



Carmel Middle School 2025 Football Cheerleading



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.

Thursday, April 17th

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

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

- Please wear a plain white t-shirt, black or blue shorts, and gym shoes. Hair should be pulled back in a ponytail. No tank tops, please.
- The clinic will be held in the South Gym.

Friday, April 19th

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

- Please wear a plain white t-shirt and blue or black shorts with hair in a ponytail for try-outs.
- 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

Friday, April 19th @ 6:10

6:10-6:30 PM - Varsity Uniform Fittings and Parent Meeting

- White Shorts, Black or Blue Shorts, Hair Back, Gym Shoes
- Please wear a tank top under your shirt in case you have to try on a uniform piece.
- We will meet briefly with parents to discuss season and athlete expectations.
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Estimated Costs

Practice Uniform- TBD
1 pair of Briefs- \$16.00
2 Bodysuits (one white, one blue)- \$25.00 each
Shoes- \$65.00

Hairbow- \$11.00
Poms- \$32.00
Backpack (*Optional*)- \$70.00
Spiritwear- TBD

**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.

Football Cheerleading Season

The Carmel Middle School Cheer Program is a part of the Athletic Department. Therefore, ALL cheerleaders are subject to all policies in the Carmel Middle School Athletic Handbook for students and parents. In addition, the following rules and regulations apply:

- Attendance at all 8th Grade home games AND away games. Traveling is new this year! We will not be combined with 7th grade with the potential exception of a Breast Cancer Game AND the one Saturday game of the season .
- A captain(s) will be selected for each game. Captains will rotate for each game.
- Practices will be arranged by the coaches and will be held as needed. Most practices will be held after school from 3:30-5:00. We will most likely practice 1-2 times per week, depending on the schedule of games. Unexcused absences may result in sitting the next scheduled game.
- Uniforms will be assigned at the beginning of the season. Each cheerleader is responsible for all pieces of their uniform. The entire uniform must be cleaned and returned at the agreed upon date at the end of the season.
- 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. PLEASE COMMUNICATE ABSENCES AS SOON AS POSSIBLE AND GIVE REMINDERS!

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. COMMUNICATION IS CRITICAL!

In order to be granted an "excused absence," documentation and communication must be provided to the school and coaches. An afterthought email does not grant an excused absence. If your athlete is sick, they need a doctor's note.

As far as "unexcused absences", once an athlete reaches two or more, they will be excused from the squad. 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 **coach's discretion**.

Examples of Consequences for an Unexcused Absence:

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

As a squad, we have to rely on each other's attendance, participation, and performance. When athletes are not present, practice is not productive.

Thank you for your interest in the Carmel Middle School Cheerleading Program! We are very excited for the upcoming school year and look forward to seeing you at tryouts. It is important for you to know how we view cheerleaders at the middle school level. As we see it, cheerleaders provide leadership, promote school spirit, enthusiasm, teamwork, and sportsmanship - win or lose.

8th Grade Football Cheerleading Coach:

Stephanie Madl

smadl@ccs.k12.in.us

Football Cheerleading Information Sheet

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

Grade: _____

Name: _____

Potential Cheerleader Information

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

I have read the cheerleader's responsibilities 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 2022 football cheer squad. I understand that if I do not follow the rules I will receive consequences and may be suspended and or dropped 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 Signature: _____ Date: _____

Potential Cheerleader Printed Name: _____

Parental Permission

Our child, _____, has our permission to try-out for the cheerleading team for the 2022 Football Cheer season. If chosen, he/she has our permission to participate as a member of the cheerleading team for that year.

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 (to be used on coach's distribution list - may list more than one):
