# Effingham County Middle School Cheer Tryout Packet: 2024-2025



#### **Head Competition Coach:**

Taylor Johnson

### **Assistant Competition Coach/Head Football Cheer Coach:**

**Bailey Armstong** 

#### Assistant Football Coach/ Head Basketball Cheer Coach:

Reagan Anderson

We, the cheerleading coaches of Effingham County Middle School, as well as the administration, faculty, and staff are happy that you have shown interest in participating in the cheerleading program. Please read all the information in this packet very carefully.

Dear Parents and Athletes,

We are running cheer a little differently this year in an effort to model our programs after the high school cheer programs. We will have a total of three different cheer programs this year. These programs will be as follows: competition squad, football squad, and basketball squad. This year our competition squad will also cheer at football games. We will have tryouts for football and competition cheer this spring and a separate tryout for our basketball cheer squad in the fall. If you have any questions please feel free to reach out to any of the ECMS cheer coaches.

Thank you,

Taylor Johnson: tjohnson@effingham.k12.ga.us

Bailey Armstrong: <u>barmstrong@effingham.k12.ga.us</u>

Reagan Anderson: <u>randerson@effingham.k12.ga.us</u>

#### **ECMS CHEER PHILOSOPHY**

The Effingham County Middle School Cheerleaders will serve to lead, direct, and support the spirit of our athletic teams, student body, and officials at all events and games. Cheerleaders shall promote excellence in education, spirit, sportsmanship, physical fitness, positive image, and leadership whether on or off the field. Cheerleaders shall strive to maintain high standards of morality and academic and social conduct.

#### **PANTHER CHEERLEADING**

Participation in the Effingham County Middle School Cheer program is a privilege. Along with this privilege come certain responsibilities. In addition to representing yourself, you are also representing your squad, your coaches, your school, your family, and even your community. Therefore, you must conduct yourself appropriately at all times, not just at games or school activities. Success of the cheerleading team is dependent not only on the team, but also your effort, and willingness to work as a team. PLEASE READ THE CHEER TRYOUT FORMS AND EXPECTATIONS CAREFULLY. If you are not willing to abide by the standards of these documents, the Effingham County Middle School Cheerleading Teams are not for you and you should not proceed with tryouts. If you are ready to lead others with integrity, positivity, and school pride, we want you!

#### **DRAGONFLY MAX**

- In order to be able to participate in tryouts, parents/guardians must add their child to our school in Dragonfly Max. This is an app that is available on both IOS and Android phones that is an electronic health record. In order to try out for any sport, any athlete must have a record in Dragonfly that is 100% complete for the upcoming school year. This means that your file in Dragonfly MUST be 100% complete for the 2024-2 school year. They will not be allowed to participate in tryouts until this is completed.
- THE MOST IMPORTANT PART OF THIS RECORD IS A RECENT PHYSICAL. PLEASE ENSURE THAT YOU HAVE A CURRENT, COMPLETED PHYSICAL BEFORE THE FIRST DAY OF TRYOUTS TO UPLOAD.

#### **UNIFORMS**

The Effingham County Middle School Cheerleading program provides the basic cheerleading uniform for members. Members of the squad will rent the uniforms at the cost of \$75. This fee covers cleaning, repairs, and allows us to order additional sizes as needed. Parents and cheerleaders will also have to order additional items and gear. This means that these items and gear are property of the athlete once

purchased. Parents and athletes are expected to pay the required costs if a candidate makes the team

#### **PLAYER FEES**

- 1. All members of the ECMS Cheer squad will be required to pay a Player Fee. This fee covers many expenses and allows the squad to function with the supplies that are needed. It is imperative that these fees are paid on time. If fees are not paid in a timely manner, a cheerleader can be benched, suspended, or even cut from the team.
- 2. We do understand that economic hardships are often prevalent. Should you find yourself in this situation, we ask that you submit in writing your plan for getting fees paid. A payment plan will be created with the Head Coach and Athletic Director. If the plan is not followed, a cheerleader can be benched, suspended, or even cut from the team.
- 3. In extreme, extenuating circumstances, financial relief is available to a member of the squad. This is handled on a case-by-case basis. Should you find yourself in this situation, a meeting with the Head Coach and Athletic Director will need to be arranged at the start of the season.

#### **GHSA and NFHS Rules and Regulations**

- 1. ALL Georgia High School Association and National Federation of High Schools rules and regulations **MUST** be observed and followed to maintain school and state eligibility.
- 2. Examples include but are not limited to: jewelry at practice, games, or any cheer function; hair not secured at practice, games, or any cheer function; additional and inappropriate color and/or length hair pieces/extensions; unsportsmanlike conduct or behavior, etc.
- 3. The ECMS Cheer Coaches reserve the right to discipline any cheerleader who is not in accordance with these rules and regulations. In addition, it is the responsibility of the ECMS Cheer Coaches to enforce these rules, and to address any violations.

#### <u>ATTENDANCE</u>

One person being absent affects the entire squad. It is important not to inconvenience the practice time of the entire squad by being absent. Therefore, absences should always be avoided when possible. Absences must be excused prior to practice/game. You must have a note from a doctor if you have an appointment or a call or a note from your parent(s) if you are sick. The call must be received at least two hours prior to the start time or the absence will be considered unexcused. Failure to notify your coach will result in an automatic attendance demerit.

- 1. Missing a scheduled practice the day before a game may result in losing a spot in stunting or performance, as well as a demerit if it applies.
- 2. Absences due to family vacations are **unexcused**.
- 3. Attendance at a competition, game or practice without proper shoes, clothes or uniform and/or accessories will be considered an **absence**. You will also not be able to cheer at the game/performance.
- 4. An unexcused absence may result in the sitting out of a game or competition. The cheerleader must be at the game to sit out.
- 5. If you miss a game and it is unexcused you may sit out the next game. You must be at the game to sit out.
- 6. If you leave a game early or miss a game without permission, this could result in automatic dismissal from the team. If it is a family emergency, the coaches will handle the attendance of the cheerleader.
- 7. Cheerleaders must attend all **mandatory** practices, all **mandatory** games, and other **mandatory** cheer functions.
- 8. If you are going to miss practice, you must contact a coach in person, phone call, or leave a voicemail.
  - a. Absolutely NO leaving messages in the front office.
  - b. Absolutely NO sending word through another player.
- 9. **Tardiness to practice** will result in the running of 1 lap around the gym for every minute that you are late (unless first approved by the coaches). Once you reach ten minutes, you will run a mile. Failure to notify the coach prior to practice will result in the offenses of an unexcused practice.
- 10. **Missed Practice** Cheerleaders may be expected to stay after the following practice to make up for the practice they missed, regardless of the reason.
- 11. Cheerleaders who are absent from school for more than  $\frac{1}{2}$  a day are **NOT** allowed to practice on the day of the absence.
- 12. Cheerleaders who missed a practice (unexcused) during the week of a game may be **benched** from the game that week, at the coach's discretion.

#### **PRACTICES**

- 1. PRACTICES ARE MANDATORY!
- 2. Cheerleaders must arrive to practice on time, wearing proper shoes and clothing. Hair <u>MUST</u> be in a <u>SECURED PONYTAIL</u>. No other loose hairstyle is acceptable. <u>Chewing gum or eating during practices is prohibited</u>. Absolutely <u>NO jewelry is allowed</u>.
- 3. <u>NO SITTING</u>. You will not be allowed to sit during practice unless directed by our coaches. If you are not participating in a stunt or pyramid, you will be required to spot, work on dances, tumbling, new cheers, jumps, etc. Side conversation during practice especially during stunts will result in team laps after practice or demerits if seen fit.

- 4. Missing practices that have valid excuses can still lead to being removed from a routine, a position or stunt, due to not physically being available to practice.
- 5. **Safety is our first priority.** No excessive horse-playing. Never stunt without the coaches present.
- 6. All cheerleaders are expected to comply with coaches directives without disrespect and/or defiance. Exemplification of these behaviors will result in a demerit at the coach's discretion or sitting out at a game or performance.
- 7. The use or visibility of a cell phone or electronic device at practice is prohibited. All phones will be handed in to the team box at the beginning of each practice. Failure to comply with these instructions will result in running 5 laps around the gym.

#### **GAMES**

- 1. GAMES ARE MANDATORY!
- 2. Cheerleaders are required to attend their assigned games.
- 3. All cheerleading members must know all the cheers and routines for the game.
- 4. Members are to dress in <u>FULL</u> uniform. Failure to comply with directions will result in sitting out the game.
- 5. Hair must be <u>SECURED</u> in the <u>DESIGNATED HAIR STYLE</u>. Failure to comply will result in a demerit!!!
- 6. Make-up should be worn in moderation. Red LipStick is often part of the uniform and WILL be worn for games.

#### 7. NO JEWELRY OR ARTIFICIAL NAILS!!!

- 8. No chewing gum or eating during games.
- 9. Socializing with friends while the game is in progress is prohibited.
- 10. During game suspension, the squad member will sit in uniform for the entire game.
- 11. All cheerleaders will walk to and from the game <u>TOGETHER</u>. Each cheerleader will sign out with the coaches in a designated area. Cheerleaders should leave after the game. Leaving without signing out will result in an attendance demerit.
- 12. Leaving a game without notification or permission will result in dismissal from the team.
- 13. The use or visibility of a cell phone or electronic device during a game is prohibited. All phones will be handed in to the team box at the beginning of each game. Failure to comply with these instructions will result in demerits.
- 14. For every minute late to a game, 10 burpees will be completed by the athlete at that game.

#### **COMPETITIONS**

- The competition squad will cheer at least 4 cheerleading competitions (normally on Saturdays). Athletes will travel to competitions by school bus. We will pick 15-22 girls for the squad. We can only compete max 16 so THERE IS A POSSIBILITY THAT at least ONE OR TWO OF THE GIRLS PICKED WILL BE ALTERNATES FOR THE COMPETITION SQUAD-alternates are not set in stone they can change weekly depending on effort, attendance, and attitude of other team members.
- We will also allow girls who move into our district to try out for the team as well. If they make it, they will initially be considered as an alternate. If after attending practices we notice that the new person has skills that the team may need that another member may not yet have, it is possible for them to secure a position.
- Competing rosters will not be finalized until Wednesday before each competition.
- The squad will be required to attend camp sessions (attendance is mandatory)
  during the summer. We cannot practice our routine if you are not at practice
  which means we cannot get better. Please keep in mind that if your daughter
  does miss and someone fills in for her and does an equally good job, your
  daughter may lose all or part of a position.
- Each squad member will be required to fundraise for the school (or pay your part of the profit if you choose not to do the fundraiser).

#### **ELIGIBILITY**

- 1. Students must meet academic, attendance, and discipline eligibility requirements as set forth by GHSA, ECBOE, and ECHS Game Cheerleading requirements. Eligibility requirements are outlined in the student handbook.
- 2. ECMS Cheerleading maintains the right to establish and enforce discipline requirements.
  - a. Any discipline problems will be handled through the coach with running, game suspensions, or dismissal from the team.

#### **DEMERIT SYSTEM**

- 1. The ECMS Cheerleading coaches will conduct discipline of behavior through the use of the demerit system. Athletes can receive demerits for disciplinary issues in response to infractions against team rules and expectations.
- 2. A candidate who makes the team will receive an extensive and detailed list of disciplinary actions that receive demerits, along with their season contract.
- 3. For each demerit received, a cheerleader runs 5 laps around the gyms and completes the 10 set jump sequence.

- 4. Once a cheerleader reaches 3 demerits they receive a warning from the coach.
- 5. Once a cheerleader reaches 5 demerits they, along with their parents/guardians will have a scheduled meeting with the coaches. At 8 demerits, a meeting with the coaches and Athletic Director will be scheduled.
- 6. A cheerleader who receives 10 demerits is dismissed from the team.

#### **ADDITIONAL POLICIES AND REGULATIONS**

- 1. Cheerleaders who see a doctor for ANY reason **must provide a note of clearance by** *that* **doctor** following the visit before the cheerleader is allowed to participate in practice, games, cheer functions, etc...It is recommended that student athletes see the athletic trainer whenever possible.
  - a. Even if injured, cheerleaders **must** still attend all practices, games, and cheer functions.
  - b. Cheerleaders who are **benched** from games will sit, in uniform, with the coaches during the game.
- 2. <u>ALL cheerleaders will ride TO ALL games and cheer functions as a TEAM</u>, athletes may leave with their parents following the game or function.
- 3. No cheerleader will post any sort of negative comment or photo of their school, team, teammates, or coaches on social media. If this rule is broken, they will be asked to immediately remove it, and be expected at a conference with the coach. A second violation will result in dismissal from the team.
- 4. No cheerleader will steal anything from their school, team, teammates, or coaches. If this rule is broken, they will be immediately dismissed from the team.
- 5. Any gear bearing the name "ECMS Cheer" should not be worn when talking or acting inappropriately in public. This includes videos on social media.
- 6. Gear bearing the name "ECMS Cheer" should not be worn by people who are not, or have never been, on a ECMS Cheer squad. This can potentially reflect negatively on the entire squad.
- 7. Outerwear, specifically full-zip jackets, bearing the name "ECMS Game Cheer" MUST be worn with an undershirt. These are JACKETS not tops. Any cheerleader found in violation of this rule may receive a demerit and WILL be asked to change or put on a shirt underneath.
- 8. Cheerleaders who are **dismissed** from the team, or choose to quit the team at ANY time during the cheer season are strongly discouraged from trying out for the team again.
- 9. The ECMS Cheerleading Coaches reserve the right to alter, adhere, or amend the expectations and regulations as necessary. All situations are handled on an individual basis, and any final decisions are under the coach's discretion at all times.
- 10. The use of the facilities here at ECMS is a privilege and can be taken away at any time. All cheerleaders are responsible for keeping facilities, cheerleading materials, and locker room facilities clean and orderly.

#### **COMPETITION CHEERLEADING PLAYER FEE**

These are estimated costs and may change.

1. Camp Fee	\$ 230.00
2. Uniform Rental	\$ 75.00
2. Bows	\$ 40.00
3. Practice Clothing	\$ 50.00
4. Warm Up Suits	\$ 75.00
5. Cheer Bag— You do not need	\$ 30.00
to purchase a new one if you still	
have the old one as it will be the	
same bag.	
6. Competition Goodie Buckets	TBD
7. Rain Jacket	\$30.00
TOTAL COST WITH BAG	\$ 530
TOTAL COST WITHOUT CHEER	\$ 500
BAG	

<sup>\*\*\*</sup>Other costs during the season may include money for lunch/dinner during games, camps, or competitions.

\*\*\*After the competition squad is selected, we will have a mandatory parent meeting on Friday, April 19 at 6:00 at ECMS in room 603. At this time, we will inform you of our first fundraising activity. You will also make your first payment. Payment Schedule with BAG: April 19th- \$200 due May 17th- \$150 due August 8th - \$180 due Payment Schedule without BAG: April 19th-\$200due May 17th- \$150 due August 8th-\$150 due

Please discuss financial issues with the coach before deciding not to tryout! There will be plenty of opportunity to fundraise to cover the cost to be on the team. We do not want money to be the reason any athlete does not tryout.

Every girl needs to work on the following at home. If you are a flyer, you need to stretch. If you cannot pull your skills as they should be you will NOT fly and someone who can pull those skills will go in. I will send videos to those girls at a later date. EVERY GIRL SHOULD DO 10 toe-touches, 10 right hurdlers, 10 pikes, and 10 of their Combination jumps from the routine. I WILL be able to see progress. They should also practice specific skills for their position. If they are a base or a back spot, they will need to buy two arm weights that they will need to work with every single night. Not completing said activities may result in loss of position on the team or at the very least loss of position on floor (may be moved to the back). Again, I encourage everyone to sign up for tumbling at an all-star gym (Savannah Sharks, CROWNED ELITE, Cheer South, Cheer Savannah).

#### **GAME CHEERLEADING PLAYER FEE**

These are estimated costs and may change.

1. Uniform Rental	\$ 75.00
2. Bows	\$ 30.00
3. Practice Clothing	\$ 50.00
4. Warm Up Suit	\$ 75.00
5. Rain Jacket	\$ 30.00
6. Cheer Bag— You do not need	\$ 30.00
to purchase a new one if you still	
have the old one as it will be the	
same bag.	
TOTAL COST WITH BAG	\$ 290
TOTAL COST WITHOUT CHEER	\$ 260
BAG	

<sup>\*\*\*</sup>Other costs during the season may include money for lunch/dinner during games, camps, or competitions.

\*\*\*After the game squad is selected, we will have a mandatory parent meeting on, April 24 at 6:00 at ECMS in room 603. At this time, we will inform you of our first fundraising activity. You will also make your first payment. Payment Schedule with BAG: April 24th- \$100 due May 17th- \$100 due August 8th - \$90due Payment Schedule without BAG: April 24th-\$100 due May 17th- \$100 due August 8th-\$60 due

Please discuss financial issues with the coach before deciding not to tryout! There will be plenty of opportunity to fundraise to cover the cost to be on the team. We do not want money to be the reason any athlete does not tryout.

## **Tryouts**

last day of each tryout session.

When: Competition April 15th-17th from 3:50-5:30
Game April 18th, 19th, and 22nd from 3:50-5:30
Where: ECMS Cafeteria
Google Classroom Code: pfjasl3
You will be evaluated on the following:
☐ Teacher Recommendations (4; 3 of which need to be from academic teachers) ☐ Stunting(competition only)
☐ Dance
☐ Two Cheers
☐ Jumps( toe touch, hurdler, pike)
Team announcements will be posted on the fence of the middle school at 7nm following th

2024 - 2025 Effingham County Middle School Cheer our school and community in several capacities, the members of the squad based on ability, academic percharacter. Please complete this recommendation for in your class. Please return to Ms. Taylor Johnson or 2024. Thank you in advance for your feedback! Respectfully, Taylor Johnson – Cheer Coach	refore erform m bas	id. Cheo it is imp ance, a sed on b	portant and quants / he	ers repr to cho ality of r perfo	resent ose rmance
Please rate the candidate in the following areas usin 1=never, 3=rarely, 5=sometimes, 7=	_		_	e:	
The above mentioned candidate					
Displays a positive attitude towards the teacher:	1	3	5	7	10
2. Displays a positive attitude towards classmates:	1	3	5	7	10
3. Completes assignments on time:	1	3	5	7	10
4. Follows directions/instructions:	1	3	5	7	10
5. Is on time to class:	1	3	5	7	10
6. Works diligently to accomplish goals and					
objectives set for the class:	1	3	5	7	10
7. Follows classroom and school rules:	1	3	5	7	10
8. Is respectful to self and others:	1	3	5	7	10
9. Works cooperatively with peers:	1	3	5	7	10
Please choose one:					
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I Do Not recommend this candidate to r of the 2024 - 2025 Effingham County Middle School				a mem	ber
Signature	_Date	<u> </u>			

Additional comments may be written on the back and are  $\underline{\textbf{very}}$  welcome and appreciated..

is a candidate for the 2024 - 2025 Effingham County Middle School Cheer Squad. Cheerleaders represent our school and community in several capacities, therefore it is important to choose members of the squad based on ability, academic performance, and quality of character. Please complete this recommendation form based on his / her performance in your class.Please return to Ms. Taylor Johnson on or before Thursday April 11, 2024. Thank you in advance for your feedback!  Respectfully, Taylor Johnson – Cheer Coach								
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8. Is respectful to self and others:	1	3	5	7	10			
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Please choose one:								
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I Do Not recommend this candidate to r of the 2024 - 2025 Effingham County Middle School				a mem	ber
Signature	_Date				

Additional comments may be written on the back and are  $\underline{\textbf{very}}$  welcome and appreciated..

## **ECMS** Cheerleading

## Permission, Rules, & Expectations

## 2024-2025

In signing this contract, I give my child permission to participate in an ECMS Cheer Squad. I understand and agree to abide by the rules and regulations set forth by GHSA, NFHS, Effingham County Middle School, Effingham County Board of Education, and Effingham County Middle School Cheerleading. In addition, I agree to respect the decisions and conditions made by the ECMS Cheerleading Coaches, as well as the ECMS Administration.

Cheerleader Signature	Date
Parent/Guardian Signature	Date

## Effingham County Middle School Cheerleading 2024 Information Form and Parental Permission Form



Cheerleader Name:			
Team You Want to be Consi	dered For(circle one):		
COMPETITION	GAME	вотн	
Address:			
City:	State	Zip	
Home phone	Birthda	<i>y</i>	
CHEERLEADER's Cell/ Emus)	ail (where they can rec	eive messages/video link	ks from
Mother/Guardian Name: Cell:	Work:		
Father/Guardian Name: Cell:	Work:		
**PARENTS WILL NEED ACCOMMUNICATE WITH PARTOR IOS and ANDROID device	RENTS AND TEAM ME		nd available
Parent Email			_
Emergency contact: phone: phone: phone:			
Physician/Pediatrician Name			

(allergies, chronic illness, medications, etc.)
I/We hereby give our child permission to participate in the Effingham County Middle School Cheerleading program. We have read the Parent Letter and fully understand our obligation, as well as that of our child. We also understand that our daughter must be covered by school and or personal insurance.
I/We,, do hereby release Effingham County Middle School, sponsors, and administrators, from responsibility in case of illness or injury of my child,, while performing her cheerleading during, including travel.
I also give permission for treatment of illness and injury that may be sustained while performing said duties. I have read this form and certify that I will be responsible for all reasonable charges in connection with the care and treatment rendered during this period.
I/we agree to return upon request all equipment, including uniforms issued by my/our child by Effingham County Middle School, in as good a condition as when received.
Parent/Legal Guardian Signature:
Student Signature:
I have used the secondition show information letter and Lundoutend it

I have read the competition cheer information letter, and I understand it. I understand that the ECMS cheerleading coaches will evaluate my daughter, and we agree to abide by the coaches' decision.

I understand all costs involved as stated in the parent letter and agree to make payments by the determined deadlines if my daughter is named as a member of the ECMS cheerleading team. I understand that it is my responsibility to participate in all fundraisers or pay the non-fundraising fee that would exclude me from the fundraiser. I understand that if my child misses practice at any time (especially during the summer when we are learning how to perform our routine), she may lose her position to another team member if they are able or have the potential to successfully complete her part of the routine. The only excuses that are accepted during the summer are doctor's excuses or deaths in the family. If there is a prior commitment, I need to contact Ms. Johnson BEFORE June 1 to gain permission to be excused from a summer practice. PLEASE UNDERSTAND THAT THE PRACTICE DAYS DURING THE JUNE CAMP WEEK CANNOT BE MISSED WHAT SO EVER! MISSING WOULD REDUCE CHEERLEADER TO ALTERNATE STATUS. I also understand that as we approach competition time, any team member may lose their spot or position to anyone who may

have a skill that would benefit the team and result in a higher score (For instance, a team member does not have tumbling, but another has a full twisting layout and has the ability to do the same skills throughout the rest of the routine).

I understand by the very nature of the activity, cheerleading and gymnastics carry a risk of physical injury. I understand that certain risks cannot be eliminated, and there are injuries such as muscle pulls, dislocation, or broken bones which could occur. This risk also includes catastrophic injuries such as permanent paralysis or even death from falls on the back, neck, or head. In signing this agreement, I agree to release Effingham County Middle School, the ECMS coaches, staff and administrators, as well as Effingham County Board of Education or any of the aforementioned personnel responsible in the case of accident or injury at any time.

Parent Signature	Date
Parent Signature	Date
To the Prospective cheerleader:	
	ader. I understand the risks involved as by the rules and regulations set forth by the histrators of Effingham County Middle School
Student Signature	 Date