



### Fall Cheer (Football): August – October

- The New Mark Cheer Clinic will begin after school starting on August 20<sup>th</sup> from 2:20 – 4:15pm in the NM Commons. Dress out in locker rooms. Wear tennis shoes. No jewelry or long nails.
- **Complete the backside** of this document and **bring it with you** to the 1<sup>st</sup> Clinic day on August 20<sup>th</sup>. A coach will check you in and take your form.
- Athletes **MUST** have a current doctor's physical on file **BEFORE** coming to Clinic. This paperwork must be submitted to **PRIVIT** at <https://nmnorthstars-mo.e-ppe.com/index.jspa>
- Clinic will last 3 days (Aug. 20-22<sup>nd</sup> from 2:20-4:15). Try-outs will take place on Friday Aug. 23<sup>rd</sup> from 2:20-4:15pm. Tryout results will be sent to a parent's email by 9pm that evening. All cheerleaders who make the squad will start regular practices the following Monday.
- A Parent/Athlete Informational Video will be sent out for families to watch. A full practice/game calendar will be given and ordering cheer gear will be explained in that video tutorial.
- Cheerleaders must complete 14 practices in order to participate at the first game. Practices are Monday-Wednesday after school from 2:20 - 4:15pm. A prompt pickup from practice is expected. Have a ride set up or find a friend for carpooling.
- Football games are usually on Tuesday nights. Home football games will be played at Staley High School. Away game locations will be determined. Games are in the evening.
- Football games usually start at 5:30pm & end around 9pm. Cheerleaders will be given a "call time" when they need to arrive for warm-up. Some cheerleaders will be assigned to cheer for **Game 1**, and some will be assigned to **Game 2**. This is based on stunt groupings, not talent.

### Costs to Consider

- \$50 (one-time a year) Sports Participation Fee - check paid to New Mark or through the New Mark Northstars Athletic website online. Pays for buses, coaching staff, uniform rental, equipment, etc.
- Around \$75 for poms, white cheerleading shoes (any brand is fine, including cheer shoes you may already own), black briefs, green body liner, & bow. These will be ordered online and a link will be given out to make these purchases. We will give you the instructions once squads are selected.
- Cheer uniforms are provided for you to borrow for the season. If alterations are needed, coaches will take the uniform to a pre-chosen seamstress for these adjustments. No personal altering is allowed. No rolling skirts is allowed. Uniforms are a rental and not fitted perfectly or tightly.

### Communication

- New Mark Cheer will use **Canvas** for communication. Coaches will enroll cheerleaders in that "course" after squads are chosen. Look for announcements and the practice calendar there.

**We look forward to seeing you in August at the Clinic!**

Head Coach Britt Bowman

[Britt.bowman@nkcschools.org](mailto:Britt.bowman@nkcschools.org) (816) 321-4197

# New Mark Cheerleading Participant Information Document

(Please complete this information and bring it to the Cheer Clinic with you.)

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

Grade Level You Will Be In (circle one):      7<sup>th</sup>      8<sup>th</sup>

Cheerleader's Birthdate (month/day/year):      /      /      \_\_\_\_\_

Cheerleader's Lunch #: \_\_\_\_\_

Cheerleader's Cell Number (if applicable): \_\_\_\_\_

Parent Contact Name: \_\_\_\_\_

Email (Tryout results sent here): \_\_\_\_\_

Parent's Cell Number: \_\_\_\_\_

Complete this Fall Cheer Interest Survey QR Code:



## Conflicts:

- All practices and games are mandatory, and all doctor's appointments, vacations, and other activities **should not conflict** with any cheer practices or games. This is due to the high number of students wanting to be on a squad with limited spots open.
- Please list down below **ANY** and **ALL** conflicts you believe you have, based on the practice and game schedule days and times on the previous page.
- Coaches will take these conflicts into consideration when selecting squad members and will give priority to students who will be present at every practice and game.