

Page Middle Cheerleading Tryout Packet 2009-2010

(Basketball, Football, and Wrestling)

Mandatory Meeting:	March 30, 2009 4:30-5:30
Paperwork and Fee Due:	April 27, 2009
Tryout Clinic:	April 28, 29, 30 3:30-5:00p.m.
Tryouts:	Saturday, May 2 nd 11:00 a.m. – 2:00 p.m. Page Middle School Gymnasium
Who is eligible:	Upcoming 6 th , 7 th , & 8 th graders
Uniform Resale:	May 6 th @ 4:00
Fitting for Uniform:	Premier Gym May 7 th - 5:00—Wrestling 5:45- Football 6:30- Basketball
Mandatory Camp Dates:	July 22 nd , 23 rd , 24 th

Tryout Application, CURRENT Sports Medical Form, Teacher Recommendations, and \$5.00 Tryout form are all due MONDAY, April 27th!!!!!!!

Cheerleading Tryouts

There will be three cheerleading squads chosen this year. All upcoming 6th, 7th, and 8th grade student are eligible to cheer for basketball, football, or wrestling squads. Ten to Twelve girls will be selected for each squad, depending on the squad as well as coach's discretion.

Part of the tryout procedure will include listing your preference in numerical order (1st, 2nd, or 3rd). If you know that a squad will not fit with your schedule or it is a squad that you simply would not want to be on, please do not put a number next to that squad. If you receive one of your choices, you will be expected to cheer for that squad for the 2009-2010 school year. Girls will be judged on their gymnastic ability, floor cheer, motions, jump, dance, and teacher recommendations. Please see the scoring sheet for more detailed information.

Each student will be required to pay a \$5.00 fee for tryouts. This fee will be used to pay the judges and will be due, along with the application and current medical form, by **April 27th, 2009**. Checks may be written to Page Middle School. If anyone forgets to turn in the **Application, \$5.00 fee, Teacher Recommendations, or Sports Medical Form** they will **NOT** be allowed to participate in practices or tryouts.

No one other than cheerleaders will be allowed at the clinics or the tryouts. THIS INCLUDES FRIENDS AND PARENTS.

Please wear appropriate clothing for tryouts: solid color shorts, solid color shirts, and tennis shoes. Shirts must be tucked in and shorts must be in dress code. Any girl who is not dressed appropriately will not be allowed to participate in practice or tryouts. Hair that is long enough to be pulled into a ponytail must be pulled up, and NO jewelry should be worn. Please do not wear any clothing article that demonstrates that you were a cheerleader last year or in previous years.

COST for CHEERLEADING

*Camp Gear- \$80

3 shirts

3 shorts

*Bow- \$9

*Shoes- \$50

*New Purchases for ALL cheerleaders

**New Warm-Ups- \$139

**New Uniform- \$130

**Briefs and Socks- \$13

*Socks- \$5

**Body suit- \$21

**Poms- \$20

*Bag- \$15

*Add name to bag- \$8

**Accessory Pack- \$46- includes body suit, briefs, poms, socks

**Pick 3 \$31 (briefs, body suit, socks)

**Option to use or buy last year's



Total

+ 9.25% tax

+ shipping (cannot be determined until ALL orders are placed)

VARSIITY PAYMENT

- **Total amount due by June 5th**
 - Each cheerleader will receive an invoice from her coach after the fitting at Premier.
 - **Checks should be made payable to Page Middle School** and mailed to the following address by June 5th:
 - Page Middle School
 - Attn: Ali Day
 - 6262 Arno Road
 - Franklin, TN 37064
- **** You can also pay in person at Page Middle during the week of June 1st -5th

Please make sure your check has your cheerleader's name on the Memo, and include your invoice to expedite the collection process.

- All checks must be postmarked by June 5th in order for all cheerleaders to have apparel on time. Your coach will have to contact you if checks have not been received.

ADDITIONAL COSTS

- **\$75.00-\$100.00** Camp Cost payable to Premier Cheerleading on the **first** day of camp- July 22nd.
- **\$45.00** monthly cost to Premier for MANDATORY gymnastics/stunting classes. Premier will bill you directly. Football and Basketball will attend these classes for a two month period. Wrestling attends classes for a one month period.
- **Please keep in mind that all costs are estimated and may vary slightly.**
- **Fundraising opportunities will be discussed at a later date.**

PRE-OWNED APPAREL SALE

There will be an opportunity for cheerleaders to buy and sell their old warm-up, uniform, poms, and body suit prior to purchasing new apparel. This Re-Sale will take place on Tuesday, May 5th. **ALL re-sales must take place at this time, and be approved by one of the coaches. All prices are pre-set.** Here are the procedures for buying and selling all old apparel:

- Any apparel for re-sale should be given to Ms. Day or Ms. Freeman by Monday, May 5th. Each piece (i.e. jacket, skirt) should have the cheerleader's name written with a sharpie on the tag (no paper pinned to the apparel).
- The Pre-Owned Apparel Sale will take place on **Tuesday, May 5th** @ 4:00 in the sunroom. Any cheerleader interested in purchasing pre-owned material **must** try it on before purchasing. A check written directly to the current owner will be expected that day.
- Ms. Day or Ms. Freeman needs to approve all fittings, and they will make note of the purchase. **EVERY** cheerleader is still required to attend the regular uniform fitting on May 7th.
- Prices for pre-owned apparel:
 - Warm-up Jacket- \$50
 - Warm-up Pant- \$25
 - Uniform Top (Shell)- \$45
 - Uniform Skirt- \$25
 - Body suit- \$10

Good luck to everyone trying out for a position on any of the Page Cheerleading squads. If you have any questions or concerns, please feel free to contact any of the cheerleading coaches.

Ali Day- alid@wcs.edu
Lindsay Freeman- lindsayf@wcs.edu

Don't forget that the Sports Medical Form, Teacher Recommendations, Application Form and \$5.00 is due Monday April 27th, 2009!!!!

Please give your Teacher Recommendation Form to your teacher AS SOON AS POSSIBLE, so that they can give it to us by Monday, April 27th, 2009!!

Thanks and Good Luck!!!!

CHEERLEADING RULES

Below is a list of rules that each cheerleader is expected to follow. Please read them carefully so that you are aware of the expectations for being a Page Middle School cheerleader.

1. Each cheerleader must presently have and maintain a C or above average. This is in agreement with Williamson County School Board policy for all athletes.
2. Any cheerleader receiving two infractions will be suspended from the squad for two weeks. If inappropriate behavior continues, the cheerleader may be removed from the squad at the coach's and/or principal's discretion.
3. EACH CHEERLEADER IS EXPECTED TO ATTEND AND CHEER AT ALL GAMES AND PRACTICES. Anyone receiving two unexcused absences from games or practices will automatically be dismissed from the squad. Any absence that is not pre-approved by the coach is unexcused. Anyone that does not attend school the day of a game or pep rally will NOT be allowed to cheer at that game or pep rally. She must attend school long enough to be counted as a legal day the state.
4. Basketball cheerleaders will not be allowed to be a member of a competitive squad outside of Page Middle School. The competitions fall during this season and conflict with many games and practices. The amount of hours expected from both squads is too much for the cheerleaders and they often become sick or hurt and therefore unable to perform.
5. Repeated tardiness to games or practices will result in probable cause for cheerleader dismissal.
6. All cheerleaders must have rides waiting for them after each game and practice. The cheerleader's coach will not be responsible for rides to and from cheerleader's homes.
7. Summer camp for football, basketball, and wrestling cheerleaders is **mandatory**. No excuse will be made.
8. While in uniform, each cheerleader should wear her hair in a ponytail with her hair bow/ribbon, no jewelry, and appropriate nail polish.
9. Any Page Middle cheerleader caught using tobacco, alcohol, drugs, or profanity will be dismissed from the squad immediately.
10. All members must abide faithfully by the rules set down by the coaches. Failure to do so may result in suspension or dismissal.

Tryout/ Judge Sheet

Candidate # _____

Judge _____

Please judge the girls in each of the following categories. Please note that each category has a different number of total points possible. Half points may be used (ie:3.5).

<u>Category</u>	<u>Points</u>
1. Running/ Standing Tumbling	_____ /10
2. Chant	_____ /10
3. Floor Cheer	_____ /10
4. Motions and Voice	_____ /10
5. Dance	_____ /10
6. Jumps	_____ /10
7. Crowd Appeal, Presence, and Spirit	_____ /15
8. Teacher's Recommendation (5 teacher recommendations worth 5 points a piece)	_____ /25
TOTAL:	_____ / 100

Tryout groups will consists of three applicants.

1. You will tryout in a predetermined group of 3.
2. You will demonstrate any running tumbling as you enter the gym floor. Otherwise, you will spirit to the middle of the gym floor.
3. You will then individually demonstrate your standing gymnastic ability.
4. You and your partners will demonstrate the floor cheer and chant together.
5. One at a time you will be asked to demonstrate a toe touch and a second jump of your choice.
6. You will perform the dance together.
7. Do not exit until you are dismissed. Remember to exit with SPIRIT!

Scoring Guidelines for Tumbling

No Tumbling	0
Roundoff only	2
Round off Back handspring	6
Round off Tuck	8
Round off Multiple Back handsprings	8
Round off Back handspring, tuck/ lay-out	8
Standing Back handspring	8
Round off Full	10
Round off Back handspring, tuck/ lay-out	10
Standing Back handspring, tuck	10
Standing Tuck	10

Cheerleading Tryout Application

My child, _____ has my permission to be a cheerleader at Page Middle School. I understand that she must abide by the rules and regulations set forth by the coaches and the principals of Page Middle and be present for all practices and games. I have read the Page Middle Tryout Packet and understand what is required of my child to participate in tryouts. I understand, if chosen, my child will be required to attend summer camp, practices during the week, squad practices at Premier Gymnastics, and all games. I understand that if my child makes the Football Squad, that mandatory squad classes will begin in July and there will be other practices in the summer she must attend.

I understand that cheerleaders must furnish their own transportation to all away games. I realize this is a team effort and that I may be called upon to help in some ways throughout the year which are within my capacity to help. I will make every effort to do my share of assisting on behalf of my child and the cheerleading squad. I understand that my child may be suspended or dismissed from the squad due to any disruption that she may cause.

I understand that my child will be evaluated by qualified judges and I agree to abide by the decisions of the judges. I also understand all estimated costs involved as stated in the tryout packet. I realize, by the very nature of the activity, cheerleading (which includes gymnastics and stunting) carries a risk of physical injury. I will not hold Page Middle, the coaches of or associated with the sport, nor Williamson County Board of Education responsible in the case of an accident or injury at any time.

I understand that all forms and the tryout fee must be completed and turned in by Monday, May 7th, or my child will be unable to tryout.

Parent/Guardian Signature: _____

Date: _____

I am interested in being a cheerleader at Page Middle School. If elected, I promise to abide by the rules and regulations set forth by the coaches and principals of Page Middle School. I promise to cooperate fully and to obey the directions set forth by the team's coach.

Student Signature: _____

Date: _____

Teacher Recommendation for Page Middle Cheerleaders

Teachers,

It is imperative that we receive a recommendation from you concerning the students who plan to represent Page Middle School as a football, basketball, or wrestling cheerleader. Please answer the following about the student whose name is on this sheet and return it to the appropriate teacher's mail box:

Current 7th Graders: Lindsay Freeman

Current 6th Graders: Lindsay Freeman

Current 5th Graders: send to Page Middle attention Ali Day

Due by April 27th

STUDENT NAME:

TEACHER NAME:

Please rate the student above on the following categories:

1= poor, 2= fair, 3= good, 4= excellent, 5= outstanding

Punctuality and attendance 1.....2.....3.....4.....5

Works well with others 1.....2.....3.....4.....5

Shows respect for others at all times 1.....2.....3.....4.....5

Considered to be a dependable person 1.....2.....3.....4.....5

Academic performance 1.....2.....3.....4.....5

❖ Please denote below if the student has received any D's or F's on a 9-week report card.

❖ Do you know any reason this candidate should not become a Page Middle cheerleader? (Please not if the student has poor attendance.)

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Medical Form: If you think you have a form on file, please go to the office and double check the expiration date.

_____ **Cheerleading Tryout Application Form, Page**
Middle Cheerleading Tryout Checklist

Please make sure that you have the following items turned in to the appropriate coach by April 27th.

Current 5th Graders--- Ms. Day
Current 6th Graders- Ms. Freeman
Current 7th Graders- Ms. Freeman

You must have ALL of these items to be able to tryout!!

_____ **Sports Medical Form**

If you think you have a form on file, please go to the office and double check the expiration date.

_____ **Tryout Application**
PARENT SIGNATURE REQUIRED!

_____ **\$5.00 Fee**

_____ **Give recommendation form to your teachers. If they are at another school, they may courier or fax the completed form to the school.**

Good Luck,
Ms. Day & Ms. Freeman