

**Effingham County Middle School**  
**Cheer Tryouts**  
**May 8<sup>th</sup>- 10<sup>th</sup>**

**I. Forms**

All of the following forms must be completed as instructed and returned **NO LATER THAN May 10th** to Mrs. Taylor Lawson or Carrie Radford in Room 818 at Effingham County Middle School to participate in game cheer

You may turn your packet into the front office if coming from a school other than ECMS.  
If you have any questions please direct them to Mrs. Carrie Radford at  
**cradford@effingham.k12.ga.us.**

Cheer Candidate and Parent should initial each space as each of the following forms are completed.

\_\_\_\_\_ **Form A** – Candidate Information / Application (candidate, please fill out as indicated).

\_\_\_\_\_ **Form B** – Parental Permission and Informed Consent (parent(s)/guardian(s), please fill out as indicated).

\_\_\_\_\_ **Form C** – Information Sheet (Candidate and Parent(s), please read and initial where indicated.)

\_\_\_\_\_ **Form D** – ECMS Cheerleader Financial Obligations (Candidates and Parent(s), please read and sign).

\_\_\_\_\_ **Form E** – ECMS Cheerleader Release Form (Parent(s), please complete, read, and sign).

## II. Tryouts

(Tryouts are for candidates only and are closed events for **all** others. This includes parents/ guardians, friends, boyfriends, siblings, etc.)

### Tryouts (ECMS Gym)

Try-outs will begin at 4 PM and end at 5:15 PM at Effingham County Middle School Commons Area. May 10<sup>th</sup> the team will be posted on the school website by 8 PM.

#### Tryout Dates:

May 8<sup>th</sup>- 10<sup>th</sup>

\* Candidates need to wear appropriate shorts, shirts and athletic shoes for practice days.

**\*Cheerleading tryouts are closed events. No one will be allowed to watch these events except for candidates, assistants, and coaches. Anyone trying to intrude on events will be escorted out of the event.**

## III. Health Physicals

All candidates who try out for the ECMS Cheer Team are required to complete and pass a sports physical. A parent or guardian must secure a physical from the candidate's physician. It is the parent/guardian and cheerleader's responsibility to ensure that the physical is uploaded to Dragonfly by May 8th. It is also the parent/guardian and cheerleader's responsibility to complete all forms and documents in Dragonfly.

## IV. Parent Meeting

There will be a parent meeting on May 16, 2023, at 5:00 for the parents of the cheerleaders who made the team. This meeting is mandatory; we will be discussing payment options and other requirements for cheer. Parents may pay all upfront for the estimated cost for the year; payments may be needed later in the year. Parents that cannot pay all at once will need to follow the following payment plan; this will also be discussed at the parent meeting. Failure to pay will result in removal from the team. The first payment is mandatory and we will do a raffle to help offset the remaining fees.

Payment 1: \$75 due May 16, 2023

Payment 2: \$??? due by August 8, 2023

Payment 3: \$??? minimum due by September 1, 2023. This payment depends on what you have purchased

Cheerleader Signature \_\_\_\_\_

Date \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_

Date \_\_\_\_\_

## Form A – Candidate Information/Application (Parent Info on Back)

(Must be turned in with other forms.)

### Cheerleader Contact Information: PLEASE PRINT

Name \_\_\_\_\_ Birthdate \_\_\_\_\_

2023 - 2024 Grade Level \_\_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

E-mail \_\_\_\_\_

You will be required to do the following jumps:

Toe Touch

Hurdler/Herkie

### PLEASE ANSWER THE FOLLOWING QUESTIONS.

1. If selected for the 2023 - 2024 Effingham County Middle Game Cheer Squad, what will you contribute to the squad?
2. What does "100% Commitment" mean to you?
3. Why do you want to be a cheerleader?
4. What does it mean to be a representative of Effingham County Middle School?
5. Do you play any other sports? If so, what are they?
6. What comes to mind when you hear the word "conditioning"?

**PARENT/GUARDIAN CONTACT INFORMATION - PLEASE PRINT**

Name(s) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Mailing Address (If different) \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Parent/Guardian Daytime Phone Numbers \_\_\_\_\_

Parent/Guardian Evening Phone Numbers \_\_\_\_\_

Parent/Guardian Cell Phone Numbers \_\_\_\_\_

Parent/Guardian E-mail address(es) \_\_\_\_\_

\_\_\_\_\_

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

# Form B – Parental Permission and Informed Consent

ECMS Cheerleading Tryouts (Spring 2023), Information Packet due by May 10<sup>th</sup> 2023.

Candidate's Name \_\_\_\_\_

I/We, \_\_\_\_\_, parent(s)/guardian(s)

of \_\_\_\_\_ who is/ will be a student at Effingham County Middle School and who wishes to participate in cheerleading tryouts for the cheerleading team and, if accepted as a cheerleader, to participate in all cheerleading activities of Effingham County Middle School, and in consideration of allowing my/our child to try out and/or participate in such activity, give my/our consent for such participation by my/our child.

I/We understand that our child is required to be in good physical shape and condition and that the activities that he/she will be asked and expected to participate in are strenuous and require physical and athletic agility. It has been fully explained to me/us that these activities include, but are not necessarily limited to: tumbling, a variety of gymnastic routines, as well as a variety of mounts and stunts requiring the coordination of more than one participant on the squad. I/ We further understand that these activities will not be confined to any one site or venue, but rather a variety of sites and places throughout the school year.

I/We realize that cheerleading is an activity in which the risk of injury is high; that any one of the routines involving our child's participation in cheerleading activities in general could lead to serious injury. I/We have also discussed this with our child and among ourselves. Despite this understanding of the possibility of serious injury and the risks involved, I/we still consent to the participation in this activity by my/our child.

I/We also understand that our child will be required to travel to locations off campus for the purpose of participation in cheerleading activities and that the coaches, her designee, advisors, and/or the school may provide transportation to him/ her. I/We also consent to such transportation and agree to provide transportation when necessary to/from activities and events.

I/ We have been informed that my/our child must be examined by a physician prior to participation in the activities described above and I/we agree to such examination. AN UPDATED PHYSICAL MUST BE ON FILE WITH ECMS PRIOR TO TRYOUTS TO BE ELIGIBLE TO TRYOUT.

I/We understand that game cheer does require monetary investment on the parent's part. I/We agree that we will pay the full amount needed to cover the expenses necessary to participate in ECMS game cheer. I/We understand that failure to make payments will result in removal from the team as items will not be ordered for your child.

**I/We agree to, and by the signing of this agreement, release the coaches, volunteers, staff of Effingham County Middle School, and the Board of Education from any claim of negligence by myself/ourselves, my/our child, my/our heirs, executors and assigns, from any liability arising from claims for damages for injury to my/our child and any claims for loss of or damage to his/her property which may arise out of his/her participation in the Effingham County Middle School Cheerleading Program for the 2023 - 2024 season.**

\_\_\_\_\_  
(parent's/guardian's signature)

\_\_\_\_\_  
(date)

**Form C - INFORMATION/CONTRACT SHEET**  
**Effingham County Middle School**

**This contract is to be read, signed, and followed by both the cheerleader and all guardians of said cheerleader.**

**Purpose**

The purpose of the Effingham County Middle School Panthers Cheerleading Team is to show the true spirit of loyalty and sportsmanship for Effingham County Middle School through a positive display of team support at both football and basketball games.

**Parents' Initial here \_\_\_\_\_ Candidate Initial here \_\_\_\_\_**

**Cheerleader Organization**

A team is selected based on tryout scores and this team will be responsible for cheering during both football and basketball games.

**Parents' Initial here \_\_\_\_\_ Candidate Initial here \_\_\_\_\_**

**Behavior**

A cheerleader is a school representative and must uphold the high standards of Effingham County Middle School. Please be aware that while cheerleaders are participating in activities related to their role as a Effingham County Middle School Panthers Cheerleader, they are governed by the Effingham County Schools Student Code of Conduct. A cheerleader should never conduct herself in a manner that would be disrespectful of herself or would reflect negatively upon the other members of the team. Should it become necessary for a cheerleader to have disciplinary action taken against her at school, be certain that appropriate consequences will be given by the coaches.

DISMISSAL – Cheerleaders may be dismissed from the squad at the discretion of the coaches/ principal for such actions deemed inappropriate for people who have been selected as leaders of their school and community or for actions which are deemed as destructive to the development of the squad. Such actions would include, but are not limited to: violation of the Effingham County Student Code of Conduct; ANY public behavior that would reflect badly on the team, the student body, or the school. Cheerleaders WILL be dismissed for not following safety procedures (jewelry of any kind; stunts or tumbling without appropriate supervision). Any cheerleader receiving out-of-school suspension will be dismissed.

**Parents' Initial here \_\_\_\_\_ Candidate Initial here \_\_\_\_\_**

**Transportation**

Cheerleaders **MUST** ride in official transportation provided by the school to away games. A cheerleader can only be released to her parents after the parents have spoken to one of the coaches.

**Parents must be at the school when the bus arrives from an away ballgame. Disciplinary action will be taken on recurring offenses.**

**Parents' Initial here \_\_\_\_\_ Candidate Initial here \_\_\_\_\_**

## Time Requirement

Cheerleading is a year-round sport. The time commitment spent by the team members during the summer and throughout the school year is enormous. All cheerleaders must be willing and able to sacrifice this time in order for the team to work successfully. Students may find it difficult and virtually impossible to combine cheerleading with other school sponsored sports. Some exceptions can be made for special clubs and activities but these are extremely difficult and require a considerable amount of advanced notice, at least two weeks is the minimum notice required, and the event is not guaranteed to be excused.

\* All cheerleaders are required to attend all official ECMS Panther Cheerleader activities, functions, practices, and games. They are to be properly dressed, as specified by the coaches.

\* A cheerleader must be at school for the **entire day** on game day in order to cheer that night. Cheerleaders who are tardy to school on the morning following a game will be required to sit out the next game, without a doctor's excuse.

\* Practices will begin immediately when school starts for the 2023 – 2024 school year. Our first scheduled practice is on Monday August 7. A calendar of practices will be given at Parent Meeting and updated once a Game Schedule is available. Special practices may be called, attendance is required. Practice attendance is mandatory and absences will result in sitting out the following game. The only exception afforded will be consideration of commitments required for academic credit (for example, a band concert). If you are not going to be at practice, it is your responsibility to let your coach know ASAP.

Parents' Initial here \_\_\_\_\_ Candidate Initial here \_\_\_\_\_

## Academics

Because academics are our top priority at Effingham County Middle School, team members are expected to maintain high academic standards. If your grade falls below a "C" IN ANY SUBJECT, a suspension will be instituted. You will use this time to concentrate on your school work and may be required to attend before/after school tutoring. If qualifying improvement is achieved, you may be reinstated. If the grade is not raised significantly within a reasonable amount of time, you will cease to be a part of the cheerleading team.

Parents' Initial here \_\_\_\_\_ Candidate Initial here \_\_\_\_\_

## Attitude

It is imperative when dealing with faculty, staff, other students, and the public that each cheerleader works diligently at maintaining a pleasant and positive attitude. **Being rude and disrespectful to anyone, insubordination, using foul or crude language or gestures will not be tolerated and is grounds for immediate dismissal.** Cheerleaders are school ambassadors and should be proud of that stature. This includes addressing all adults as ma'am and sir.

Parents' Initial here \_\_\_\_\_ Candidate Initial here \_\_\_\_\_

## **Fundraising and Costs Involved**

We will hold several fundraisers throughout the year. All cheerleaders are expected to participate, with parental support when a fundraiser does occur. Fundraising money earned from these types of events will go to the general fund to supply awards and items used by the team as a whole. Most expenses for the cheer season are the responsibility of the parents/guardians to fulfill. Fundraising funds will not be available to put towards these items.

Parents' Initial here \_\_\_\_\_ Candidate Initial here \_\_\_\_\_

## **Good Health**

**All sports physicals for cheerleaders must remain current.** A sports' physical is good for one calendar year, however as soon as it expires the cheerleader must cease participation. Should a cheerleader's current physical expire, all physical activity related to cheerleading will be suspended until proof of a current physical is provided. If a cheerleader is temporarily injured and cannot cheer, the cheerleader will continue to participate in other cheerleading activities and be present at all practices. If the injury is serious enough to impede performance for a significant amount of time, an alternate may be chosen. **AN UP TO DATE SPORTS PHYSICAL MUST BE ON FILE PRIOR TO TRYOUTS**

Parents' Initial here \_\_\_\_\_ Candidate Initial here \_\_\_\_\_

## **Resignation:**

The member must submit a letter to the coach stating they are resigning from the team, the date they are resigning, and why they are resigning from the team. The letter must include the team members' signature and parent/guardian signature. **It is important to make a decision now about if you are willing to commit for an entire year.** If one quits at any point through the year, they have taken the spot of someone else that would have really wanted that spot on the squad. I stress this now in hopes that everyone will realize the commitment that is required for being a cheerleader.

Parents' Initial here \_\_\_\_\_ Candidate Initial here \_\_\_\_\_

## **Uniform Care - ONLY HIGHLIGHTED PARTS APPLY THIS YEAR...GIRLS WILL PURCHASE THEIR UNIFORM**

All cheerleaders will be given specific instruction for uniform care upon making the squad. **Any loss or damage to the uniform will result in a \$250 fee to help ECMS replace the uniform.**

**Cheerleaders are to never wear the uniform in an unofficial capacity. When cheerleaders are in uniform, they are to be in FULL UNIFORM. (We are very particular with regard to this policy.) When in uniform no undergarments are to be shown, NO EXCEPTIONS! White ankle socks are the only socks that are acceptable uniform attire unless given special directions for an event by the coach.**

Parents' Initial here \_\_\_\_\_ Candidate Initial here \_\_\_\_\_

## **Privacy Of Others:**

Family Educational Rights and Privacy Act, (FERPA) is a federal law that protects the privacy of students. The Coach, Athletic Director, Principal, Assistant Principals, School Staff, Central Office Staff, School Board Members are not allowed by this law to discuss other student athletes with anyone other than their parents and/or guardian. As a parent and/or guardian I will not request or inquire any information about another student athlete.

Parents' Initial here \_\_\_\_\_ Candidate Initial here \_\_\_\_\_



## FORM D - FINANCIAL OBLIGATIONS

The following is an **estimate** of expected expenses(unless in **BOLD**). The full amount of money that is due at designated deadlines must be paid in full. This means the cheerleader's parent/guardian is expected to make payments on the payment deadlines for merchandise, camp, classes, and any other expenses that may arise.

**Practice outfits - \$50.00**

**Cheer Shoes: \$70 Rebel Rise (requirement)**

**Game Bow: \$25 two bows (requirement)**

**Socks: Must be white ankle socks- can be purchase individually**

**Bags: \$30.00 (this is not a requirement)**

**Game Cheer Fee: \$20**

**Total with bag: \$195**

**Total without bag: \$165**

I, the parent/guardian of ECMS Cheerleader/candidate have reviewed the following financial obligations and understand that it is the mine, the parent's/guardian's, responsibility to pay the full amount due at set deadlines. Failure to do so will result in not receiving merchandise and/or dismissal from team. Also, should the cheerleader be dismissed from the team for any reason or quit the team for any reason at any time, a refund will not be given. I understand that once purchased the items are final sale and will not be able to be returned for a refund from Effingham County Middle School or any of said affiliates.

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

Cheerleader Signature\_\_\_\_\_ Date\_\_\_\_\_

\*\*\*Returning cheerleaders will not need to purchase the uniform, bag, shoes or jacket if theirs from last year still fit. They will be responsible for the Game Cheer Fee, Game Bow, Pink Bow, socks

**Form E - Cheerleader Release Form**

The following individual(s) are those that may check my child out at the end of the game, practice, any cheerleading event and provide transportation for my child after aforementioned check-out. If an individual is not listed on this form, I understand that my child will NOT be released into their care. Once my child has been checked out to this individual I waive all liability from the coaches, administration, Effingham County Middle School, and other affiliates.

Name of Individual \_\_\_\_\_

Relationship to cheerleader \_\_\_\_\_

Contact Information \_\_\_\_\_

Name of Individual \_\_\_\_\_

Relationship to cheerleader \_\_\_\_\_

Contact Information \_\_\_\_\_

Name of Individual \_\_\_\_\_

Relationship to cheerleader \_\_\_\_\_

Contact Information \_\_\_\_\_

Name of Individual \_\_\_\_\_

Relationship to cheerleader \_\_\_\_\_

Contact Information \_\_\_\_\_

Name of Individual \_\_\_\_\_

Relationship to cheerleader \_\_\_\_\_

Contact Information \_\_\_\_\_

**Parent/Guardian Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

