Teeland Middle School Cheerleading Try-Out/Season Overview

Check Off List:

_____ Registration and physical must be completed- go to the TMS web page and follow prompts for athletic registration using PlanetHS by Friday 9/15/22. You will need to pay your sports fee and your cheer gear fee ($150), you may do this online at schoolpay or drop off payment at the office/give to coach. Contact Mrs.Aho for support.

_____ Attend first day of practice Tuesday 9/19/22 2:20-3:40, you will receive a season packet & signature sheet to return to coach the next day!

_____ Practice is every day 2:25-3:40, come prepared to work out! Try-outs are the first 2-3 days of practice, but there are no cuts, everyone who tries out makes a team! Your ride MUST be here at 3:40 for you to participate. We will end our season on November 18th.

Projected Costs for Cheerleading:

- Sports Physical (paid to physician)
- Sports Fee- ($100 unless approved for free/reduced lunch)
- Competition Fees- TBA if applicable. (There is no information at this time)
- Gear- $150.00 (cash, check, or pay online) gear will not be ordered for your child until it's been paid for. Students may practice in PE clothes and shoes but will not be able to cheer for games/compete without team gear. Gear package includes shoes, socks, briefs, bow, bag, & jacket (extra items possible depending on price)!

*No one is excluded because of money; please talk to coach about arrangements for the gear fee if needed.

For more information, please email/call

Coach Amanda Bellamy

amanda.bellamy@matsuk12.us

Teeland Middle School Basketball Cheerleading

2788 N Seward Meridian Pkwy * Wasilla, AK 99654
(907) 352-7500
Principal: Karla Head * Assistant Principal: Felica Pridgen
Athletic Director: Jousette McKeel
Head Cheer Coach: Amanda Bellamy (907) 352-7527
Assistant Cheer Coach: Tari Jacobson (907) 352-7581

Parents and Cheerleaders,

ALL Cheerleaders will be held to high standards of integrity and responsibility. Once you join the program, you become a student athlete. This is a privilege you earn. Athlete or not, you are expected to follow the rules, but as an athlete, the rules become even more important. Student athletes represent their school, peers, and community always- in or out of season.

You are required to attend every practice and event unless you have made prior arrangements. Excessive absence, whether excused or not, will jeopardize your position on the team. If any participant has more than one unexcused absence from any event, including practice, they may be asked to leave the team. Each member of the team has a specific purpose, and the success of the entire team is contingent upon total commitment from every participant. Unlike other sports, there are no second or third strings to depend on if members are absent. Pick-up from practice should be done promptly at 3:20. If you are more than 15 minutes late to pick-up your athlete 3 times, your child will be removed from the team.

Student athletes are required to maintain passing grades to participate. At TMS grades are checked bi-weekly- a GPA of 2.0 or higher must be maintained. Failing grades will result in the athlete sitting out to focus on making up the grades. If a cheerleader misses games or practice due to academic ineligibility, he/she will no longer be able to compete- they may come back as a game cheerleader only.

While involved in any school-related sport participants are required to follow the athletic code of no alcohol, drugs, or illegal/inappropriate activity of any kind. This includes what you post, or your friends post about you, on social media! TMS basketball cheerleaders will be recognized as legitimate student athletes because they will practice, perform, and behave like respectable student athletes. TMS cheerleaders will also be held to a high level of in-school conduct.

Any time in SRC during the school day will be reviewed on a case by case basis. A cheerleader being sent to SRC may result in being unable to participate in practices, games or being removed from the team.

TMS Strike Zone: Handled with/by the Head Coach. Your first offense of inappropriate behavior will be a verbal warning and phone call home. Second offense will result in a phone call home with an explicit plan of what will happen if another offense occurs. The third offense will be decided upon by coaches and school administration and may result in removal from the team.

Practice wear- cotton shorts and tee shirts in Teeland colors (when possible), and sports bras. No slick or overly baggy clothes are allowed due to the safety hazard. Everyone must wear tennis shoes with a smooth sole with socks to every practice/event. Girls with shoulder length or longer hair must have it pulled back at all practices/events for safety reasons. Racerback style sports bras are required for practices and games. Game day dress code for the school day will be decided prior to each game. Uniforms will not be worn to school. Cheerleaders will either dress nicely or wear warm ups to school on game days.

We follow all National Federation (NFHS) and AACCA rules and guidelines on safety. This means: absolutely NO jewelry of any kind ever (except a medical I.D.), no glittery make-up, no fingernails may show above the tips of the fingers, no chewing gum, and no large metal or plastic hair clips. No foundation, or liquid skin tone face make-up, may be worn when in uniform. We will present a clean, wholesome, and uniform look. All hair will be worn the same way at games/events, no colored nail polish, and only natural looking hair color will be allowed. If you have any questions or concerns about any of these rules, please do not hesitate to call or email me.

I have been coaching cheer for 14 years at the middle and high school level. I have choreographed and taught cheer routines and clinics all over the state. I am certified by the American Association of Cheer Coaches and Administrators (AACCA), and NFHS. I am First Aid and CPR certified. I have also judged competitions around the state of Alaska.

My assistant coach is Tari Jacobson. She has been teaching for many years. This is her second year at TMS, and her second year coaching at TMS with me! Tari and I create an extremely positive atmosphere in which athletes

can accomplish great things and take pride in what they achieve as a team. It is hard work, but the rewards are well worth it. The word “can’t” is not allowed in our program! No one improves, overcomes fears, or achieves goals by saying, “I can’t.” We’re very excited for the upcoming season. Thank you for your support and interest in the program.

Please sign in the space provided on the signature sheet and contact me with any questions. Parents keep this letter for your records and feel free to visit a practice and/or attend games to support your student athlete. We look forward to working with you and your son/daughter; you will receive information via email and/or hard copies on schedules and events as it becomes available.

GO TITANS!

Coach Bellamy, (907) 352-7527

Coach Jacobson, (907) 352-7564

Standards for TMS Basketball Cheerleading

PRACTICES

- All practices throughout the season are required, unless specified by coaches.
- All absences/tardies must be excused; this means they are pre-arranged with the coach. If it is a bussing issue, it will be excused but contact with a coach must be made (IE in the case busses have rolling outages and the athlete can't make it to school).
- Parent contact is required prior to an absence.
- If you are late due to working with a teacher after school- bring a note signed by that teacher to practice.
- In the event of an emergency or unexpected absence, Do NOT rely on a teammate to tell your coach why you are absent/late. If you have time to tell a teammate, you have time to tell coach. If you leave school early, come see me first, or you or your parent should email me.
- Unexcused absences and tardies will be handled on an individual basis; excessive unexcused absences and tardies will result in removal from the team.

GAMES

- All cheerleaders are required to stay after school on game days. Games at TMS start at 3. We will only cheer games at TMS with the exception of the final tournament in November. Again, absences, coming late, and leaving early must be pre-arranged with coaches! Unexcused absence or tardy will result in some time on the bench (in uniform next to coach) and excessive unexcused absences/tardies will result in removal from the team.

Miscellaneous

- You will represent Teeland Middle School and Teeland Cheerleading well at all times. Inappropriate and/or disrespectful behavior on or off school grounds will not be tolerated. Coaches will handle these situations on an individual basis and with regard to the severity of the offense. In most cases, if coaches have to address unfavorable behavior with a cheerleader more than once, he/she may be excused from the team. Will will follow the TMS strike zone procedure listed above.

- Whole day school attendance is mandatory to participate in games or practices, unless approved by the school admin/coach ahead of time.

Missing any part of the school day or class will result in sitting out and could be considered an unexcused absence.

- Alcohol, tobacco, drug use, and illegal activity of any kind is not allowed and will result in immediate dismissal from the team. Please remember you are also “guilty by association” and I hear about everything! Get rid of anything that could be considered inappropriate on your social media accounts!!

- Your uniform is your responsibility while you have it on; every piece of your gear is also considered part of your uniform, including warm-ups. Do NOT lend any piece of your uniform/gear out to others (a uniform is something you must earn, respect, and take pride in). If your uniform- all pieces included- is torn, stained, lost, stolen, or damaged in any way you will be charged for a new one (up to $200.00).

- Gear (everything from bow to shoes) should also remain here at school in your locker. If you take something home and forget to bring it back in time for the next game you will NOT participate in that game. Keep your cheer bag fully stocked at all times! If you have “extras” keep them handy for teammates who may need them!!
- In any situation I reserve the right as the coach to amend these standards if I feel it is necessary. All final decisions will be made by me and in the interest of what is best for the entire team. These standards will be strictly enforced from day one of the season to the final day of the season.

Informed Consent and Acknowledgement Agreement

Teeland Middle School Basketball Cheerleading Program

I/We, _____, parents and guardians of _____, who is a student at Teeland Middle School and wishes to participate in cheerleading tryouts for the varsity and/or junior varsity cheerleading team, and, if accepted as a cheerleader, to participate in all cheerleading activities of the Teeland Middle School basketball cheerleading program, and in consideration of allowing our child to tryout and/or participate in such activity, give our consent for such participation by our son/daughter.

We understand that our child is required to be in good physical shape and condition and that the activities that he/she will be asked and expected to participate in are strenuous and require physical and athletic agility. It has been fully explained to us that these activities include, but are not necessarily limited to a variety of gymnastic routines, including somersaults, back handsprings, aerials and round-offs; that there will be a variety of mounts and stunts requiring the coordination of more than one participant on the squad; that these activities will not be confined to any one site or venue, but rather a variety of sites and places throughout the basketball cheerleading season.

It has also been explained to us that cheerleading is an activity in which the risk of injury is high; that any one of the routines involving our child's participation in cheerleading activities in general could lead to serious injury, including partial or total paralysis, even death. We have also discussed this with our child and among ourselves. Despite this understanding of the possibility of serious or catastrophic injury or death and the risks involved, we still consent to the participation in this activity by our child.

We represent to you that, to the best of our knowledge and belief, our child has no physical, medical, or mental disability or other limitation that would restrict his/her ability to fully participate in this activity as described and explained to us. We have been informed that our child must be examined by a physician prior to participation in the activities described above and we agree to such examination. Verification of such an examination has been turned in to the office.

We agree to, and by the signing of this agreement, release the coaches, assistant coaches, volunteers, staff of Teeland Middle School and the Board of Education from any claim of negligence by ourselves, our child, our heirs, executors and assigns, from any liability arising from claims for damages for injury to our son/daughter and any claims of loss of or damage to his/her property which may arise out of his/her participation in the Teeland Middle School basketball cheerleading program for the current academic year.

*Please sign for this agreement at the bottom of the "Parent/Cheerleader Signature Sheet" and keep this copy for your records.

Skill Preferences for TMS Cheerleading

Varsity Preferences:

- Advanced level of fitness/potential
- Level toe touch or higher
- Sharp motion technique with proper placement
- Teeland spirit, a positive attitude, and high aptitude for learning • Advanced tumbling skills preferred

Junior Varsity & C-Team Preferences:

- Basic level of fitness/potential
- Demonstrate proper approach and execution of jumps.
- Demonstrate potential for sharp motion technique with proper placement
- Teeland spirit, a positive attitude, and high aptitude for learning
- Basic tumbling skills preferred

Remember!!!

- You do NOT automatically make varsity if you have a back handspring and/or round-off back handspring. You MUST show and complete ALL other skills listed in order to be considered for the varsity team.

- You do NOT automatically make the Varsity team if you were on the team last year. All former team members must try-out again and demonstrate the above skills to be_ considered for the basketball cheerleading program.

- Everyone who wants to cheer will cheer!

Cheerleader Evaluation Sheet (Sample)

Name:				Grade:		Comments:	
Standing (10)	Running (10)	Jumps (10)	Motions (10)	Dance (10)	Spirit (10)	Overall (10)	Total (70)

2022 TMS BASKETBALL CHEER SEASON SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17	**18**	**19 Cheer Starts**	**20 Tryouts 2:25-3:40**	**21 Tryouts 2:25-3:40**	**22 Tryouts 2:25-3:40**	**23**
24	**25** Practice 2:25-3:40	**26** Practice 2:25-3:40	**27** Practice 2:25-3:40	**28** Practice 2:25-3:40	**29** Practice 2:25-3:40	**30**
OCT 1	**2** Practice 2:25-3:40	**3** Practice 2:25-3:40	**4** Practice 2:25-3:40	**5** Practice 2:25-3:40	**6** Practice 2:25-3:40	**7**
8	**9** Practice 2:25-3:40	**10** Practice 2:25-3:40	**11** Practice 2:25-3:40	**12** Practice 2:25-3:40	**13** Practice 2:25-3:40	**14**
15	**16** Practice 2:25-3:40	**17** Practice 2:25-3:40	**18** Practice 2:25-3:40	**19 No School** Practice 2:00-4:00	**20 No School** Practice 2:00-4:00	**21 Cheer Comp? TBA**
22	**23** Practice 2:25-3:40	**24** Practice 2:25-3:40	**25**	**26** Practice 2:25-3:40	**27**	**28**
29	**30** Practice 2:25-3:40	**31** Practice 2:25-3:40	**NOV 1 No School No Practice**	**2 No School No Practice**	**3 No School No Practice**	**4**
5	**6** Practice 2:25-3:40	**7** Practice 2:25-3:40	**8**	**9** Practice 2:25-3:40	**10 No School No Practice**	**11**
12	**13** Practice 2:25-3:40	**14** Practice 2:25-3:40	**15**	**16 B-ball Tourney @TMS**	**17 B-ball Tourney @TMS**	**18 B-ball Tourney @TMS**

** Schedule subject to change.

Parent/Cheerleader Signature Sheet

You MUST return this page only on the second day of try-outs in order to participate.
We have read, understand, and agree to comply/participate/commit to the expectations set forth in the TMS Cheerleading Season Packet.

Cheerleader Signature: _____Date: _____

Parent/Guardian Signature: _____Date: _____

Parent Cell Phone: _____

Parent Email (print carefully!): _____

Informed Consent Agreement:

I/We, _____, parents or guardians of _____... In witness whereof, I/we have affixed our signatures to this agreement this _____ day of _____, 2022 at Teeland Middle School, Wasilla, Alaska.

_____
(parent signature) (date)

_____
(parent signature) (date)

Cheerleader Character Pledge:
I pledge to treat others with kindness and respect at all times. I will avoid gossip and other negative behaviors. I will hold myself to high standards of integrity and responsibility and take my role as a student athlete seriously. I understand I am a leader; my thoughts, words, and actions make a difference in the lives of others. I choose to make a positive difference. I fully understand that my choices and actions are my own responsibility and I may no longer be allowed to cheer at TMS if I make poor choices.

Cheerleader Signature: _____Date: _____