

Mt. Juliet Middle School
Cheer Tryout Packet
2025-2026 (Basketball season only)



Dear Parent/Guardian:

We are excited that your child is interested in trying out for the Mt Juliet Middle School Cheer Squad. The purpose of the Mt Juliet Middle School Cheer Squad is to support school activities and programs with school spirit and pride. Athletes are positive role models to their peers and are expected to be examples of school policy regarding attitude, attendance, academics, and sportsmanship. In addition, all squad members will learn the importance of commitment, teamwork, and responsibility.

This tryout is designed to add a few more athletes to our roster for specific positions for the upcoming basketball season only. Athletes will participate in a practice-style tryout where they will demonstrate a cheer, dance, and participate in stunting. Included are important documents to inform you about our program and to allow your child to try out.]

Cheerleading is a lot of fun and builds lifelong memories, but it is a commitment. Membership on the Mt Juliet Middle School Cheer Squad will require an extensive amount of time. There will also be a financial commitment that goes along with participating as an athlete on the team. This packet will better explain how much time and energy this cheerleading team requires.

Please take time to read through the attached pages and discuss them with your child. If you grant permission for your child to participate in the tryouts, sign the attached forms and return them as soon as possible.

YOU WILL NOT BE CLEARED TO PARTICIPATE IN TRYOUTS WITHOUT A COMPLETED WILSON COUNTY SPORTS PHYSICAL. IN ADDITION TO THE TRYOUT PAPERWORK/SIGNED FORMS. These forms must be completed and turned in before your child participates in tryouts. If you participated on a sports team this past school year in Wilson County and your physical is still current, it will be accepted.

Again, we appreciate your family's interest and support and look forward to meeting you and your athlete.

Sincerely,

Coach Blevins
MJMS Cheer Coach

ELIGIIBILITY

- Cheerleaders must be capable of kicking, jumping, lifting, and standing for long periods of time.
- Cheerleaders must have a positive attitude.
- Each athlete must have a current physical and forms completed before participating in tryouts.
- All members should be able to be present at every practice, game, and fundraiser event unless otherwise approved by the coach.
- All skills performed at tryouts will be required throughout the season. Tumbling, stunting, jumps, etc.
- A “C” must be maintained throughout the school year (in all classes) in order to participate. In the event the athlete’s grades drop below a “C” at any point throughout the year, then the athlete will not participate in games, but will be benched until the grade is brought up. An “F” at the end of the grading period will result in probation/removal from the team. If an athlete has a “D” or an “F” on a progress report/report card more than four times, the athlete will be removed from the team.
- Able to meet all financial requirements
- Any student who is dismissed from the squad at any time during the year for disciplinary reasons, or who quits for personal reasons, will not be allowed to try out for the team the following year.

TRYOUT INFORMATION

- Everyone trying out must attend both tryout days unless approved by the coach.
- Participants will learn a cheer, chant, and dance prior to coming to the tryout. These will be posted on social media and the MJMS website.
- Teacher input will be used for the score sheet.
- Tryout application forms must be turned in as soon as possible. No one will be allowed to try out with an updated physical.
- Participants should wear athletic clothes during tryout clinic days.

DUTIES OF SQUAD MEMBERS - A flexible calendar is a must!!

- Attend ALL basketball games-home and away (including postseason)
- Attend ALL practices and pep rallies
- Attend All Fundraisers and community events.

PERFORMANCE AND PRACTICE ELIGIBILITY

GAMES: It is important that cheer athletes come ready for each game. This means fully dressed, hair pulled back, no jewelry, cheer shoes on, a full stomach, stretched, and ready to cheer. If you are late, your coach has/have the right to not let you cheer.

- Hair must ALWAYS be groomed, natural colors, out of the athlete's face, and off the shoulders for practice and performances.
- Nails must be appropriately groomed.
- NO dangle jewelry of any kind may be worn to practice, games, competitions, or anytime the athlete is in uniform.
- Identical Uniforms must be worn by ALL athletes during games and pep rallies. This includes: bows, socks, skirts, and tops. If the athlete is out of uniform, the athlete will not perform. Bra straps cannot be shown.
- Cheerleaders will wear warm-up or uniform with leggings at school on game days/pep rally.
- Athletes must stay in uniform the entire game. No headphones or alternate clothing can be put on during breaks.
- Athletes will be required to arrive for games 45 minutes in advance, unless otherwise instructed by the coach.
- NO Gum chewing during practice, games, or competition.
- Athletes will not be allowed to look at phones during practice. If there is an emergency, then the parent should reach out to the coach.
- Athletes must be present at school in order to perform at the games, unless excused for illness or emergency at the discretion of the coach. (Illness must have a note from treating physician)
- If the MJMS Cheer Athlete is NOT cheering, showing spirit, standing at attention when appropriate, or performing to the standards of our team, she will be benched and receive a demerit.
- If the coach sees that an athlete is NOT prepared for a performance or a game, the coach will not allow the athlete to perform. Please be advised that this is to protect the athletes from injury, not to single out the athlete as a person, be mean or hurtful. However, if the athlete is not performing to the coaches' expectations, she will not perform that routine and will receive demerits.

CHEERLEADER CONDUCT

- Have a POSITIVE attitude and be KIND to your fellow teammates and classmates. Maintain good character, morals, and dedication. Be a good student, have good sportsmanship, and follow school rules.
- There will be no yelling or raising your voice at the advisor, coach, or other squad members. This can call for disciplinary actions.
- Coach will check in with teachers often. If the teacher has any problems in class, then the athlete will not cheer.
- The cheerleader contract must be signed by the parent and athlete after

FINANCIAL OBLIGATIONS

- \$95 (estimated) cheer backpack. Can be used in all years on the team
- \$150 Alpha Nfinity cheer shoes
- \$26 white and black bows
- \$200 (estimated) Warm-ups for new athletes only, unless warm-ups are not in good condition. You can also purchase pre-owned warm-ups from previous cheerleaders.
- Dinners/Food for before-season games

INFORMED CONSENT AND ACKNOWLEDGEMENT AGREEMENT

Mt Juliet Middle School Cheer Tryout Participation Agreement

I agree and give permission for my child, _____, to try out for the Mt. Juliet Middle School Cheerleading Team. I have read the information sheets in this packet. We understand that our child is required to be in good physical condition and that the activities which she will be asked and expected to participate in are strenuous and require physical and athletic agility. By signing this agreement, we acknowledge that we fully understand the risk of physical injury involved with the athletic activity of cheerleading and accept responsibility for this decision by giving our consent for our child to participate in the Mt Juliet Middle School Cheer Program, including tryouts. We do not hold the coaches, Mt Juliet Middle School, or chaperones liable for loss or damage of personal property or injuries to our daughter. By signing this agreement, we acknowledge that we fully understand that we will be issued four school-owned uniforms, bows, and a body liner. We will take the proper steps to ensure these uniforms are returned in the same manner they were issued.

In addition, if our daughter is chosen to be on the team, we understand and agree to honor the time and financial commitment required to participate in the MJMS Cheer Program as outlined by the coaching staff.

I understand the commitment and responsibilities my child is willing to undertake. If my child is selected as a team member, I will **support the coach** and all the school policies concerning the MJMS Cheerleading Team. I will always push my child in commitment to her team. I will not use cheer as a punishment, because cheer is a team sport, and that will affect the entire team.

Parent Signature

Date

I, _____, understand the requirements and commitments involved in trying out for the cheerleading team at Mt. Juliet Middle School. If I am chosen as a member of the team, I agree to abide by the requirements, commitments, rules, and regulations set forth by the coach and Mount Juliet Middle School Policies. I have read and understand the demerit document. I will attend all practices, camp(s), and games even when I am not feeling my best, have had a bad day, or have something else I also want to do. **I will do my best to give my ALL to my school, my fellow teammates, and my coach.**

Cheerleader Signature

Date

Personal Information

Name: First _____ Last _____

Address: Street _____ City _____

State _____ Zip _____ DOB _____ Grade (25-26) _____

Parent names (guardian) _____

Mom cell _____ Dad cell _____

Parent email _____

Do you have any experience with cheer Yes No If so, how many years _____

Do you have any experience as a flyer base back spot

Tumbling experience: Yes No

Please list all your current teachers on the form provided below. Your teachers will receive a google form to complete. The information obtained from the teacher recommendation forms will be used as a score on your tryout sheet.

Mt Juliet Middle School Teacher Recommendation Form (for rising 7th and 8th graders)

Teacher	Subject
1 st block _____	_____
2 nd block _____	_____
3 rd block _____	_____
4 th block _____	_____
5 th block _____	_____
6 th block _____	_____