

# Maiden Middle

## CHEERLEADING

2023-2024

*Information Packet*



### Parent Info Night

Wednesday April 19th

6 pm

### Tryout Dates

May 10th-12th: 5:30-

7:30 pm

May 13th: 11am-1:30pm



Thank you for your interest in the MMS Cheerleading Program. We are looking forward to another great year of cheer here at MMS. Candidates must be a 7th or 8th grader for the 2023-2024 school year to participate in the upcoming tryouts.

# Team Information



## **Coach Lindsey Mull**

I am so happy your child is interested in trying out for the cheerleading program!!

I, myself, am a product of Maiden Cheerleading and graduated from MHS in 2012 where I am now a Teacher. I cheered one year in college before injury took me out of the game!

Email:

[Lindsey\\_Mull@catawbасchools.net](mailto:Lindsey_Mull@catawbасchools.net)

## **About our different teams:**

**Our program offers 3 different squads.**

**Please read through each squad's information and decide which team is right for you and your child. Participants are allowed to tryout for any of the teams.**

**Your child can tryout for all 3 or just 1!**

### **Football Cheerleading Team (25 or less members)**

- Cheers for all home and away football games (7 total) games on WEDNESDAY
- Participates in the Maiden High Homecoming Parade
- Members cannot tryout and/or participate in Volleyball or Cross Country at MMS
- Practices: Mondays after school until 5:15pm

### **Basketball Cheerleading Team (18 or less members)**

- Cheers for all home and away basketball games (Dec-Feb)
- All girls attend a basketball tournament at an away school at the end of the season.
- Games are on Tuesday and Thursday
- Members cannot tryout and/or participate in Wrestling or Basketball at MMS
- Practices: Mondays after school until 5:15pm

### **Competition Team: (16 or less members)**

- To be eligible for the competition team, members must be on the basketball cheer team.
- We will compete at 2 competitions, A Regional competition in November and the NCCCA State Competition in January/February.

# Tryout Details

## Wednesday-Friday

**5/10-5/12**

**5PM-5:30PM**

**CHECK-IN AND STRETCH**

**5:30 - 7:30 PM**

On these 3 days the athletes will learn 2 or 3 cheers, a dance, as well as work on jumps, stunts, and tumbling

## Saturday

**5/13**

**11AM - 1:30PM**

This is the "Tryout Day"  
Athletes will perform the learned material for a panel of judges who will fill out a scoresheet.

There will be a brief parent meeting immediately following tryouts for those who make the teams.

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### **TRYOUT REQUIREMENTS (ALL DOCUMENTS LINKED HERE)**

- **MMS Cheerleading Tryout Application**
- **Insurance Form**
- **Copy of Insurance Card**
- **Concussion Form**
- **Physical**

**Your child cannot participate without all paperwork.**

**All paperwork can be given the first day of tryouts or scanned and emailed to me prior to.**

### **WHAT TO WEAR TO ALL DAYS OF TRYOUTS:**

- **Cheer shoes or tennis shoes**
- **Comfortable clothes that allow you to jump and move around in easily. (Shorts, leggings, Tshirts, tanks)**
- **Hair must be completely up and out of your face.**
- **NO jewelry at all (earrings, necklaces, bracelets, etc.)**



# Financial Obligations

## Due at Uniform Fitting on May 23rd: approx: \$176

- Blue Bodysuit: \$26 (returners can use one from last year)
- Black Bodysuit: \$25 (returners can use one from last year)
- Warm ups(Jacket/Pants): \$125

*This will be paid to Varsity via their online portal.*

## Due before August 1st: \$147

- Team T-shirt #1: \$15
- Team T-shirt #2: \$15
- Bow: \$22
- Halftime Music: \$40
- Choreography: \$55

*This will be paid via cash or check to "Maiden Middle" memo "Cheer"  
Parent/Extra tshirts can be purchased for \$15 - needs to be added to  
above total.*

## Due by/Ordering in September:

- October "Pinkout" Shirt : \$20 (same as last years) /  
*purchased these through Customink last year.*
- Pink Bows for October: \$10

## NEEDED but to be purchased on your own:

- White Crew Socks for games
- White Cheer Shoes (optional to buy through Varsity at  
*fitting or you can get them at Academy Sports, or even off  
Amazon)*
- Black Spandex for under skirts

## Competition Fees (paid closer to dates):

**NCCCA State Comp.: \$25 Regional Competition: \$25-50**

# May-August Events



## VARSITY FITTING

**May 23rd at 5:30pm**

The varsity rep will have warm ups and bodysuits for the girls to try on. Payment for these items will be paid through the varsity payment portal online.

## TEAM FUNDRAISERS:

We will have 2 car wash fundraisers this summer! I am wanting to order new props (signs, mega phones, pink poms) this year so we need the \$\$\$\$\$ :)

Tentatively those dates are June 3rd and August 5th.

**FIRST PRACTICE: MONDAY MAY 15TH 5:30-7:30 PM**

## CAMP & PRACTICES

We will have a 3-4 day choreo camp over the summer and a few other practices to ensure we are ready for football season and have a halftime routine.

Please bring your summer vacation calendar to the parent meeting immediately following tryouts! I should have a complete summer calendar based on those vacations the Monday(5/15) after Tryouts.

## Guidelines and Expectations:

### **Academics/Behavior at School**

1. You must receive a passing grade in ALL classes to participate in any cheer activities (progress reports and report cards will be checked)
2. You must be at school for at least half the day to participate in anything cheer related after school.
3. ISS for a full day = unable to participate in anything cheer related after school on that day.
4. More than 2 full days of ISS will result in dismissal from the team
5. OSS (for any reason) will result in dismissal from the team

### **Fundraising/Money**

1. We will complete two fundraiser for the “school cheer fund”.
2. Separate events (organized through parents) will be done for your personal cheer account to help offset the high cost of items you are required to pay for.
3. If you quit or are dismissed from the team, all rights to your money raised or turned in are forfeited. No money will be returned to you for any reason.
4. Any cheerleaders with a negative account balance will not receive items or be allowed to participate until the account is up to date.

### **Event Participation**

1. You must be at everything on time and properly dressed.
2. No events will be excused without prior approval

### **Practices**

- Any cheerleader disrupting practice will be asked to leave.

### **Games**

- Game schedules will be passed out well in advance, scheduling conflicts should never be an issue for this
- More than 1 unexcused absence from a game will result in dismissal
- Failure to know the required game material, will result in “sitting” (sitting with the coach for the entire game in full uniform)

## **Absences**

- You must notify the coach of any absences as soon as possible.
- No call/No show absences will not be tolerated. You must notify the coach in some way (text, phone, email). Telling another child to tell the coach you will not be there is completely unacceptable.
- Please schedule appointments around our practice and game schedules. We only have a few precious hours together and need to make the most of our time.

### **Excused**

- All cheerleaders are allowed 3 excused absences from any event (practice, game). This means you have told us in some way you will not be there beforehand. After this point, a doctor's note will be required for all absences or the cheerleader will be dismissed.

### **Unexcused**

- 2 unexcused absences from a practice will result in dismissal
- 2 unexcused absences from a game will result in dismissal
- No call/no show absences are unexcused regardless of the reason. You have to let the coach know ahead of time.

## **Ability**

- Your ability should progress throughout the season. If your ability does not, you run the risk of not be selected for the team the following year.
- You must maintain the ability demonstrated at tryouts.

## **Uniforms**

- The Football and Basketball uniform tops and skirts are property of the school and must be turned in at the end of the season cleaned and in good condition.
- Do not loan your uniform to anyone for any reason.

## **Safety**

- No jewelry of any kind can be worn at any time
- NO EARRINGS -- do not let your child get their ears pierced during the school year, do that during the month of June or July
- Hair must be up in a ponytail
- No fake nails, nails need to be kept short
- Comfortable shirts/tanks, athletic shorts/leggings, and tennis shoes must be worn to every practice.

## **Extracurricular Activities**

Extracurricular Activities outside of MMS CANNOT interfere with anything cheerleading related - we cannot work around your schedule.

### Football Cheerleaders

YOU CANNOT TRYOUT FOR VOLLEYBALL

YOU CANNOT TRYOUT FOR CROSS COUNTRY

### Basketball Cheerleaders

YOU CANNOT TRYOUT FOR WRESTLING

YOU CANNOT TRYOUT FOR BASKETBALL

### Spring Sports

Do not interfere in any way. Girls are free to tryout for soccer or softball.

### Tumbling

Tumbling is encouraged to all members to enhance their overall cheerleading skills.

## **Contact**

- Contact is mainly done through email. Each parent will need an active email account that is checked DAILY for updates.

**Although these guidelines have been set, the coach and/or principal have the right to remove cheerleaders from the team for various situations that may arise.**

*This list of rules and expectations will be signed and returned to coach at the parent meeting immediately following tryouts.*