

Southern Middle School Cheerleading Information 2024-2025

**Thank you for your interest in Southern Middle School
Cheerleading.!**

**Cheerleading is a serious commitment and is not to be taken
lightly.**

**Thanks for choosing to hopefully be a part of SMS
cheerleading team - Coaches Cannon & Kelly 😊**

***There will be a mandatory parent meeting for anyone who
makes the team on Tuesday, August 20th AT 6PM in the SMS
LIBRARY. Parents/guardians and cheerleaders must both be in
attendance. We will discuss important information pertaining
to this year's team. ***

If you have any questions please contact:

Head Coach -Cherish Cannon

Cherish.Cannon4@fayette.kyschools.us

OR

Assistant Coach -Kelly Head

kelly.head@fayette.kyschools.us

Southern Middle School Cheerleading

Program Overview

The purpose of Southern Middle School Cheerleading Team is to:

1. Build school spirit at SMS, pep rallies, athletic, and school events
2. Promote crowd involvement and good sportsmanship
3. Encourage good school morale
4. Support school athletics

** It is essential that families consider the significant time commitment required to be a cheerleader. Cheerleading is a **year-round sport** with little down time. Cheerleading **must** take precedence over social plans, job schedules & other sports and/or activities. Other activities cannot interfere with practices, games, or competitions. Please make every attempt to schedule medical & dental appointments so as to not interfere with cheer commitments. **

Academics

SMS expects academics to be each cheerleader's first priority. Cheerleaders must adhere to the KHSAA academic policy to be eligible to cheer. The coaches and athletic director will check grades **every week**. **Each cheerleader must maintain a GPA of at least 2.0 in order to participate**. Any cheerleader who does not maintain the minimum GPA will be expected to sit out of all practices and games until the GPA reaches the requirement. Constant academic ineligibility could result in removal from the team.

Behavior

In order to be successful, each individual must demonstrate a good work ethic and be willing to work for the good of the team. Respect for other squad members and the coaching staff is imperative. The same is asked of parents towards other team members, parents, and coaching staff. Negative behavior from the student or parent could result in a cheerleader being removed from the team. **Cheerleaders must follow all school rules and policies of SMS.**

Any cheerleader in team detention/safe during the school day will be required to sit out from practice the day that they serve Safe time. Further consequences could arise if the cheerleader is assigned to safe/detention multiple times. Any use or possession of alcohol, tobacco, or drugs will result in immediate suspension and removal from the team. **Any cheerleader suspended from school will potentially be removed from the team.**

****If you make the team you will be required to sign a behavior agreement form.****

Any cheerleader who is removed from the team or quits for any reason will not be permitted to try-out the following year.

Attendance

Attendance at all practices, games, competitions, fundraisers, and community events are **mandatory**.

Any unexcused absences from practices, games, etc. will result in sitting out during a practice and/or game. (Coaches' discretion).

Schedules will be given out by the beginning of each month with practices, games, events and any other important information. Please plan all events around the cheer schedule. The coaches will notify girls of changes or send out reminders via text or group me. It is the cheerleader's responsibility to notify the coach if her phone number is changed and provide another form of communication.

You are permitted a total of 3 unexcused absences. On the 4th unexcused absence you will be removed from the team. See below for excused/unexcused absences. The coaching staff and principal will decide all team removals.

****A phone call or text message to the coach from a parent/guardian, is REQUIRED for any absence as early as possible. Failure to do so will result in an unexcused absence. ****

**** Parents cannot use cheerleading as a punishment. This punishes the entire team and is unfair to cheerleaders and coaches. ****

Unexcused Absences

- Family/Social Events/Vacations during the school year
- Non-school related events/activities
- Accumulation of 3 tardies or early leaves from practice, game, or event

Excused Absences

- Death in the family
- Serious illness with doctor's excuse (Valid for 12 weeks only.)
- Religious Holiday/Commitment (not holiday parties)
- Required academic functions
- Leaving school early per nurse discretion. (Please notify coaches at that time)
- Doctor's excuses
- Approved School Functions/Sports

*****Any other absence that may arise will be decided upon by the coaching staff whether it is excused or unexcused.****

Cheer schedules will be sent monthly a month ahead of time.

Practices

- All practices are **closed**. Only cheerleaders and coaches are permitted in the practice area.
- There is absolutely **no practicing, stunting, or tumbling** without a coach present.
- Cheerleaders must wear shorts, t-shirt or tank top, and cheer shoes.
- Hair must be secured in a ponytail, no jewelry!
- Cheerleaders will be counted tardy if not dressed appropriately at the time practice starts.
- Cell phones are not to be seen or heard during practice.
** If there is an emergency, parents need to contact the coaches.**

Games

SMS cheerleaders will cheer most home (boys and girls) basketball games and most home football games. We will cheer for possible away games during tournament time (Cheerleaders are responsible for having their own transportation).

A "Game Plan" will be designed for each game so the team knows what cheers/chants to do between quarters, during time-outs, etc.

Competitions

SMS Cheerleaders will learn a 2 ½ minute routine to perform at competitions.

Our goal is to compete in 2-3 competitions per year, plus Fayette County Showcase. These competitions and locations will be announced ahead of time. All cheerleaders/parents will be responsible for transportation to all competitions. **Competition is MANDATORY!**

Uniform

Cheerleaders are responsible for all uniform pieces issued (**loss of any uniform pieces must be paid for ASAP to replace**).

Only cheerleaders are permitted to wear or use cheerleading equipment, outfits, or uniforms. Uniforms are not to be worn except at SMS events as noted on your calendar. **Cheerleaders are not permitted to lend uniforms to anyone not currently on the team.**

Cheerleaders are to arrive at games/competitions in full uniform, ready to cheer. In winter this also includes wearing your warm-up over your uniform. Wearing the incorrect uniform will result in the cheerleader having to sit out. No jewelry!

Health/ Fitness/ Medical

All cheerleaders must have a current physical on file with the school at tryouts. It is your responsibility to keep a current form on file with the school.

Cheerleaders are required to stay fit and healthy, as practices will contain conditioning workouts that include aerobic, strengthening, and cardiovascular activities.

Cheerleaders are expected to treat their bodies with respect, as a lot is expected from them performance-wise. Cheerleaders must eat regularly and nutritiously. Drinking pop and energy drinks on game and practice days is greatly discouraged as these beverages are performance prohibited. Water or sports drinks are your best options.

Events

Beyond games, SMS cheerleaders will participate in other events in the community and for the team. All cheerleaders are expected to fully participate. These events will be communicated prior to the event.

Events may include, but are not limited to:

- Team pictures (for school and programs)
- Fundraiser events
- Competitions
- Community Service

Costs

Mandatory for all Cheerleaders:

- FCPS Athlete Insurance (**must** be paid prior to first game) **\$25.00**

Estimate costs for the 2024-2025 cheerleading season will be \$400-500. (This *excludes* the athlete insurance fee, further details will be given at the parent meeting.) Payment arrangements can be made with coaches.

Payments will be accepted beginning the day of the parent meeting. Checks may be made payable to Southern Middle School. **Please remember that no one will be permitted to practice without payment of the FCPS Athlete Insurance Fee.**

**** There will be no refunds if you decide to quit or get removed from the team!!!!!! ****

SMS cheerleaders must fully understand that each cheerleader represents not only herself, but the team, coaches, and school during the entire cheerleading season. You must be willing to always act in a mature and responsible manner and not leave your integrity or judgment to question. Your behavior in and out of uniform cannot come into question if you plan to be a Southern Middle cheerleader. Please understand that this is a yearlong commitment and decisions by coaches will be made for the TEAM, not the individual. Compromise and understanding are the foundation of this team and all members must be willing to give and take.

2024-2025 Southern Middle Cheerleader Information

Please return this portion the first day of tryouts! - There will be extra to fill out the day of, if no printing access.

Cheerleader name: _____

Upcoming Grade: _____

Years of cheer experience and Team names:

Cheerleader cell phone if applicable:

Parent/Guardian name(s) and address with which you reside:

Parent/guardian cell phone: _____

Parent Email address:

Allergies/Asthma/Current or Prior Medical Conditions: _____

Other current sports participant is involved in:

By signing below you are stating that you have read and understand the information in this packet. This also indicates that you consent to the administration of basic first aid to your child as deemed necessary by the coaching staff both during clinics and tryouts as well as the remainder of the season.

Candidate: _____

Parent/Guardian: _____