

2022-2023 AMSN CHEERLEADING

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Messages received after 6 pm on cheer days may not receive responses until the next day.

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AMSN Cheerleading Rules and Expectations

I. Purpose

1. To promote school spirit by actively engaging fans in cheering at all events.
2. To promote good sportsmanship by acting as positive role models and assisting with crowd control.
3. To develop and polish cheerleading skills by competing at the middle school level, in preparation for high school

II. Eligibility and Requirements for TRYOUTS

1. A cheerleading candidate must be a current or incoming student at AMSN.
2. Each candidate must have all PRIVIT requirements and any other athletic required paperwork/registrations completed by the day of tryouts.
 - i. You will need a current physical
3. Each candidate must not have more than one unsatisfactory grade at the time of tryouts or at the time of any event after making the team (i.e. cheerleaders with a Failing grade checks will NOT be permitted to dress or participate at an event until the following passing grade check).

III. Membership

1. Placement on a team is based on tryout scores and position need for the team.
 - i. **No candidate is GUARANTEED team placement.**
2. All final decisions for team selection will be made by the coach.

IV. Tryouts

1. Tryouts will take place over the course of two days
2. Each candidate must perform each of the following for a tryout score:
 - i. Cheers (schoolology)
 - ii. Jumps – front hurdler, toe touch, pike
 - iii. Tumbling Skills: one run tumbling pass, one standing tumbling pass

V. Attendance

1. Cheerleaders are expected to attend all scheduled games and competitions. Family engagements are not excused for games and competitions (check the calendar in advance!).

VI. Uniforms

1. Skirts and shells are property of AMSN and **MUST be returned at the end of the season.**
2. Each cheerleader will be assigned uniforms. There should be NO switching of assigned uniform, unless approved of and recorded by coach
3. Each uniform must be returned in the condition that it was assigned. Any uniform that is damaged or altered without approval must be paid for by the parent/guardian.

4. If you choose to consume food/colored drinks while in uniform, you will be responsible for that uniform. Cheerleaders should eat /drink before or after events (if it could possibly stain or damage uniforms).

VII. Appearance

1. Hair styles – All hair styles must be neat and out of the face. ALL hair should be pulled back unless otherwise assigned. **It is strongly advised that you do NOT cut your hair so that it falls out of your ponytail in front of your ears. We will require bobby pins to hold it back.** It should be a simple style for cheering and not require any attention (combing, re-fixing, etc.) while performing. Only a natural hair color is permitted. (blue, purple, pink, green etc. are not permitted.)
 - i. **Competition** hair will be as follows: bangs braided or clipped back, clean/neat part, and low ponytail with all hair pulled behind ears.
2. Nails – **Acrylic nails are NOT acceptable, under any circumstances, during the season.** Fingernails are to be kept short for safety reasons. **Nail polish, outside of clear, is not to be worn for competitions.**
 - i. Nails for games may be a neutral color as long as it is not neon, patterned, or an obnoxious color that doesn't match out uniforms
3. Uniforms – Uniforms and shoes will be kept clean at all times. Uniforms must be neat and not in need of mending. It is not permitted to mix regular attire with uniform
4. Jewelry – **NO jewelry will be worn at practices, games, or competitions.** This includes fitbits, watches, extra hair ties, etc.

****Please note that the aforementioned appearance categories are part of the uniform. Coaches reserve the right to remove a cheerleader from performing at any time if she is not in full uniform as defined by the cheer rules. ****

VIII. Discipline and Expectations

All cheerleaders will be expected to follow the team expectations. Failing to do so, will result in extra conditioning, benched events, or, dismissal from cheer team.

The following chart outlines a demerit system. Cheerleaders can receive demerits by not following the expectations below:

Tardiness	Student has been late to practice (must be ready to go by 4:20)
Unexcused Absences	Student is absent from practice or games with no prior parent contact
Gum	Chewing Gum during practice
Behavior	Deliberate disobedience/disrespect to coach
Behavior	Disrespect to teammates
Inappropriate behavior	PDA in uniform, Foul Language
Jewelry/Nails	Having acrylic nails or failure to take jewelry off for practice AND games
Uniform	Wrong uniform, forgotten uniform items
Phones	Using phones at games and practices (besides texting parents)
Other	Being in an unassigned area, negative behavior note from a teacher, etc.

Demerits can be “worked off” by completing the following activities:

- Helping a teacher before or after school (must have a signed teacher note)
- completing extra conditioning after practice with coach
- coming to open gym (hoosier gymnastics, tuesdays 8:30-9:30, costs \$10)
- helping at ajaa cheer (see coach)

The punishment system is outlined below

- | | |
|---|--|
| 1st offense: Warning | 6th offense: sit out ½ of the next game |
| 2nd offense: Warning | 7th offense: sit out one full game |
| 3rd offense: 50 push ups | 8th offense: consideration for dismissal from the team |
| 4th offense: 100 push ups | |
| 5th offense: sit out 1 quarter of the next game | |

For more serious infractions, the discipline policy is below:

IX. Grades

1. Students may not have any grades below a D at the time of grade checks. If you have an F, you will not be allowed to participate at the practices or games until the grade is brought up.

X. Detentions

1. If a student receives more than 2 detentions, they will be dismissed from the team.

ESTIMATED FEES / UNIFORM COSTS

**** For budgeting purposes, estimate approximately \$300- \$400****

Item	Price
Fees	
(Athletic fee/ Program Support fee)	\$75.00 (25 for one time, 50 for each sport)

Required Items	
New Cheerleader Apparel Pack (shoes, briefs, bodysuit, bow)	Aprox \$126.00
	Gold bodysuit Black bodysuit Black briefs Crew socks Shoes (varsity charge) White bow
Practice Wear (To be determined)	approx \$50 (3 shirts, TBA)
Warm Ups (Jacket & Pants)	Approx \$50 (sweatpants and sweatshirt or jacket, TBA)

**** Please be sure to review ALL details enclosed BEFORE signing. By signing, you are stating you have read, and understand (agree to), the expectations and requirements for candidates trying out for the upcoming cheer year.**

MUST BE RETURNED BY THE SECOND DAY OF TRYOUTS OR YOU WILL NOT BE ALLOWED TO TRY OUT**

PARENT & STUDENT AGREEMENT

I HAVE READ AND UNDERSTAND FULLY THE CONSTITUTION FOR CHEERLEADERS AT Avon Middle School North. AS A CHEERLEADER, I UNDERSTAND I AM EXPECTED TO ABIDE BY THIS CONSTITUTION AT ALL TIMES.

Student Name Printed

Signature

Parent Name Printed

Signature

Parent Email

Phone Number