

**Maryville Junior High School**  
**8<sup>th</sup> Grade Cheerleading**  
**2020 – 2021**  
**Tryout Packet**

Dear Candidate and Parent(s)/Guardian(s),

Thank you for your interest in being a member of the 2020 – 2021 Maryville Junior High School 8<sup>th</sup> Grade Cheerleading Squad. Please acquaint yourself with the enclosed information and expectations of being considered for membership of the squad. Cheerleading is fun, friendship, excitement and a whole lot more. Being a MJHS 8<sup>th</sup> Grade Cheerleader is a selected position including a large commitment of time and energy. **Please note this squad is comprised solely of 8<sup>th</sup> grade students.**

On the following pages, you will find a list of dates and events. The tryout application must be returned to the coach no later than Monday, April 6<sup>th</sup> by 3:30pm (see next page for drop off locations).

All interested candidates must complete the tryout applications, emergency treatment form and submit evaluation requests to his or her teachers by the above dates in order to be eligible. Candidates must be available and in attendance for the entire cheer clinic and tryout. **Please keep pages 1-6.**

Being a Maryville Junior High School 8<sup>th</sup> Grade Cheerleader is an honor. Cheerleading offers students an opportunity for growth in the areas of friendship, leadership, responsibility and communication. As a squad, we want to promote integrity, excellence, teamwork and service. Together, we can make the MJHS 8<sup>th</sup> Grade Cheerleading Squad successful and help lead our teams to victory.

I look forward to meeting each of you personally. If at any time you have questions, please do not hesitate to contact me at [mjhscheer@maryville-schools.org](mailto:mjhscheer@maryville-schools.org).

Sincerely,

*Mackenzie Middleton*

MJHS 8<sup>th</sup> Grade Cheerleading Coach

## 2020 – 2021 MJHS 8<sup>th</sup> Grade Cheerleading Tryout Schedule and Due Dates

- Informational Meeting  
**Monday, March 30<sup>th</sup>**  
6:00pm at MJHS- Parents are encouraged to attend
- Application, Permission Form, Emergency Treatment Form & Academic Classes Form Due  
**Monday, April 6<sup>th</sup>**  
Must be turned in to MJHS Main Office, CGIS Main Office or MRIS Main Office by 3:30pm  
**NO EXCEPTIONS**
- Teacher Evaluations  
**Wednesday, April 8<sup>th</sup>**  
All current teachers should submit recommendations by the end of day
- Grade Check  
**Friday, April 10<sup>th</sup>**  
All candidates must have a “C” average in all classes to be considered for the team
- Mandatory Clinic  
**Monday, April 13<sup>th</sup>**  
**Tuesday, April 14<sup>th</sup>**  
**3:45 – 5:30pm (may vary slightly)**  
Where: MJHS Auditorium  
Attire: Red shorts, plain white t-shirt, socks, tennis shoes (or cheer shoes) and white bow with hair in ponytail
- Tryout  
**Wednesday, April 15<sup>th</sup>**  
**3:45 – Finished (approximately 6:30pm)**  
Where: MJHS Auditorium  
Attire: Black shorts, plain white t-shirt, socks, tennis shoes (or cheer shoes) and white bow with hair in ponytail
- Results  
**Wednesday, April 15<sup>th</sup>**  
Posted electronically before 9pm
- Mandatory Uniform Fitting  
**Monday, April 20<sup>th</sup>**  
3:45 – 6:30pm MJHS Auditorium

**The entire clinic and tryout are closed. Only cheer candidates, coach and tryout help arranged by the coach will be allowed in the tryout area.**

Candidates will learn and perform cheers, chants, jumps, a dance routine, stunts and tumbling **(running and standing tumbling are recommended but not required.)** The candidates will be judged on their individual cheerleading skills through the performance of cheers, chants, dance, jumps, tumbling and stunts during both clinic and the tryout performance. Squad selection will be based off each candidate’s overall clinic and tryout evaluation by coach and other tryout staff. *All results are confidential.*

## **2020 – 2021 MJHS 8<sup>th</sup> Grade Cheerleading Clinic Information**

<b>What:</b>	Mandatory Tryout Clinic – where tryout material will be taught by tryout staff
<b>When:</b>	Monday, April 13 <sup>th</sup> - Tuesday, April 14 <sup>th</sup>
<b>Time:</b>	3:45 – 5:30pm (may vary slightly)
<b>Where:</b>	MJHS Auditorium
<b>Attire:</b>	Please wear red shorts with a plain white t-shirt, socks, tennis shoes (or cheer shoes). <b><u>Absolutely NO jewelry.</u></b> Hair should be in a ponytail, out of each candidate's face with a white bow.

### **All forms must be completed and submitted by specified due date prior to tryout clinic**

- Tryout numbers will be assigned to each candidate at the clinic
- Groups will be selected by coach and/or tryout staff
- Numbers must always be visible during clinic and tryouts
- No videotaping by candidates will be allowed
- No cell phone usage is permitted by candidates while at the clinic

The coach and other tryout staff may score candidates each day during clinic, and the clinic scores may be incorporated into the final score for each candidate.

## 2020 – 2021 MJHS 8<sup>th</sup> Grade Cheerleading Tryout Information

<b>What:</b>	Mandatory Tryout
<b>When:</b>	Wednesday, April 15 <sup>th</sup>
<b>Time:</b>	3:45 – Finished (approximately 6:30pm)
<b>Where:</b>	MJHS Auditorium
<b>Attire:</b>	Please wear black shorts with a plain white t-shirt, socks, tennis shoes (or cheer shoes). <b>Absolutely NO jewelry.</b> Hair should be in a ponytail, out of each candidate's face with a white bow.

### Tryout Format:

- Groups of 3 or more will be selected
- Each candidate in the group will be called one at a time to perform tumbling and jumps
- As a group, the candidates will walk to the center of the auditorium and line up in the order requested to perform selected tryout cheers, chants, dance and any additional material needed
- Numbers must always be visible during tryout
- The tryout is closed. No spectators are permitted.
- No videotaping will be allowed
- No cell phone usage is permitted by candidates while in the tryout room or holding areas.

After each group has completed the tryout, candidates will be dismissed into the holding area.

This will continue until all groups have completed the tryout. Candidates may be called back; therefore, candidates will remain in the holding area until the tryout is concluded. The 2020 – 2021 MJHS 8<sup>th</sup> Grade Cheerleading Squad will be announced electronically before 9pm on Wednesday, April 15<sup>th</sup>.

## General Information

All selected cheerleaders will be expected to abide by the rules and regulations set forth by the cheer coach, athletic director and administration of Maryville Junior High School. Cheerleaders who fail to adhere to the standards and guidelines will be penalized and can be dismissed from the team.

All selected candidates are committing to cheer **both** regular and post season for football **and** basketball. Cheerleading candidates must have a “C” average in all classes to tryout, and cheerleaders must maintain a “C” average in all classes to remain eligible to cheer.

All cheerleaders **must** participate in all MJHS Cheer commitments and activities including cheer camp(s), mat groups, practices, services activities, team building activities, regular season games, playoff games, tournaments and any other dates decided by the coach **before other** commitments (I.e. competitive cheer, other school activities, etc).

### Mandatory Activities/ Dates:

<b>Uniform Fitting:</b>	Monday, April 20 <sup>th</sup> 3:45 – 6:30pm
<i>Please wear appropriate undergarments for fittings: socks, sports bra, full-coverage underwear or spandex</i>	
<b>Summer Camp:</b>	Monday, June 9 <sup>th</sup> - Wednesday, June 10 <sup>th</sup> 9:00am – 3:00pm
<b>Summer Practices:</b>	Monday & Thursday 9:00 – 11:30am (times subject to change)
<b>Fall Practices:</b>	Monday & Thursday 3:45 – 5:00pm
<b>Football Games:</b>	Schedule will be announced in the Summer
<b>Basketball Games:</b>	Schedule will be announced in the Fall

### Estimated Costs:

<b>Attire:</b>	\$680-725+tax & shipping (Paid Approx. April 25 <sup>th</sup> )
<i>Uniform, cheer shoes, bows, pom-poms, camp/practice clothes, sports bra, spandex, backpack, rain jacket, sleeves</i>	
<b>Summer Camp Fee:</b>	\$165 (Due April 20 <sup>th</sup> at Uniform Fitting)
<b>Camp Lunch Money:</b>	\$20
<i>Each cheerleader should bring camp lunch money in cash on the first day of camp.</i>	
<b>Participation Fee:</b>	\$20

**Total Estimated Cost: \$885-930**

*\*Please feel free to reach out with any questions/concerns about costs*

## MJHS 8<sup>th</sup> Grade Cheerleading Application

My Child, \_\_\_\_\_, has my permission to try out, and if selected, represent Maryville Junior High School in the sport of cheerleading. My child and I understand that he/she must abide by the rules and regulations set forth by the cheer coach, athletic director and administration of Maryville Junior High School. Cheerleaders are expected to behave in a manner that is becoming of the individual, as well as Maryville Junior High School.

Cheerleading involves a tremendous time commitment; the cheerleading season is a year-round obligation. Attendance is mandatory at all cheerleading activities; extra-curricular activities (including competitive cheerleading/ dance) are **not** excused absences. Each cheerleader will be expected to provide excuse letters if he or she misses practice due to illness. Cheerleading works on a three-strike policy regarding unexcused absences: 1<sup>st</sup> unexcused absence = drills after practice, 2<sup>nd</sup> unexcused absence = benching for the next game, 3<sup>rd</sup> unexcused absence = dismissal. Before your child commits to cheering at MJHS, carefully weigh the importance of all activities to determine whether your child will have enough time to fully commit to cheering at MJHS.

I understand

1. My child must complete and submit all required paperwork by the assigned deadline
2. My child's teachers will be asked to provide an evaluation of my child
3. My child must have and maintain a "C" average
4. My child must attend all of clinic and tryouts to be eligible for a cheerleading position
5. My child will be evaluated by the cheer coach and other tryout staff, and I agree to abide by their decisions
6. I will be responsible for the costs associated with cheerleading described in this packet
7. Cheerleaders must commit to cheer **both** football and basketball seasons
8. Any cheerleader who resigns or is removed from the squad before completion of the entire season will not be allowed to try out the following year
9. Cheerleaders must be reselected each year
10. The very nature of this activity carries a risk of physical injury

My child and I have read and fully understand the commitments required to be considered and selected for the 2020 – 2021 MJHS 8<sup>th</sup> Grade Cheerleading Squad. If selected, we will honor these commitments and abide by the rules and regulations set forth by the cheer coach, athletic director and administration of Maryville Junior High School. My child and I have read the information provided regarding tryouts, costs and the standard of cheerleading at MJHS. My child and I understand that the violation of any of these rules may lead to drills, benching, probation, suspension or removal from the squad. This application is complete and consists of accurate information.

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Signature of Candidate

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Date

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Signature of Parent/Guardian

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Date

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Signature of Parent/Guardian

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Date



# Emergency Treatment/Information Form

## Emergency Treatment

Many hospitals and doctors will not treat a child without parental consent (unless in a matter of life or death). It is request that you complete the information below so that if your child requires a visit to the hospital while under the supervision of the school, the hospital will be allowed to treat the injury.

## Emergency Information:

Student's Name: \_\_\_\_\_ Sport: Cheerleading Sex: M \_\_\_\_ F \_\_\_\_

Grade: 8th Age: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Social Security #: \_\_\_\_ - \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Student's Cell Phone: \_\_\_\_\_ Student's Email: \_\_\_\_\_

Parents' Names: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Address (if different from above): \_\_\_\_\_

Father's Employment: \_\_\_\_\_

Father's Work Phone: \_\_\_\_\_ Father's Cell Phone: \_\_\_\_\_

Father's Email: \_\_\_\_\_

Mother's Employment: \_\_\_\_\_

Mother's Work Phone: \_\_\_\_\_ Mother's Cell Phone: \_\_\_\_\_

Mother's Email: \_\_\_\_\_

Another Emergency Contact (not a parent): \_\_\_\_\_

Relationship: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Insurance Company: \_\_\_\_\_ Policy & Group Number: \_\_\_\_\_

ALLERGIES and/or MEDICAL CONDITIONS:

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I authorize necessary treatment for my child, \_\_\_\_\_.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_



# Parent/Athlete Concussion Information Sheet

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by bump, blow, or jolt to the head or body that causes the head and brain to move rapidly back and forth. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

## WHAT ARE THE SIGNS AND SYMPTOMS OF CONCUSSION?

Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury.

If an athlete reports **one or more** symptoms of concussion listed below after a bump, blow, or jolt to

### Did You Know?

- Most concussions occur *without* loss of consciousness.
- Athletes who have, at any point in their lives, had a concussion have an increased risk for another concussion.
- Young children and teens are more likely to get a concussion and take longer to recover than adults.

the head or body, s/he should be kept out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom-free and it’s OK to return to play.

SIGNS OBSERVED BY COACHING STAFF	SYMPTOMS REPORTED BY ATHLETES
Appears dazed or stunned	Headache or “pressure” in head
Is confused about assignment or position	Nausea or vomiting
Forgets an instruction	Balance problems or dizziness
Is unsure of game, score, or opponent	Double or blurry vision
Moves clumsily	Sensitivity to light
Answers questions slowly	Sensitivity to noise
Loses consciousness ( <i>even briefly</i> )	Feeling sluggish, hazy, foggy, or groggy
Shows mood, behavior, or personality changes	Concentration or memory problems
Can’t recall events <i>prior</i> to hit or fall	Confusion
Can’t recall events <i>after</i> hit or fall	Just not “feeling right” or “feeling down”

## CONCUSSION DANGER SIGNS

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. An athlete should receive immediate medical attention if after a bump, blow, or jolt to the head or body s/he exhibits any of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that not only does not diminish, but gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless, or agitated
- Has unusual behavior
- Loses consciousness (*even a brief loss of consciousness should be taken seriously*)

## WHY SHOULD AN ATHLETE REPORT THEIR SYMPTOMS?

If an athlete has a concussion, his/her brain needs time to heal. While an athlete's brain is still healing, s/he is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brain. *They can even be fatal.*

### *Remember*

Concussions affect people differently. While most athletes with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

## WHAT SHOULD YOU DO IF YOU THINK YOUR ATHLETE HAS A CONCUSSION?

If you suspect that an athlete has a concussion, remove the athlete from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom-free and it's OK to return to play.

Rest is key to helping an athlete recover from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games, may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional.

It's better to miss one game than the whole season. For more information on concussions, visit: [www.cdc.gov/Concussion](http://www.cdc.gov/Concussion).

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Student-Athlete Name Printed

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Student-Athlete Signature

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Date

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Parent or Legal Guardian Printed

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Parent or Legal Guardian Signature

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Date