **Cheerleaders are LEADERS in school and must conduct themselves as such both on and off campus.**

Section I: Eligibility

- A.**
- * You must pass **ALL** classes each semester.
 - * You must show your report card to your coach each time they are issued.
 - * You must have your behavior sheet signed by all of your teachers and returned to your coach when assigned.

B. Coaches have the right to sit cheerleaders from practice and/or games as well as enforce a study hall if their grades are not satisfactory. Academics come before sports.

Section II: Absenteeism

All cheerleaders are expected to attend ALL cheerleading activities. Cheerleaders must attend all clinics, practices, games, meetings, pep rallies during the season. **Every effort possible must be made to notify the respective coach the DAY BEFORE an absence occurs.** All cheerleaders and parents are provided with the coach's email address. If any activities are missed the same rule applies as missing a practice. Personal illness and family emergencies are the **ONLY** excused absences allowed from practice. An excused absence from school is an excused absence from a cheerleading event/practice.

If a cheerleader is excused from a practice during which a cheer or routine is coordinated, the cheerleader is subject to not being able to perform the routine if she does not learn the routine on her own.

A. School Attendance

All cheerleaders must have a good school attendance record as well. This also includes being tardy or late. Excessive absences and being tardy or late for school **MAY** result in not being able to cheer at a game. If you are absent from school on game day, you **CANNOT** cheer at the game that night.

B. Practices

1. Cheerleaders are expected to be at practice unless absent from school. An attempt for all appointments should be made on days when practice and/or games are not occurring. An unexcused absence will include leaving games/practices early for other cheerleading teams, dance, or other sports. The coaches will work with you if there are any conflicts. It is up to the **cheerleader** to discuss conflicts with the coach as soon as the conflict is realized so a reasonable solution can be reached.
2. An unexcused practice or game MAY result in the cheerleader not being allowed to cheer at the next game.
3. Two unexcused practices or game MAY result in removal from the squad.
4. Conditioning is a vital part of cheerleading. At each practice, all cheerleaders will run, jump, and do other conditioning. Each girl is expected to participate in the conditioning.
5. Parents, when you pick up your student, you must pick them up in the parking lot in the rear of the school (bus lane). Please plan on being there 10 minutes before scheduled end time. Coaches must remain at school until all athletes are picked up. Please be considerate and be prompt.

C. Games

1. If a cheerleader is absent from school on the day of a game, they cannot cheer at the game. (Even if the absence is excused)
2. If a cheerleader has to serve ISS, she will not cheer at the next game.
3. Cheerleaders are expected to attend all games and be on time (30 minutes prior to game time).
4. Unexcused absences may result in removal from the squad.
5. Cheerleaders cannot leave the games early unless the coach has had a conversation before game time and gives permission.

Section III: Uniform Guidelines

A. Practice

1. All cheerleaders will be required to wear appropriate practice wear to practice at all times. This includes appropriate shoes, shorts, shirts, hair pulled back, and no jewelry. **Please keep in mind that we may practice outside, so if the weather is cold, girls are expected to have on warm up pants and a jacket.** Girls will not be allowed to practice in freezing weather with shorts and a tank top. If they can't practice, they can't cheer at the next game. Bottom line: dress appropriately for the weather.

B. Games

All cheerleaders are expected to arrive in their CLEAN uniform and prepared to cheer at all times. **If your uniform needs to be altered, by all means, have it altered.** Cheerleaders must wear their hair and bows in a uniform fashion.

No body piercing of any kind is permitted during practice or games. This includes belly button rings, tongue rings, and earrings. SMALL post earrings are okay for practice only. Fingernails must be kept short to ensure safety for all girls. Nail polish must be clear.

Section IV: Punctuality

- A.** Cheerleaders are expected to be on time ALWAYS. Consequences may occur if cheerleaders are late. PLEASE be sure to have your girls at the games on time. This is very important to the entire squad.
- B.** Parents should pick their cheerleaders up promptly after games and/or practices. Punctuality after an event is just as important as before. Consequences will occur if the cheerleader is not picked up on time.

Section V: Time Requirements

- A.** Cheerleading is an extremely time-consuming athletic activity and thus requires a great deal of sacrifice and dedication. If you feel that you are not ready or able to make this sort of commitment, then maybe cheerleading is not for you.
- B.** Practices are held about 3 times a week prior to season opener. These will be Mondays, Tuesdays and Fridays. Once games begin, cheerleaders will practice around the game schedule. Games are usually on Mondays and Fridays. Please be prepared to be at all practices and games.

Additionally, cheerleaders will have a **mandatory**, one day "mini" camp on Saturday, October 5th from 8 am until 12:30 to learn the half time routines. All cheerleaders must be in attendance.

**** Coaches may call additional or cancel practices as the need arises.** It is important to join the coaches *Remind* site.

****** Please note that absences during cheer time should be extremely limited. You must make a commitment to your team. Also, appointment, family trips, and things of that nature are not considered excused absences. Obviously, we will work with you on such occasions, as conflicts are sometimes unavoidable, but please schedule all unnecessary absences around the cheerleading schedule.

Section VI: Cheerleading Standards

When young people seek leaders, they rely on the ability and talents of people in their age group. When leaders fail, the moral fiber of the group as a whole falls apart. This leadership responsibility becomes yours when you become a DRMS cheerleader. As long as you maintain the position of a cheerleader, you will be looked upon as a leader.

Please read the following information carefully. Think about the responsibilities you have as a DRMS cheerleader. You are ambassadors of DRMS, and your actions will reflect on your school both positively and negatively.

A. School Behavior

Cheerleaders represent DRMS and are expected to have exemplary behavior. Any behavior displayed by a cheerleader that is considered unacceptable by a coach, teacher, or administrator will result in disciplinary action to be determined by the coach.

Any cheerleader receiving ISS will miss the following game. You must attend the game and dress out, but you will sit with the coach. If a cheerleader receives ISS 2 times, they are automatically off the squad. NO exceptions! No matter what the reason may be that you are placed in ISS, if you get it 2 times, you are no longer a cheerleader.

1. A cheerleader must maintain good behavior in all school classes and activities.
2. A cheerleader must also strive to make the best grades possible. This means doing homework, listening and participating in class, and setting a good example for others to follow.
3. Cheerleaders must obey all school rules in the Student Handbook.

B. General Behavior

The following behaviors are not allowed by DRMS cheerleading standards. Violations will be evaluated by coaches and administrators; an appropriate consequence will be given. Consequences may include, but are not limited to, benching and/or removal from the squad.

Smoking	Profane language
Drinking	Public display of affection
Cheating	Fighting
Texting or using cell phone during a cheer event	
Any other behavior considered inappropriate by a school representative	

C. Squad Behavior

1. DO NOT talk about another cheerleader in a negative way. Talk problems over with your coaches.
2. Show respect to each other.
3. Do not argue as a squad in public-ever!
4. PDA is not allowed. You will have extra conditioning if we see it!
5. Show good sportsmanship at all times
6. Give 110% in all aspects of cheerleading.
7. Do not chew gum at practice or games.
8. Be neat in appearance at all times-in and out of school.
9. Wear only clear fingernail polish while cheering.
10. DO NOT COMPLAIN.
11. DO NOT MAKE EXCUSES.
12. Most importantly—Have Fun!

Contact information:

Coach Evans jennifer.evans@cherokee.k12.ga.us

Coach Owens leeann.owens@cherokee.k12.ga.us