

# Page Middle Cheerleading Tryout Packet 2024 – 2025

## Football & Basketball Sideline

- Parent Meeting:** **Tuesday, February 13, 2024**  
5:00 in the Page Middle Cafeteria
- Paperwork due:** **Tuesday, February 27 (3:00 pm deadline)**  
For current 6th and 7th Graders
- All paperwork is on [finalforms](#) (Please see tryouts form for instructions)
  - In FinalForms, select the "2024-25 Football/Basketball Cheer Tryouts"
- For current 5th Graders
- You must email a copy of the sports physical to Coach Bates ([Alyssa.Bates@wcs.edu](mailto:Alyssa.Bates@wcs.edu)) by 3:00 pm on Tuesday, February 27.
- Tryout Clinic:** **Tuesday–Thursday, 2/27–29**  
For more information, including times and location, email Alyssa Bates at [Alyssa.bates@wcs.edu](mailto:Alyssa.bates@wcs.edu) or check your email and/or Final Forms
- Tryouts:** **Friday, March 1**  
For more information, including times and location, email Alyssa Bates at [Alyssa.bates@wcs.edu](mailto:Alyssa.bates@wcs.edu) or check your email and/or Final Forms  
Tryout times will be randomly selected and announced after clinics on Tuesday Feb 27.
- Who is eligible:** Current 5<sup>th</sup>, 6<sup>th</sup>, & 7<sup>th</sup> graders zoned for Page Middle
- Mandatory Camp Dates:** **Premier Athletics Franklin**  
Planned Dates – waiting for confirmation from Premier  
Tentatively 2nd or 3rd week of July – 9:00am–3:30pm
- Mandatory Parent Meeting & Fitting**  
To be announced at a later date depending on team

## Overview

There will be two cheerleading squads chosen this Spring (Varsity football and Varsity basketball). All upcoming 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> grade students are eligible to cheer for any of the Varsity squads.

In the fall, we will have tryouts for wrestling cheerleading. More information on that part of the Page Middle Cheer Program will be released in early fall after the start of school.

Part of the tryout procedure will include listing your squad preference in numerical order. 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 2024 – 2025 school year. Girls will be judged on their cheer, chant, motions, jump, dance, attitude, and tumbling abilities.

No one other than cheerleader candidates, alumni cheerleaders (that help teach the choreography at clinics), judges, and coaches will be allowed at the clinics or the tryouts. **THIS INCLUDES FRIENDS AND PARENTS.**

Please wear appropriate clothing for **clinics**: shorts, t-shirt and tennis shoes or cheer shoes. For **tryouts**: solid black, solid black shirts, and tennis shoes or cheer shoes and a white bow. Shirts must be tucked in and shorts must be appropriate. 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 (at Page or any other school, competition squads, or cheer gym logos) or in previous years for tryouts.

## Practice

Football Cheer Practices will be held every Monday and Tuesday during the season after school until 4:30. The first 4 Tuesday's of the season we will have practice at Premier Athletics 4:00–5:00. There will be practices during the summer after the week of camp. Dates for those practices will be announced on a later date.

Basketball Cheer Practices will start in October and will be twice a week until 4:45. 1 practice a week will be at Premier Athletics.

## COST

The mandatory athletic fee for sideline cheer is \$250. Additionally, all cheerleaders will be expected to fundraise to cover the cost of items not covered by the \$250 athletic fee. We will go over these specific cost at the mandatory parents meeting once the teams are selected.

## Mandatory Forms For Tryouts

1. A COPY of CURRENT Sports Physical Form (April 15, 2023 or later)
  - a) Forms MUST be completed on FinalForms (Current 6th and 7th graders) or sent via email (Current 5th graders) prior to clinics on Tuesday, February 27, 2024 at 3:00pm.
2. Cheerleader Application – Attached to Cheer Tryout Packet
  - a) Turn in at the start of clinics

## CHEERLEADING RULES

Below is an overview 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. After tryouts, should you make the squad, a more definitive list will be given to you by your coach.

1. 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. Basketball and Football cheer coaches have the right to enforce the policy as they see fit.
2. Cheerleaders are not to participate in any other sport that coincides with their cheer season. The amount of hours expected from cheerleading and additional sports are too abundant for the girls and they often become sick or hurt and therefore unable to perform.
3. If a cheerleader decides to participate in another sport or team outside of school, the school squad **MUST** take priority. **Competition Cheer** majorly conflicts with **Basketball Cheer**. You will not be allowed to miss football/basketball cheer practices, games, or events for any other team or sport.
4. Repeated tardiness to games or practices will result in consequences and may lead to dismissal from the squad per coach's discretion.
5. Summer camp and Premier Athletics for football and basketball cheerleaders is **mandatory**. We will fundraise to help defer costs if needed. Everyone is expected to participate in fundraising activities.
6. Any Page Middle cheerleader using profanity or inappropriate social media may be dismissed from the squad and a parent meeting will be held. If you wouldn't want it on the front of the newspaper, don't put it on social media – you represent our school, our athletes, and our reputation in the community. We do not take this lightly.
7. All members must abide faithfully by Page Middle School rules **AND** the rules set in place by the coaches. Failure to do so may result in suspension or dismissal.

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.

Football Cheer Coach: Alyssa Bates – [Alyssa.Bates@wcs.edu](mailto:Alyssa.Bates@wcs.edu)

Basketball Cheer Coach: Amber Hastings – [AmberH@wcs.edu](mailto:AmberH@wcs.edu)

**Cheerleading Tryout Application**  
**(to be turned in to the coaches by February 27)**

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 administration of Page Middle and be present for all practices, games and camp. 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 Cheer, and all games. **I understand that if my child makes the Football Squad, that mandatory squad practices will begin on the first day of camp at Premier, and will meet every week for the remainder of the summer. If chosen for Football Cheer, I understand it is my child's responsibility to learn all cheers posted in Google Classroom PRIOR to the first day at Premier Camp in July. If I am unable to make that commitment, then my child may NOT cheer for the football squad and will need to choose another squad.**

I understand that cheerleaders must furnish their own transportation to all 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. In addition, I understand that my child may be suspended or dismissed from the squad due to any disruption that he/she may cause.

**I understand that my child will be evaluated by qualified coaches and I agree to abide by the decisions of the judges and that those decisions are final.** I also understand all estimated costs involved as stated in the tryout packet. In addition, 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 football is an outdoor sport. Although practices may take place inside, all games are outside and, thus, subjected to all types of weather. It is the responsibility of the cheerleader to dress appropriately for all weather conditions while maintaining the uniform as instructed by Coach Bates and team captains.

**Parent Expectations:**

1. Although the coaches do their best to plan ahead, sometimes there will be changes made to practices, games and event schedules. When a change is made, an email, text or call will be sent out to the cheerleader and their parents.
2. If there is a serious matter that needs to be addressed with a coach, this will need to be done privately over email, phone or a scheduled meeting. It may NOT be done at a cheerleading event OR on social media. If this happens, it brings tension and conflict to the entire team and that is NOT something that will be allowed. Remember, we parents and coaches are the example and our girls are always watching us to see how we handle conflict.
3. Please be on time to pick up from practices, games or events.

**Cheerleader Application**  
**(to be turned in to the coaches by February 27)**

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

**Print Student First and Last Name:** \_\_\_\_\_

**Student**

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

2. I understand that if I make the team, I will make this team a priority and understand the privilege it is to be considered for a spot as a Page Cheerleader. The cheer practice season begins the week of camp and continues throughout the summer for football; however, directly after making a team, any after school events are mandatory (such as for fundraising, etc.). After camp, basketball cheer season will resume in October. **If I cannot commit to my child being in town and available for these practices and games, my child may NOT try out for football/basketball cheer.**  
**By initialing below, I, the parent, am making that acknowledgement and commitment.**

**Parent Initials** \_\_\_\_\_

3. I understand the cost, rules, and character expectations for a Page Middle Cheerleader and by signing below, I agree to abide by those rules for both my daughter and myself.

**Print Parent First and Last Name:** \_\_\_\_\_

**Parent Email:** \_\_\_\_\_

**Parent Phone Number:** \_\_\_\_\_

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_