

Beaumont Middle School Cheerleading

Try Out Checklist

Student Printed Name:

- Signed Portion of the Parent Meeting Agenda
- Fill out Google Form for Tryouts
- Signed Signature Page of BMS Cheerleading Contract Sheet (Keep Contract)
- Signed Medical Treatment Authorization and Liability Release Form
- Completed and Current Physical (Within One Year Old)

All items above must be turned in on the first day of tryouts in order to be eligible to tryout!

Please send these forms in an email to amber.steffen@fayette.kyschools.us

BMS Cheerleading Parent Meeting Agenda

TRYOUTS

- Tryouts will take place as soon as the state allows for tryouts. That date is yet to be determined.
- All participants will receive tryout material via email. Once the state allows for tryouts, a date will be set and this material will be judged.
- All participants will be taught a cheer and dance through the material that is sent in the email. These will be judged on the ability to perform the cheer and dance which includes motion placement, timing, ability, enthusiasm, showmanship, tone of voice (cheer), and energy.
- Cheerleaders will also be required to send videos of their jumps (toe touch, hurdler, pike, etc) and tumbling. **The tumbling video submitted may be a recent video since tumbling is dangerous if there is a lack of space or if you feel uncomfortable on grass. Please be safe when choosing to tumble. The skills performed in the video sent for tryouts will be expected to be maintained during the season.**
- Please see attached score sheet for tryout expectations
- Do not wear practice clothes that associate you with any other cheerleading team including but not limited to prior BMS cheer and all-star attire.
- A maximum of 24 cheerleaders will be taken. Two competition teams including the same core group of cheerleaders will be formed; a 2:30 routine competition team and a Game Day team. The number of candidates per team is dependent on the number trying out and scores attained during tryouts. Competition team placements will not be set until after July 15th (state requirement!).
- Tumbling is not a requirement; however skills performed the day of tryouts are expected to be performed throughout the season. Team placements are not permanent. If at any time a tumbling or stunting skill regresses with no sign of improvement, the coaches may replace the position with another qualified athlete.
- Competition teams will be formed based on the results of tryouts. The plan could change based on the results of tryouts; below is the plan as of this date:
 - **2:30 Routine:** This team will consist of 12 to 24 members. This team will be formed based on the highest scores and most needed skills from tryouts and first month of practice. This team will compete at competitions including but not limited to; KAPOS Regionals, KAPOS State (if named the Regional Champion), Fayette County Showcase, as well as UCA Regionals and UCA Nationals (if a bid is won at the regional competition). These cheerleaders will also cheer on the Game Day team and all games per their grade level.
 - **Game Day:** This team will consist of all participants that make the 2020/2021 cheerleading team and will have a maximum of 24 members. All members of the 2:30 Routine Team will also be members of the Game Day team. Members not placed on the 2:30 Routine Team will be solely on the Game Day team and will be considered an alternate to the 2:30 Routine Team. This team will compete at competitions including but not limited to; Fayette County Showcase, UCA Regionals and UCA Nationals (if a bid is won at the regional competition). These cheerleaders will also cheer all games per their grade level.
 - **Alternates:** Based on competition placements after July 15th, alternates may be chosen. All practices for alternates are **REQUIRED**, especially since these alternates are Game Day team members. These participants will be expected to fill in at practices and competitions when 2:30 Routine Team cheerleaders are absent and/or injured. They will also cheer all games per their grade level. Both of these teams will have the same practice schedule.
- Game teams will be formed based on each grade level. These game teams are also the competition/alternate teams; game only cheerleaders will not be taken. Depending on the number of each grade level who makes the team, combination teams may be required to cheer games that are not their grade level i.e. if only four 8th graders make the team, these cheerleaders may be combined with the 7th grade team and games will alternate between 7th

and 8th grade.

PRACTICE/GAMES

- Practices will be Mondays and Wednesdays after school at BMS. If you make the team you will be sent a calendar with practice dates as soon as the state allows.
- A mandatory choreography camp will be scheduled; days, times, and place to be determined. All cheerleaders including alternates are required to attend.
- Beginning the week of August 12th, mandatory practices will be held on Mondays and Wednesdays after school.
 - You will be provided a calendar a month in advance for scheduled practices and activities for the month; but it is **subject to change**
 - It is understood that some cheerleaders may have all-star practice or other sport/team conflicts. Upon making the team, a schedule must be provided. Please see a coach for further discussion.

PHYSICALS

- A current physical has to be on file with the school prior to day one of tryouts or participant must sit until received.

COMPETITION

Tentatively, the competition schedule is as follows and is **subject to change**:

- November 7th: UCA Regionals (Lexington, KY)
- November/December: KAPOS Regionals (Local High School)
- December 19th: KAPOS State (Lexington, KY)
- January/February: Fayette County Showcase (TBD)
- February 10th – February 15th: UCA Nationals (Orlando, FL)
- If a cheerleader does not attend the Regional competitions (UCA/KAPOS) then participation in the State/Nationals competition associated with that absence will not be allowed.
- Cheerleaders will arrive 1 hour prior to warm up time.
- Alternates will be required to come to all competitions.
- Due to COVID 19 attendance at these competitions may change! We will only compete if guidelines allow and if we feel safe to do so.
- Nationals is a "field trip", we will only be competing if approved by the principal, board of education, and if it adheres to the CDC and FCPS COVID-19 Guidelines.

FUNDRAISING

- All cheerleaders are highly encouraged to participate in several fundraising opportunities that will be offered throughout the season to reduce the cost of Nationals and other miscellaneous costs throughout the year.

COMMUNICATION

- Please follow the Beaumont Middle School Cheerleading Instagram page (@beaumontcheerleading) and the Band App for constant updates
- Contact Amber Steffen at amber.steffen@fayette.kyschools.us
- All contact should be made through the BMS Instagram page, Band App, or email.

COSTS

- You are responsible for buying socks, bows, mock neck midriff, boy cut briefs, and school insurance (\$25) as stated by the Fayette County Athletic Guidelines, approved cheerleading shoes, and any competition fees if not fundraised for. Warm-Ups and T-shirts will be available to purchase at the beginning of the season

BMS Cheerleading Parent Meeting Agenda

Please sign below to indicate that you have read and agree to the BMS cheerleading information provided on the Parent Meeting Agenda.

Student Printed Name:

Grade:

Parent/Guardian Printed Name:

Parent/Guardian Signature:

Date:

Beaumont Middle School Cheerleader Contract

PURPOSE: It shall be the purpose of this organization to promote and uphold school spirit, to develop good sportsmanship among students, to support athletic programs and to develop positive relationships in the community and between schools during athletic events. The organization's goal is to work in harmony with the administration, faculty, band, athletic teams and other school organizations. It shall also be the purpose and the responsibility of the coaches to prepare participants for future careers as cheerleaders through high school and into college.

Beaumont Middle School Cheerleading is a priority. Attendance is very important. Each cheerleader will receive a practice and performance schedule at least one month in advance; be advised that this may change (addition of practices prior to competition, time changes) and cheerleaders are expected to be flexible. Lack of commitment may result in your dismissal from the team.

Members must be selected through official tryouts. Additional members may be admitted and allowed to fill regular or competition team positions if vacancies occur due to illness, injury or other situations deemed necessary. The competition team will be selected based on skill AND position. Upon the coaches' discretion, competition alternate positions may be offered to cheerleaders who tried out for the competition team and either need additional skills or positions were filled. These girls are still responsible for competition and game policies and costs. However, some competition costs may be optional.

FUNDRAISING

- A. Fundraising projects will be available to defer cost and replace items such as the National High School Cheerleading Championship, uniforms, signs, mats, etc. on an as needed basis.
- B. All fundraising ideas must be presented to the coach and approved by the board of education and principal before taking place.
- C. Fundraising ideas and participation are strongly encouraged

TRANSPORTATION

- A. Cheerleaders will cheer all home games.
- B. In the event of a special circumstance or situation it is necessary to cheer an away game; cheerleaders will be responsible for transportation.
- C. Cheerleaders will be responsible for transportation to all competitions with the exception of the National High School Cheerleading Championship.
 - 1) Cheerleaders must travel as a team to the National High School Cheerleading Championship.
 - 2) The National High School Cheerleading Championship is considered a school field trip. Only coaches and appointed administrators are considered chaperones. All cheerleaders must be accompanied by a chaperone at all times.

ATTENDANCE

- A. **All practices, games and competitions are mandatory. Only a doctor's, funeral note, and select school events will be excused.**
- B. Coaches will inform cheerleaders and parents of any schedule change as soon as possible. Please keep in mind that all schedules are subject to change. Schedule changes are still mandatory.
- C. Coaches must be aware when cheerleaders are not at school or have left early due to illness. **A parent** must notify a coach at **least one hour** before practice; excused with doctor note.
- D. Cheerleaders arriving late to a game and missing warm up will sit out the first quarter.
- E. Cheerleaders with an unexcused absence from a game will sit out with the coach the next game (in full uniform).
- F. Cheerleaders named as alternates are required to be at **all** practices and games.
- G. Cheerleaders are allowed 5 parent note absences per year. After a total of 5 absences (excused or parent

note), a parent meeting will be held to discuss the athlete's commitment to the team.

PRACTICES AND GAMES

- A. **Uniforms** and **warm-ups** are to be only worn at **spirit days, games, exhibitions and competitions**. Uniforms must always look neat and clean.
- B. Cheerleaders will sit out of games/practices/competitions for arriving with any of the following: - No Bow/Tights - Hair not how assigned - Wrong socks - Wrong shoes - Jewelry - Gum - Nail polish (no unnatural colors, no artificial nails, natural nails must be fingertip length)
- C. When school is canceled for weather and a game or practice is scheduled, cheerleaders will still be responsible to cheer unless the game or practice is canceled.
- D. Cheerleaders must return from halftime at all games with **one minute** on the clock.
- E. A cheerleader may not **miss, arrive late to or leave early from the practice** before a **game or performance**. Please discuss this with a coach if there is an emergency situation.
- F. **Practices are closed**. Only cheerleaders and coaches.
- G. No talking on the phone or texting during practice (phones should be off).
- H. If a cheerleader is **injured** and cannot participate, it is still a **requirement to attend all practices and performances**.
- I. Cheerleaders must be present until their scheduled lunch hour to be eligible to cheer the game or practice that day. This determination is left to the Athletic Director.
- J. Jeopardizing the safety of oneself or any other member is grounds for disciplinary action or dismissal

EXPECTED BEHAVIORS

- A. BMS cheerleaders are expected to maintain and uphold the reputation of the cheerleaders through their own conduct in and out of school.
** Cheerleaders are not to smoke, use non-prescription drugs, use profane language, fight or consume alcohol on school property or elsewhere in uniform or any public place where they are representing Beaumont Middle School. This is grounds for dismissal.
- B. **It would be a benefit to any cheerleader to leave an environment where their reputation may be questioned.**
- C. Cheerleaders are not permitted to have inappropriate photos, posts, etc. on any website including, but not limited to Facebook, Twitter, Instagram, Tik Toc, etc.
- D. Cheerleaders must comply with guidelines of school attendance policy and rules.
- E. Cheerleaders who **fail to promote team unity** will be warned and then dismissed.
- F. Disrespect toward teammate, coach including any person of authority, or fan will be warned and then dismissed.
- G. Cheerleaders must be passing **all** classes or will be required to sit out practices and games until considered eligible. Weekly grade checks will be performed to determine eligibility.
- I. A cheerleader who is forced to resign or chooses to do so may be ineligible to tryout the following year (at the discretion of the coaches).
- J. It is understood that a cheerleader who chooses to resign forfeits their right to participate in competition, games, and as an alternate. A cheerleader is not able to resign from only one aspect of the program (game, competition, alternate) as that cheerleader has agreed to make a full commitment to the program.
- K. It is understood that additional expected behaviors and responsibilities outlined in the Fayette County Athletic Handbook are to be followed in addition to this contract.

The coaches reserve the right to discipline a cheerleader in a situation, which was not covered in this contract. The coaches reserve the right to make changes deemed necessary to any part of this contract.

Beaumont Middle School Contract Agreement

My child, _____ has my permission to be a cheerleader at Beaumont Middle School. I understand that he/she must abide by the rules and regulations set forth by the advisor and the principal of Beaumont Middle School and be present for all practices and games. I have read the cheerleader contract and understand that the violation of any of these rules may lead to temporary or permanent suspension from the squad. I understand that all forms attached must be completed by the day of tryouts once that date is set, or my child will not be allowed to tryout. I understand that my child must attend all practices (unless excused by the rules of the contract) and tryout sessions, or my child will not be considered for a cheerleading position.

I understand that my daughter/son will be evaluated by qualified judges, and we agree to abide by the decision of the judges.

I understand all costs involved as stated in the rules.

I understand by the very nature of the activity, cheerleading and gymnastics carry a risk of physical injury. No matter how careful the participant and coach are, how many spotters are used, or what landing surface is used, the risk cannot be eliminated. I understand these risks and will not hold Beaumont Middle School or any of its personnel responsible in the case of accident or injury at any time.

Parent/Guardian Signature: _____ Date: ___/___/___

I am interested in being a cheerleader at Beaumont Middle School. I understand the risks stated above. If elected, I promise to abide by the rules and regulations set forth by the advisor and the principal of Beaumont Middle School. I promise to cooperate and follow the instructions of the cheerleading coach.

Student Signature: _____ Date: ___/___/___

Medical Treatment Authorization and Liability Release Form

I, the undersigned parent or guardian, do hereby grant permission for my son/daughter, _____, to participate in the activity of cheerleading at Beaumont Middle School. In order that my son/daughter may receive the necessary medical treatment in the event he/she may sustain injury or illness during participation in this activity, I hereby authorize the cheerleading coach or other supervising adult to obtain medical treatment for my son/daughter for such injury or illness during the activity, and I hereby hold Fayette County Public Schools, and its representatives harmless in the exercise of authority. I understand that this activity involves risk to the participant. I further acknowledge and understand that due to the nature of this activity, which involves inversion and rotation of the body, there is a possibility that my son/daughter may sustain physical illness or injury (minimal, serious, or catastrophic), in connection with his or her participation. I further acknowledge and understand that my son/daughter is assuming the risk of such physical illness or injury by his/her participation, and I further release Beaumont Middle School and its representatives from any claims for personal illness or injury that my son/daughter may sustain during participation in this activity. Further, we understand that school and or personal insurance must cover our son/daughter if ever injured. We give our permission for our child to receive medical attention in the event that we cannot be present or reached for any reason. My son/daughter and I have read and understood the above Medical Treatment Authorization and Liability Release.

Signature of parent/guardian

date

Signature of principal

date

Name: _____ Tryout Number: _____ Grade in Fall: _____

Skills	Max	Points	Scoring Criteria	Comments
Standing Tumbling				
Difficulty	10		10 - Full 9 - Hand, hand full 8 - Toe touch, back tuck 7 - Cartwheel back tuck 6 - Back tuck 5 - BHS back tuck 4 - BHS series (2) 3 - Back handspring	
Execution	5		4 - 5 Excellent 3 - 4 Good 1 - 3 Fair	
Running Tumbling				
Difficulty	10		10 - Round off BHS Full 8 - Round off BHS layout 7 - Round off BHS tuck 5 - Round off tuck 4 - Round off BHS series 3 - Round off backhand spring	
Execution	5		4 - 5 Excellent 3 - 4 Good 1 - 3 Fair	
Dance				
Motions	5		Placement, Sharp, Timing	
Execution	5		Energy, Showmanship, Genuine	
Cheer				
Motions	15		Placement, Sharp, Timing	
Voice	10		Loud, Sharp, Tone, Enthusiastic	
Spirit	5		Energy, Showmanship, Genuine	
Jumps				
Jump	5		4 - 5 - Combo Jump (must include toe touch) 3 - Pike 2 - Toe touch 1 - Hurdler	
Execution	5		Form, Technique, Height, Toes Pointed	