



Basketball Cheerleading Try out Information



Physical and Consent Form must be completed through the "Register My Athlete" account if participants have not participated in a sport this school year. This account portal can be accessed through the MyCCS home page. Athletes who have participated in a sport this year will already have a form on file for tryouts.

- Please wear a plain white t-shirt, black shorts, and cheer/gym shoes.
 - Hair should be pulled back in a ponytail with a bow.
 - No tank or crop tops, please.
- Try out material is not to be shared with others not trying out
- Phones are to be in the locker room during all of try outs.

Tuesday October 21st

3:45-6:00 PM at Carmel Middle School: Try-Out Clinic to learn material

***SIGNED INFORMATION SHEET AND PARENT SIGNATURE FORM ARE DUE!**

- The clinic will be held in the South Gym.

Wednesday October 22nd

3:45-6:00 PM at Carmel Middle School: Tryouts for Basketball Cheer

- Tryouts will be held in the South
- If you have any scheduling conflicts with the day of tryouts, please reach out PRIOR!
- Participants will be evaluated on the following criteria during the tryout process:
 - Cheer
 - Chant
 - Sideline Dance
 - Toe Touch
 - Jump of choice
 - Tumbling*
 - Attitude, coordination, improvement, spirit, enthusiasm, and poise

Thursday October 23rd

3:45-5PM First practice at Carmel Middle School

5:00-5:30 PM - Mandatory Parent Meeting

We will meet briefly with parents to discuss season and athlete expectations. Please come with any questions you may have.

Estimated Costs

Practice Uniform- \$50.00
 1 pair of Briefs- \$14.00
 2 Bodysuits (one white, one blue)- \$25.00 each
 Shoes- \$54.00
 Hairbow- \$9.00

Poms- \$25.00
 Backpack (*Optional*)- \$45.00
 3-Pack of Crew Socks (*Optional*)- \$13.00
 Spirit wear- \$35.00

**Actual season costs subject to change.*

*Cheerleaders with bodysuits, poms, and/or briefs in good condition may use them again this year. Approval must be given by the coach.

Thank you for your interest in the Carmel Middle School Cheerleading Program! We are very excited for the upcoming season and look forward to seeing you at tryouts.

7th Grade Basketball Cheerleading Coach

8th Grade Basketball Cheerleading Coach
Brook Stingley
bstingle@ccs.k12.in.us

CMS CHEERLEADING ATTENDANCE POLICY

Please make sure that you read and understand this policy. It is the responsibility of athletes and parents/guardians to communicate with coaches and assure that your child has appropriate attendance.

It is understood that many athletes have more than one athletic or extracurricular commitment. However, when accepting a position on the CMS Cheer Squad, that team takes precedence over other commitments. All other activities/appointments should be scheduled around cheerleading events.

Athletes are responsible for knowing dates and times of all cheer events. A tentative calendar will be provided prior the start of the season. All practices and games are MANDATORY.

Cheerleaders must be on time to all cheer events. This includes returning from halftime or breaks. Discipline for tardiness will be at the discretion of the coach.

To be granted an "excused absence," documentation and communication must be provided to the school and coaches prior to practice/games. An email sent after our start time will not be excused. If your athlete is sick, they need a doctor's note.

All other absences are considered "unexcused absences". Once an athlete reaches two or more absences, they will be dismissed from the team. However, this does NOT mean that you have two free absences. This is to accommodate extenuating circumstances and emergency situations. With unexcused absences, there WILL be a consequence at the coaches' discretion. Asking another cheerleader to tell the coach you are absent will result in an unexcused absence.

Examples of Consequences for an Unexcused Absence:

- 1. Miss a Practice- Sit Half a Game*
- 2. Miss Half a Game - Sit Half a Game*
- 3. Miss Practice - Removed from Game Day Stunts*
- 4. Etc.*

Missing a practice for any reason can result in the cheerleader being removed from a performance to be determined by the coaching staff.

A cheerleader participating on a Carmel Middle School team may practice and compete with an outside all-star program or non-school team, provided the practices do not conflict with any scheduled games or practices for the middle school. Absences due to participating in non-school activities will be counted as an unexcused absence and the coach will assign an appropriate consequence. Please consult with outside programs before committing to Carmel Middle School Cheerleading.

As a squad, we must rely on each other's attendance, participation, and performance. When athletes are not present, practice is not productive. A cheerleader who does not attend classes cannot participate in practice but is expected to attend if able.

Basketball Cheerleading Information Sheet

To be turned in at try-outs. Do not turn into the main office.

Potential Cheerleader Information

Grade: _____

Name: _____

Parent(s)/Guardian Name: _____

Parent Phone: _____

Cheerleader Cell phone*: _____ *If available

Potential cheerleaders will be scored by the Carmel Middle School coaches based on the following categories:

- Cheer
- Chant
- Sideline Dance
- Toe Touch
- Jump of choice
- Tumbling*
- Attitude, coordination, improvement, spirit, enthusiasm, and poise

*Tumbling is NOT a requirement to be a Carmel Middle School cheerleader, but preferred

I have read the cheerleader's guidelines and understand the privilege of being a Carmel Middle School cheerleader. I will abide by these rules and regulations and those of the Athletic Department if chosen for the 2025/2026 basketball cheer squad. I understand that if I do not follow the rules, I will receive consequences and may be suspended and or dismissed from the cheerleading squad. I will cooperate fully with the coaches and all persons and organizations concerned to promote school spirit and good sportsmanship at Carmel Middle School. At times, whether at school or away from school or on social media, I will conduct myself in a manner that best represents the students and faculty at Carmel Middle School.

Potential Cheerleader Printed Name: _____

Potential Cheerleader Signature: _____ Date: _____

Parental Permission

Our child, _____, has our permission to try-out for the cheerleading team for the 2025/2026 basketball cheer season. If chosen, he/she has our permission to participate as a member of the cheerleading team for that season.

We have discussed with our child the guidelines and we understand the responsibilities and the commitment of being a cheerleader. We also understand the role we must assume as parents of a cheerleader and we will assist in every way to see that the rules and regulations be enforced. We will do our best to support the coaches and administration in decisions made throughout the season.

We understand the cost and time commitment with this sport. We understand that participating in a school sponsored sport should take precedence over an all-star or non-school team.

We understand being a cheerleader for Carmel Middle School means supporting all athletic programs during his/her season, not just basketball.

We do hereby give our consent and support for our child, if selected to be a cheerleader at Carmel Middle School for the upcoming season.

Parent Printed Name: _____

Parent Signature: _____ Date: _____

Parent Email Address: _____