Antioch Middle School

Cheerleading

HANDBOOK

ANTIOCH

MIDDLE SCHOOL

2024-2025

Head Coach: Norberietta Wright

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Assistant Coach: Jennifer Evans

Technique Coach: Labria Appleton

AMS Cheerleader Handbook and Contract 2024-2025

Dear Cheerleading Candidates, Parent(s) and Guardian(s),

The Antioch Middle School Cheer Squad is an exciting and rewarding sport offered at our school that teaches teamwork, dedication, sportsmanship, leadership, school spirit, and hard work. Selection to represent Antioch Middle School as a cheerleader is both an honor and a privilege. As an AMS (Antioch Middle School) cheerleader, you will be in the forefront as a representative of our school and will be expected to always adhere to a strict code of conduct with honor, both on and off campus. AMS Cheer holds a high standard for performance *and* moral values. The AMS Cheer Squad Code of Conduct.

While deciding whether to be part of our program, please consider and remember the *time* commitment this sport will require from both student *and* parent. Your commitment will involve active participation in afterschool practices all practices are mandatory (unless approved by coaches) on or off campus stunt or tumbling workshops, pep rallies, summer practices, fundraising events, team bonding, community service activities, and weekly games (football season 1st quarter, basketball & wrestling season 2nd quarter, and post season playoffs, tournaments and/or championships 3rd quarter).

The AMS Cheer Squad had tryouts in the Spring (March 27-28th, 2024) of last school year. The AMS Cheer Coaching Staff has decided to host additional tryouts at the beginning of the 2024-2025 school year for Winter sports (**August 14th&15th only!**). For those who are new to the MNPS District, AMS or was not victorious in the spring, will be able to tryout during this time. **Please note he/she will not be eligible to cheer until 2nd Quarter (Fall/Winter) due to non-completion of summer training**. If you were dismissed or voluntary vacated the team for academic, behavioral reasons etc., then you **WILL NOT** be eligible to retry for the team during the current school year.

It is an MNPS (Metro Nashville Public Schools) district mandate that each student has an updated sports physical signed by a physician before participation in tryouts or practice can be allowed. Sports physicals expire one year from the date signed by the physician.

Please be aware that we have tried to include all information and requirements for trying out for Antioch Middle School Cheerleading in this packet. However, as the cheer coaches, we reserve the right to make exceptions (only in extreme or unforeseen circumstances) if those exceptions are in the best interest of the cheer candidates and the future squad.

It is imperative all AMS Cheer Squad members are aware of what is expected and the standards to which each cheerleader will be held. The four most important requirements that both the candidate and his/her parents need to take into consideration for the duration of the 2024-2025 cheer season are attention to academics, adherence to school policy, good character, and meeting financial obligations If for some reason, you feel that your child cannot meet these expectations, you may need to reconsider participation. If a student does not maintain the requirements or the expectations listed below, their position and subsequent role on the AMS Cheer Squad will be changed or terminated at the coach's discretion. **If a cheerleader misses practice and is unprepared for a game or performance, that cheerleader will sit out the next game. If a cheerleader does not know the routine, that cheerleader will sit out the**

performance. **If a cheerleader is not in the proper attire, the cheerleader is subject to being benched for that event.**

We look forward to an awesome season and wish everyone the best of luck!

FINANCIAL OBLIGATIONS

Please understand, cheerleaders will not receive clothing and equipment in a timely fashion, or attend camp if dues are not paid in full by the deadline date **September 27th 2024**. The deadlines ensure cheerleaders have all materials before the first game. There will be **NO REFUNDS** if a cheerleader or parent of cheerleader decides to quit or remove the cheerleader from the cheer squad, or if a cheerleader is removed by a coach or administration. The cheer uniform/suit will be **RENTED** to your cheerleader/student from Antioch Middle School (The uniform/suit will be returned at the end of the season). **Every Friday morning cheerleaders will drop off their uniform to Coach Wright in room(115) for inspection and cleaning by coaches.** The following financial obligations do not include any expenses offset by fundraising efforts. All parents are encouraged to participate in fundraisers to offset expenses. **(Check or Money order only)** made out to AMS cheer team with your signature and child's name.

First Payment Due: August 30th 2024 ($225)

Second Payment Due: September 13th 2024 ($200)

Third Payment Due: September 27th 2024 ($200)

Cheer suits Rental Fee: $100 (Shell top and skirt)

POM-POM Rental Fee: $20

Athletic Fee: $25

Cheer Bag Fee: $25 (Add name embroidery for $10)

Cheer Package: $205 includes

- Shoes $40
- Bodysuit $60 (Yellow or Blue)
- Bows $20 (Yellow or Blue)
- Cheer socks $10 (Yellow & Blue)
- Track suit $75 (Top & bottom $10 to add name embroidery)

Bus fees $250

Total Cost $625

SHIPPING AND TAX ARE INCLUDED IN FEES!

AS OF: 3/26/2024

ADDITIONAL EXPECTATIONS

Tumbling Practices

Please Note: The AMS Coaching staff is working actively trying to find a tumbling trainer to come help us with tumbling and tumbling safety. Practices may be added at a later date but at this time the tumbling practices have not been set.



Rented from A.M.S





Owned by Cheerleaders

AS OF: 3/26/2024

Fundraising

The AMS cheer squad will take part in several fundraising events throughout the 2024-2025 cheer season. Some of these events will be **MANDATORY** (all general account fundraisers are mandatory) and will require the participation of each cheerleader. Parental involvement in scheduling and organizing fundraising activities is strongly encouraged and will be greatly appreciated. The amount of money earned to offset monthly payments will be *largely* dependent on parent volunteers. Fundraisers will occur throughout the season. Please plan accordingly.

Fundraisers will be available to AMS Cheer families to help offset camp/competition expenses.

1. Fill in my Bow (Donation Style) Individual *Goes toward your cheer fees*
2. Fill in my Pow (Donation Style) Individual *Goes toward your cheer fees*
3. Events: Attending Different in the Community/Nashville (Donation Style) Squad
4. Car wash (Dates TBA) Squad
5. Sales (Candy, Baked goods, Pom-pom, Cups, Tickets, Smartcards ,etc) Squad

AMS WEEKLY PRACTICE SCHEDULE

***Practice days and gamedays are subject to change pending district or league amendments. Parents should expect to remain flexible.*

Important Dates: It is important for the student to be available on these dates. Permission must be obtained from the coach in advance if the student cannot fulfill this obligation. We will be making a groupme or group chat for the squad and one for Parent(s) and Guardian(s).

Since football and basketball game days change each year the daily after-school schedule will become clearer once those dates/days are released.

Monday-Thursday—If it is a practice day, practice times will be 4:30-6:00

Monday-Thursday—If it is a game day, cheer team will stay after school and attend the game

Fridays: TBA (**Every Friday Morning cheerleaders will Drop off their Uniform to Coach Wright room(115) for inspection and cleaning by coaches)**

All AMS Cheer Squad cheerleaders are *students* first, athletes second. Therefore, **all cheerleaders will be required to take part in Backfield In Motion or Black Lemonade to keep up with and receive help with coursework/homework**. Cheerleaders will also have a weekly check-in/checkout sheet to ensure students are aware of where they are with classwork and what is needed to succeed academically. **Squad will be given a monthly calendar of events and important dates/ deadlines**

PLEASE REVIEW THE CONTENTS OF THE ENTIRE ANTIOCH MIDDLE SCHOOL CHEERLEADER HANDBOOK BEFORE SIGNING BELOW

For Parent:

I am a member of the AMS Cheer Squad at Antioch Middle School. By initialing by each statement below, I am verifying that I understand and agree to abide by each:

_____ I agree to uphold all guidelines stated in this packet. I understand what is required for cheer tryouts at Antioch Middle School.

_____ I know that I am expected to uphold and reinforce the rules and guidelines set by the coaches *and* Antioch Middle School.

_____ I understand the consequences for cheerleaders and cheer family members NOT upholding the rules and guidelines set by the cheer coaching staff may include behavior referral boot camp (BRBC), or removal from the squad pending coach or administrative review.

_____ I know that my student is expected to maintain their grades during the entire season.

_____ I know that I am expected to do my fair share in fundraising.

_____ I know that if selected as a cheerleader, my student and I will not only represent the AMS Squad, but ourselves and Antioch Middle School as well. I know our actions and conduct can and will be viewed publicly.

_____ I agree to serve as a positive participant in the AMS cheer family. I understand that negativity among parents and others only contribute to the division of our squad. I will handle my questions or complaints maturely and will approach the coach at an appropriate time to discuss any cheer issues.

_____ I agree to pick up my child on-time during the cheer season. I understand that if I am more than 10 minutes late picking them up on five occasions then my child may be removed from the team. For example, pick up time on practice days is 6 o'clock, I understand that my child must be picked up by 6:10.

My signature below verifies that I have read the entire Cheerleader Handbook and understand the requirements & guidelines and AMS Cheer Squad Expectations and financial obligations for cheerleading at Antioch Middle School.

Parent/Guardian Signature:	**Date**

PLEASE REVIEW THE CONTENTS OF THE ENTIRE ANTIOCH MIDDLE SCHOOL CHEERLEADER HANDBOOK BEFORE SIGNING BELOW

For Student:

I am a member of the AMS Cheer Squad at Antioch Middle School. By initialing each statement below, I am verifying that I understand and agree to abide by each:

_____ I agree to follow all guidelines stated in this packet. I understand what is required for cheer tryouts at Antioch Middle School.

_____ I know that I am expected to follow the rules and guidelines set by the coach *and* Antioch Middle School.

_____ I understand that consequences for NOT following the rules and guidelines set by the cheer coaching staff *and* may include behavior referral boot camp (BRBC), demerits, or removal from the squad pending coach or administrative review.

_____ I know that I am expected to maintain my grades during the entire season.

_____ I know that I am expected to do my fair share in fundraising to help my parents and team with the expense of cheerleading.

_____ I know that if I am selected as a cheerleader, I will not only be representing my team, and myself, I will be representing Antioch Middle School. I know my actions and conduct can and will be viewed by all who see me in my Antioch Middle School cheerleading uniform.

_____ I agree to serve as a positive participant in the AMS cheer family. I understand that negativity among my cheer sisters and/ or brothers only contributes to the division of our squad. I will handle my questions or complaints maturely and will approach the coach or a captain at an appropriate time to discuss any cheer issues.

My signature below verifies that I have read the entire Cheerleader Handbook and understand the requirements & guideline, and AMS Cheer Squad Expectations and financial obligations for cheerleading at Antioch Middle School.

Cheerleader Signature:	**Date**

2024-2025 Antioch Bears Cheerleaders

These guidelines are provided to inform students and parents of expectations of participating in the cheerleading program offered by AMS. Cheerleaders selected for the cheerleading team must agree to the following guidelines.

Standards for Cheerleaders

Cheerleaders by title are **Role Models** and you must remember that there are people watching everything that you do and say. Because of this the Antioch Bears cheerleaders are expected to set high standards for their school and to set good examples for their fellow classmates.

- Attend all scheduled **Practices, Games, and Performances** unless it is an excused absence
- Always set an example of good behavior **(whether in or out of uniform, in class, at games, and all school functions including social media sites)**.
- Always use language that is socially acceptable and age-appropriate (profanity and inappropriate gestures will not be tolerated).
- Always cooperate with team members and follow the instructions of cheerleading coach and team leaders.
- Always respect adults, peers, and all other persons (I will not physically mentally or verbally abuse or bully any person).

Attendance

- Student athlete must attend school for at least half a day to be eligible to participate in practices or performance.
- If you are at school, you are expected to be at practice.
- It is the responsibility of the cheerleaders' parents or family members to notify the coaches by phone text e-mail of any potential tardy, absence, and sickness.
- Members must arrive at event/practice on time **DRESSED** and **READY TO WARMUP**.

Practice Expectations!

- Practice attire includes tennis shoes, black pants/shorts, white shirt and hair up in a secure ponytail.
- NO JEWELRY (This must be taken care of before practice time)
- On practice days you will be riding the bus home from Backfield in Motion/Black Lemonade. On game days your parents must be available to pick you up from either AMS or the game site **AS SOON AS** the game has concluded. Excessive tardiness of parents picking up cheerleaders may result in expulsion from the team.
- Cell phones should be turned off and put away prior to practice.

Game Expectations!

- Ladies will come to school fully dressed in uniform on game days.
- You are responsible for the upkeep of your uniform. Uniforms need to be kept neat and clean throughout the cheerleading season.

- Cheerleaders are to remain in the cheer area during games.
- Cheerleaders need to eat prior to game or after their game not during halftime.
- Cell phones should be on silent and put away during games.

Fees

- All fees are due in a timely but orderly fashion to participate throughout the cheerleading season. (see handbook for the fee break down)
- If for any reason the cheerleading uniform is damaged in anyway (rips, tears, unremovable stains, lost, stolen etc).Parents will be responsible for the full price of the uniform ($400 plus tax & shipping). This fee would be due immediately upon loss or damage found.

Points to Remember

- Everyone must know all cheers chants and routines to be eligible to cheer with squad.
- If a cheerleader is suspended from cheering for a game: during that game the squad member will sit in uniform with the coaches. (This is not a time to socialize).
- Every Friday will be wash and inspection day for the uniforms. (cheerleaders must report to 115 with their uniform as soon as they report to school)
- Must be passing ALL classes with (70-79 % C Average)

Consequences

1. Verbal Warning
2. Bootcamp style training (Lap Running, Push-ups, Wall sit, etc)
3. Probation—during a probationary period cheerleaders will attend practice every day, will be suspended from cheering during games and will have a check-in/check-out sheet to present to each classroom teacher.
4. Removal from team

- If for any reason the cheerleading uniform is damaged in anyway (Rips, tears, unremovable stains, Lost, Stolen etc) parents will be responsible for the full price of the uniform.
- Half or Full game suspension cheerleaders will be expected to sit with coaches in uniform.
- Termination from the team will be the result of excessive disciplinary issues.

Student Signature:_____
Date:_____

Parent Signature:_____
Date:_____