Mt. Juliet Middle School

Cheer Tryout Packet

2026-2027

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 serve as positive role models to their peers and are expected to follow school policies regarding attitude, attendance, academics, and sportsmanship. In addition, all squad members will learn the importance of commitment, teamwork, and responsibility.

Included in this packet are important documents that provide information about our program and allow your child to participate in tryouts. After the tryout process is completed and the final squad is selected, a mandatory parent meeting and cheerleader fitting will be held after school on Wednesday, April 14th. One parent/guardian is required to attend as we discuss program expectations and details for the upcoming year.

Cheerleading is a lot of fun and builds lifelong memories, but it is also a commitment. Membership on the Mt. Juliet Middle School Cheer Squad requires a significant time commitment and considerable financial responsibility. This packet outlines the program's time, energy, and financial expectations. You will receive more detailed information at the informational meeting (March 19th, 2026) and will have the opportunity to ask any additional questions. Parents are highly encouraged to attend. If you cannot attend, please reach out to Coach Blevins at blevisar101@wcschools.com

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 tryouts, please sign the attached forms and return them to Coach Blevins by April 3rd.

Students will NOT be cleared to participate in tryouts without a completed Wilson County sports physical and all required paperwork. If your child participated in a Wilson County sport this school year and the physical is still current, it will be accepted. **Please make sure that the physical form is a copy because these forms will not be returned.**

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

Sincerely,

Coach Blevins

ELIGIBILITY

- Participants must be capable of kicking, jumping, lifting, and standing for long periods of time.
- Participants must have a positive attitude.
- Participants must have a current physical, and forms must be completed. They should be turned into Coach Blevins (room B100) by Friday, April 3rd. **Please make sure that these are copies, because the forms will not be returned.**
- Participants must have a C average and good teacher recommendations.

TRYOUT INFORMATION

- Jumps, tumbling, dance, and cheer will be on the score sheet and judged by a panel of outside judges.
- Teacher input will be used for the score sheet.
- Each returning athlete must try out every year.
- Everyone trying out must attend **ALL** tryout clinic days unless approved by the coach.
- **Tryout clinic days: Monday, April 6th, 4 -6 pm, Tuesday, April 7th, 4 pm-6 pm, and Thursday, April 9th 4pm-6pm.**
- **Tryouts will be Friday, April 10th, 4 pm-6 pm. Participants can leave when they are finished.**
- Participants should wear athletic clothing during the tryout clinic days. Athletes must wear plain black shorts and a plain white shirt for the tryout on Friday, April 10th. **Appropriate shoes are required every day.**
- Final squad will be announced on social media (Facebook and Instagram) on Monday, April 13th

IMPORTANT DATES

- Cheerleaders will be required to attend overnight camp at Vanderbilt University (June 4th-6th).
- Cheerleaders will be required to attend choreography practice at Cheerville (MJ location) on June 11th.
- Cheerleaders will be required to attend the Tennessee State Fair Performance on August 20th
- Cheerleaders will be required to attend Cheerville's Kick Off and Showcase performances in Bowling Green, KY (date TBD)

DUTIES OF SQUAD MEMBERS - A FLEXIBLE CALENDAR IS A MUST!!

- All members must be present at every practice, game, post-season game, choreography practice, camp, competition, pep rally, and fundraiser unless otherwise approved by the coach. **If you need to miss any event for any reason, then you MUST let the coach know as soon as possible. Absences must be approved two weeks prior**, unless it is an emergency. If you do not get approval at least two weeks in advance, the athlete will sit out the following game. If the missed practice is during the off-season, then the athlete will miss the first game of that season.
- Able to meet all financial requirements
- Perform skills that are shown at tryouts throughout the year, unless injured
- A "C" must be maintained throughout the school year to participate. Grades will be checked of the end of each grading period. If the athlete's class average falls below a C, the coach will meet with the athlete and the teacher to create an improvement plan. If the plan is not effective, then the athlete will not cheer until the grade is raised. Repeated academic failure may result in removal from the team.

CODE OF CONDUCT FOR PRACTICE AND GAMES

- **Cheerleaders must come prepared to each practice, game, and competition. This means fully dressed, hair pulled back, no jewelry, cheer shoes on, a full stomach, stretched, and ready to perform.**
- 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.
- 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.
- Identical uniforms must be worn by athletes during games, at school, camp, performances, and choreography. 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, blankets, or alternate clothing can be put on during breaks.
- Cheerleader 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.
- Cell phones are not permitted during practice. If a parent needs to reach their athlete during practice, they should contact the coach.
- Cheerleader must be present at school to perform at the games, unless excused for illness or emergency at the discretion of the coach.
- Cheerleader is expected to perform at each game and performance. This means showing spirit, saying cheers loudly, standing at attention, not leaning on the wall, and performing to the standards of our team.
- If the coach sees that the cheerleader is NOT prepared for a performance or competition, 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.
- There will be no yelling or raising your voice at the advisor, coach, or other squad members. This can call for disciplinary actions.
- The cheerleader contract must be signed by the parent and athlete before the first practice.

DISCIPLINE ** DEMERIT SYSTEM**

Members must maintain unity and fairness as a group. Every member is encouraged to do their part and contribute to the success of the squad. A demerit system is our means to ensure this cooperation. The coach, upon her judgment that a team member has violated a rule or regulation, shall issue demerits.

One Demerit:

- Being late to any practice, game, or scheduled event unless approved by the coach
- Behavior concern (teacher or coach)
- Two lunch detentions

- Missing practice or a game without getting approved two weeks prior
- Failure to wear appropriate attire to practice and game

Two Demerits

- Missing a practice game or a scheduled event without telling the coach
- Sitting due to grades
- Abusing **ANY** social media
- Being assigned to In-School Suspension (this also results in a 1-game suspension)
- Being disrespectful to the coach

2 demerits = warning

4 demerits = suspension from the next game

6 demerits = dismissal

Out of School Suspension may result in an automatic dismissal from the team/coaches discretion

FINANCIAL OBLIGATIONS (All costs listed are estimates and may vary slightly depending on vendor pricing)

- $450 (estimated) NCA Cheer Camp at Vanderbilt University (June 4th-6th) **Due May 1st**
- $250 (estimated) Camp Clothes **Due May 1st**
- $85 (estimated) cheer backpack. It can be used in all years on the team. **Due May 1st**
- $215 (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. **Due June 1st**
- $190 (estimated) Choreography (payment directly to Cheerville in parent portal) **Due TBD**
- $90 per month from May to October (estimated) Tumbling/Stunting class @Cheerville (payment directly to Cheerville in parent portal).
- Dinners/Food for before-season games
- Letterman jacket (optional)

To reduce financial burden, offset costs, and continue growing the program, we will coordinate fundraising events. These fundraising events will be a program requirement, which means that both our athletes and parents are expected to participate.

Required to purchase on your own

White ankle socks
Black Nike Pros
White and black sports bra

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 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 (26-27) _____

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 with stunting? Yes No If so, what position? flyer base back spot

Do you have any experience in all-star cheer Yes No If so, how many years_____

Tumbling experience Yes No Highest skill _____

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
1st block_____	**_____**
2nd block_____	**_____**
3rd block_____	**_____**
4th block_____	**_____**
5th block_____	**_____**
6th block _____	**_____**

Mt. Juliet Middle School Cheerleader Tryouts

Teacher Evaluation Form (FOR RISING 6TH GRADERS ONLY)

(must have a minimum of two)

Please email this form to blevisar101@wcschools.com

Student name _____

Teacher name _____

Current class average _____ Semester average_____

Rating scale

5-excellent, outstanding 2-fair, needs a lot of work

4-very good, superior 1-poor, inadequate

3-average, good, could be better 0-unattempted

Using the scale above, rate the student on the following characteristics:

_____Attendance
_____Capability of Leadership
_____Dependability and Responsibility
_____Discipline and Motivation
_____General Attitude and Disposition towards Students
_____Ability to Accept Constructive Criticism
_____Behavior in Class
_____Demeanor Towards Teachers
_____Role Model for the School
_____Total Points

Has the student struggled with grades throughout this year? If yes, please explain.

_____

_____

Any other comments_____

_____

Teacher signature _____