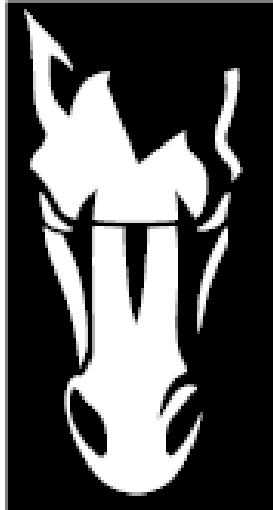


# **2023-2024**

# **Mill Creek Middle School**

# **Cheerleading Tryout Packet**



Clinic- Monday-Wednesday, March 6<sup>th</sup>-8<sup>th</sup> 3:10 – 4:30 pm

Try outs- Thursday, March 9<sup>th</sup> 3:20 – 5:30pm

Students will leave when their try out session is completed

Squad will be determined on March 10<sup>th</sup>

Cheerleaders will be informed via Google Classroom after school

Summer Camp – May 30<sup>th</sup> - June 1<sup>st</sup> 8:45 am to 4:00 pm

At Mill Creek Middle School

Please contact the coaches or MCMS Athletic Director with any questions.

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## MCMS Cheerleader Tryout Checklist:

This form is to help you stay organized; all paperwork must be completed by the deadlines in order to be eligible to participate in tryouts. This form does not need to be turned in with the other paperwork.

### Today

\_\_\_\_\_ Join MCMS Cheer Tryout on **Google Classroom** with code **dppt6m4**

### Due Thursday - March 2<sup>nd</sup> by 3 pm

\_\_\_\_\_ \*Recommendation forms to teachers

### Due Monday - March 6<sup>th</sup> – Turn in to coaches at the beginning of clinics OR (preferably) bring to Mrs. Tagtmeyer before clinics.

\_\_\_\_\_ Permission and Agreement Forms

\*Teacher recommendation forms are attached to this packet. You will need three recommendations (at least two forms must be from a core teacher, one may be from an explor teacher). Fill out your name at the top of the form, ask your teacher to fill out the form for you. Teachers will return forms to coaches.

Coaches cannot fill out recommendation forms

Dear Cheerleading Candidates and Parents,

Thank you for your interest in trying out for the 2023-2024 Mill Creek Middle School Cheerleading Squad. Cheerleading is an exciting and rewarding sport that teaches teamwork, dedication, sportsmanship, leadership, school spirit, and hard work. Being chosen to represent Mill Creek Middle School as a cheerleader is both an honor and a privilege, you will be in the forefront as a representative of our school and will be expected to adhere to a strict code of conduct at all times, both on and off campus.

Cheerleaders will perform on the last day of summer camp, at all home football games, at recognition assemblies, at home basketball games for both girls and boys. We also help support our volleyball teams annual "Pink Out" fund raiser for breast cancer).

Practices are usually scheduled on Tuesdays and Thursdays when there is not a game scheduled. There will be occasional weeks where we also practice on Wednesdays. Practices are from 3:10 – 4:30. **Cheerleaders are expected to stay through the end of games.** Football games usually end around 5:00 PM, and basketball games usually end around 6:00 PM. All cheerleaders will cheer at football games. During basketball season, the squad will be split into two squads. Since basketball is a very busy time, each squad will usually only attend one game per week.

We believe that middle school is a time to try new activities and we want to encourage our girls to be a big part of Mill Creek. Last year we had girls participating in volleyball, basketball, band, and the school musical. Cheer is a longer season than most middle school activities. As coaches, we require our cheerleaders to commit to MCMS cheerleading only two days a week. **Therefor, we expect our cheerleaders to be at every practice and game the entire time.** We are happy to coordinate with sponsors/coaches of other **Mill Creek activities** and find a schedule that will work. We would appreciate your help with this. **When a girl is absent during practice or games (even part of the time) her entire stunt group isn't able to stunt.** We understand that girls get sick, and things come up, but we would greatly appreciate you trying to schedule appointments and other conflicts around our scheduled activities. A long term calendar will be provided to help with scheduling.

You are a student first and an athlete second. Eligibility reports are run on a weekly basis. If you have one F or more than two D's you will be placed on probation. You will have one week to improve your grades or you will be ineligible for cheer

If there any discipline issues that need to be addressed, these will be done privately, and parents will be notified. We have a three strikes policy. The first infraction will be a warning with parents and administration notified. If there is a second infraction a final warning be given and sitting out a game may be required. Again, parents and administration will be notified. If there is a third infraction the student will be dismissed from the squad.

# Clinic and Tryouts

Clinic and tryouts are closed, no parents or spectators will be permitted in the gym. There will be 2-3 judges present at the tryouts, in addition to cheer coaches. These judges have cheerleading experience. They have no association with Mill Creek and will provide an unbiased score for each candidate. The score sheets will NOT be available for viewing, and will be destroyed immediately after the squad has been selected. The decision made by the judges and coaches is final and will not be up for debate.

The tryout dance will be available on Google Classroom. Girls are expected to learn the dance before clinics begin on March 6<sup>th</sup>. The tryout jumps, cheer, and chant will be taught at the clinics. A half day attendance at school is required to participate in clinics and tryouts.

- Clinic attire: athletic shorts, t-shirts, tennis/cheer shoes. Hair should be pulled up in a tight, high pony tail. NO JEWELRY
- Tryout attire: **BLACK** athletic shorts, **BLACK** t-shirt, and tennis/cheer shoes. Hair should be pulled up in a high, tight pony tail. NO JEWELRY.
- Scores will be based on:
  - **Jumps** – Judges will be looking for pointed toes, flexibility, height and technique. If you have tumbling skills, you will have an opportunity to display these as you spirit in and out of your try out session.
  - **Cheer**– Judges will be looking for motion tightness, placement, form and technique.
  - **Projection** – Judges will be looking for strong vocal projection, confidence and ENERGY. Show your excitement!
  - **Dance**– Judges will be looking for knowledge of material, confidence, and rhythm.
  - **Teacher Recommendation** -Scores (worth 10% of total points) will be included with judges scores.

## Cheer Cost

### Orders:

An order form will be handed out at the first squad meeting. This will include black compression shorts, white cheer shoes, black skirt, bows etc. If you have some of these items that are "like new" you do not need to purchase new items.

Mill Creek provides pompoms to the girls for the season and they remain at school in coach's classrooms.

The estimated cost for cheer orders will be \$200, and very possibly less with optional items.

### Spirit Wear:

We will have spirit wear available to purchase. We ask that every girl purchase t-shirts so we can have matching outfits. Optional purchases (sweatshirts, etc.) will also be available.

### Summer Cheer Camp:

Cheer camp is **highly recommended** but not mandatory. Camp will be at Mill Creek Middle School May 30<sup>th</sup> – June 1<sup>st</sup> from 8:45 am to 4 pm. Camp will cost \$180 per cheerleader.

Waiver forms for camp will be handed out at the first squad meeting.

## Uniform

At camp, each cheerleader will have a uniform checked out to her for the year. You are responsible to the care of this uniform. Please make sure you do NOT have bra straps showing when you are wearing the Mill Creek uniform. White ankle socks are to be worn with white cheer shoes during games/performances. This will be returned when the cheer season is over in February.

## Expectations

*This paper must be signed and turned in to coaches March 6<sup>th</sup>- first day of clinics- in order to participate.*

1. Be punctual and be at all scheduled events unless you are sick, or a parent has previously notified coaches in advance.
2. Wear uniform correctly (black shorts, no bra straps showing, no jewelry, white ankle socks, cheer shoes, hair in high pony with correct bow).
3. Be kind and respectful to coaches, cheerleaders, and all members of MCMS staff.

I, \_\_\_\_\_ have read and understand the MCMS potential cheerleader packet. I agree to abide by these policies if I am chosen as a member of the squad. I understand that failure to adhere to these rules and policies could result in dismissal from the squad.

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

\_\_\_\_\_  
Date

I, \_\_\_\_\_ as the parent or legal guardian of \_\_\_\_\_ have read and understand the MCMS potential cheerleader packet. I am allowing my child to tryout and I understand what will be required if she makes the team. I understand that failure of myself, or my child to adhere to the policies could result in dismissal from the squad.

I understand by the very nature of the activity cheerleading, stunting and gymnastics carry a risk of physical injury. No matter how careful the participant and coaches 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 **Mill Creek Middle School** or any of its personnel responsible in the case of accident or injury at any time.

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

\_\_\_\_\_  
Date

**Cheerleader's Name:** \_\_\_\_\_

**TEACHER NAME:** \_\_\_\_\_

Please rate using the scale 0-5 (5 being the highest) on the following elements:

1. Attendance/Punctuality	0	1	2	3	4	5
2. Respect of Authority	0	1	2	3	4	5
3. Grades/Missing Assignments	0	1	2	3	4	5
4. Honesty and Integrity	0	1	2	3	4	5
5. Attitude and Personality	0	1	2	3	4	5

**Any Additional Comments:**

Teacher's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**DO NOT GIVE BACK TO STUDENT!**

**Please return to Mrs. Tagtmeyer by Thursday, March 2<sup>nd</sup>**