

North Davis Junior High School

Cheerleader Tryouts 2024-2025

Please read the information on this page CAREFULLY, sign the contract portion, and return it to Mrs. Hurst or Kelby. The signed slip must be turned in with a copy of this year's report card (found on mydsd. Must include the GPA and citizenship), filled out physical form and a signed copy of the Honor Code on tryout day.

1. **Tryout Eligibility:** As per NDJH constitution, to be eligible to make the cheer team at North Davis the candidate must have **at least a 3.0 cumulative GPA, no "F" grades, no more than 2 Ns and no Us** in the school year the candidate is trying out.

***New UHSSA Rule: In order to even attend the first day of clinics, students must obtain a physical exam from a doctor. If they have already had an exam in this calendar year for another sport, that will count! We will just need to confirm with the coach of the sport they participated in.

2. **Cheerleader Eligibility:** Once a candidate has made the team, **they must maintain a 3.0 GPA and have no Us and no more than 2 Ns EACH term they are on the squad**. Cheerleaders who do not maintain these requirements will be put on a term of probation. This means they will not be able to perform in any routines or dress or cheer at any games. They will be required to attend practices and home games during this time. They will have one term to improve their grade or citizenship and if after one term they are unable to meet eligibility standards they will be removed from the squad.

3. **The cost associated with being a cheerleader is \$875. A first payment of \$300 will be due by May 1st and the final payment will be due September 1st.** You are welcome to pay in full at any time or set up a payment option in the front office. To help shoulder the burden of the \$875 fee, you are welcome to acquire business sponsorships. The money from the business will go directly toward your individual fees. Business sponsorship papers are available April 15th.

4. **May Activities:**

State Safety Clinic: If you make the 2024-2025 NDJH Cheer team you will be **REQUIRED** to attend a cheer safety clinic. There will be two separate parts. Part 1 will be held at North Davis Jr. High and take about an hour. This will be held on **May 1st @ 3:30 p.m.** Part 2 will be held at a separate high school on **May 8th**. Exact place and time TBD.

Uniform fitting: Uniform fitting will be Monday, April 15th at 3:30 p.m. in the library.

Practice: We will have a few practices before the end of the year. Please ensure you attend these, so you are ready for the end-of-year review and Summer!

- April 22nd 3-5 p.m.

- April 29th 3-5 p.m.

5. **Summer Commitment:** The team will practice on Tuesday, Wednesday, and Thursday mornings in June from 8:00 – 10:00 a.m. **Cheer camp will tentatively be June 18th-20th at North Davis Jr. High.** We will be participating in the Clearfield 4th of July Parade and will have some planning activities before where cheerleaders will need to attend. Please plan accordingly for these activities. It is important that everyone on the team attends so we are prepared for the start of the school year.

We will have practices in July as well, but those dates are TBD.

Cheerleaders are encouraged to sign up for a summer tumbling class to enhance their skills. There are many tumbling/gymnastics studios in the area that have inexpensive summer classes.

6. **Time Commitment and School Standards:** Being a cheerleader is a big-time commitment. Cheerleaders are required to spend a lot of time inside and outside of school hours. It is also a commitment to be always a LEADER in the school. This means having good school attendance and following the school standards, especially the dress code. Please make sure that you can commit to the high standards and additional time of a North Davis cheerleader before trying out.

If a cheerleader is unable to attend practice or games, parents, not students, must call or text Mrs. Hurst or Kelby to let them know. Please give as much notice as possible! Unless it is a sickness, coaches should know of any absences at least two weeks in advance.

Throughout the year, there are many activities hosted by Student Government. We help with all these activities. Cheerleaders will need to attend the entire event (including clean-up). You need to stay at your stations and fulfill their responsibilities there. We always have an afterparty for the gov and cheer students. This is when you will get to enjoy the activity. We do a lot with student government throughout the year. You are expected to maintain a good relationship with student government and Mrs. Holt.

7. **Students FIRST:** NDJH Cheerleaders are students first, cheerleaders second. We expect students to stay up on their schoolwork. If grades are suffering, we expect students to talk to us and their teachers. If a cheerleader has extensive work to make up or is off track, we reserve the right to hold them back from games and events so they may fix their grades and finish assignments. Remember, you are a student first, which means your schoolwork takes priority over cheer.

7. **Games Commitment:** Cheerleaders will be required to attend home games and many away games. It is part of their grade to dress and wear their hair and the appropriate shoes during the games. Good sportsmanship will be expected. Cell phones must always be kept inside a bag during any game. Cheerleaders should not participate in excessive talking with each other or

the crowd. Violations of these rules will result in demerits or behavior plan. You must attend school the full day of a game in order to cheer.

8. Be A Buddy, Not A Bully: On this cheer team, **ATTITUDE IS EVERYTHING**. While we may not require specific skills to make the team, we do require specific attitudes! North Davis cheerleaders are “the nicest cheerleaders in the district.”

1. Each cheerleader must be kind, friendly and accepting of others. We do not tolerate bullying of ANY KIND. This includes, but is not limited to, other cheerleaders, students, coaches, and teachers. This includes all social media platforms, cell phones or in person.

2. Cheerleaders must be willing to work hard without complaint. There will be long days, long practices, and even boring games we must support. We push through the tough times and do it with a smile on our faces!

3. During games, you are a Cheer Leader. You set the tone for the energy of the crowd. We expect cheerleaders to have high energy, good facial expressions and stay engaged in the game. You should act like you are happy to be there!

4. Cheerleaders should be practicing at home! We are always seeking to improve our skills and that can't be done unless we practice outside of school.

9. Physical Expectations: Cheer is an intense, physical sport. You will be pushed to your limits, made to keep going even when you're tired, and will do the same things repeatedly. You WILL get bumps and bruises! There will be days when your body is exhausted. Please ensure you are willing to push yourself physically and mentally.

Cheerleaders should be conditioning at home! (Running, lifting weights, core work, jump drills, tumbling, etc.) Students must condition at home so we don't have to spend all our practice time conditioning.

10. Behavior: If your behavior/attitude toward the coach, your teammates, your classmates, or other students becomes an issue, the following steps will be taken:

First Incident: Meeting one-on-one with Mrs. Hurst to discuss behavior. Phone call or email home to discuss behavior with parents. Demerit

Second Incident: Meeting one-on-one with administration and behavior contract. Demerit

Third Incident: One-Term probation from games. Demerit

Fourth Incident: Removal from the team.

(See NDJH student leader honor code)

11. Demerits: Demerits are a way to ensure cheerleaders are upholding the commitments they have made as part of the cheer team. You will start the year with 0 points. If you receive a demerit, you must make up the points within one week. If they are not made up by the end of the week, they will be set permanently. If your points reach 50, you are on probation for one

term. You must make up the demerits to be off probation next term. If your points reach 100, you will be removed from the team.

You will receive demerits for the following items:

- Missed practice 15
- Missed practice with parent clearance 10
- Missed Game 10
- Late to mat 5
- Inappropriate practice clothes 5
- Inappropriate game clothes 10
- Attitude or misbehavior at practice or a game 10
- Bullying or being unkind to another teammate 15
- Lack of practice at home 10
- Any other item the coach deems necessary to receive a demerit

You may choose any of the following to make up demerits:

- One lap around the track -2
- Community service (30 min minimum) -10
- Teacher service (30 min minimum) -10
- Cleaning mats -10
- Staying at a JV game when not scheduled -5
- 50 V-ups or Straddle-ups -5

Demerits must be made up in front of Mrs. Hurst or Kelby or have a note from the teacher/organization you gave service to. Coaches will stay an additional 15 minutes after Monday practices if you need to make up a demerit.

12. Cheer Attire: We are a team! You are expected to dress like a team. On game days, we wear matching outfits. For games and performances, you will do your hair the same way, wear your uniform the same, etc. so we look like a team. If you forget a part of your uniform, you are expected to get it before the performance or game. If you do not, it will result in a demerit and you will be unable to cheer at that game.

Each cheerleader will be provided with a uniform, 2 bows, sweats, and camp clothes. You are expected to provide yourself with **black leggings, white ankle socks, and 2 razor back sports bras.**

You may not wear ANY jewelry to practice or games. Your natural nails should not exceed the length of your fingertips at any point in the season. No artificial nails can be worn due to safety concerns. You may not chew gum during practice or games. Failure to adhere to any of these rules will result in a demerit.

13. Practice: Cheerleaders will be expected to practice at home every day. Once students make the team, they will gain access to the BAND app, which holds all the cheers complete with

movements and words. You will be expected to learn the cheers on your own time. We will practice them together and clean them, but you should know them.

All general cheers and volleyball cheers must be memorized by August 15th.

Basketball cheers must be memorized by October 14th.

Wrestling cheers must be memorized by January 13th.

If it is evident you are not practicing at home, you will receive a demerit. If the behavior continues, you will be on probation from games for one week.

14. Competitions: We will compete as a team this year in various competitions. The dates are TBD. Competition season will start in January and go through March. Practices during this time are crucial and will determine how well we compete as a team. There will be blackout dates the week before a competition. This means students will not be allowed to miss practice on those dates or they cannot compete. We will ensure those dates are put on the BAND app calendar ahead of time.

Parent Commitment

1. Be willing to drop off and pick up your student for all practices, games, and activities.
2. Pay the \$875 cheer fee before September 1st. (Payment plans are available.)
3. Assist and support your child in team activities, games, events, and fundraisers.
4. Help your child attend school regularly and on-time.
5. Be willing to be a cheer parent!
6. Check the BAND app regularly to ensure you know the events on the calendar.
7. Remind your student to practice, practice, practice!
8. Occasionally help with snacks for activities, games, or long practices.
9. Be on the "Team Building" committee and provide opportunities to celebrate birthdays, achievements, and fun get-togethers!

Please return the signed permission slip, signed honor code, and a copy of this year's report card on the first day of clinics, April 9th, 2024.

My student _____ meets the requirements for trying out for cheerleader. I have carefully reviewed the materials in this packet, including the mandatory dates, behavior expectations, and financial obligation and I agree to allow my child to participate in the tryouts under these circumstances.

Parent/Guardian Signature _____ Date _____

I, _____, meet the requirements for trying out for cheerleader. I have carefully reviewed the materials in this packet, including the mandatory dates, behavior expectations, and financial obligation. I understand that I will be required to meet school standards and eligibility the entire time I am on the cheer team at North Davis, and I promise to do my best to meet those standards.

Student Signature _____ Date _____