

Welcome to the tryouts for the Conyers Middle School Competition

Cheerleading Team For the 2026-2027 School Year

Step 1: Complete this packet and submit it to Ms. Blackwell, in room C-20, by Friday, May 1st. Incoming 6th graders can email the packet to kblackwell26@rockdale.k12.ga.us. Make sure to include "Tryout Packet" in the subject line. At that time, you will receive a tryout number.

Step 2: Clinics: Clinics will be held on Tuesday and Wednesday, May 12-13, at Conyers, from 4:30-6:30. Prospective Cheerleaders will be taught a cheer, jumps, and a short dance. Make sure to write your number on an index card and safety pin it to your shirt. Try out numbers should be visible at all times.

Step 3: Tryouts: Tryouts are Thursday, May 14th starting at 4:30. When it is your turn, you will perform the cheer, jumps, and dance for the judges. As soon as you perform, you may leave. Prospective cheerleaders will perform in groups of 4. Make sure to wear your tryout number given.

You will be judged on the following:

Jumps - Height, pointed toes, straight back, controlled preparations and landing, motion placement.

Cheer - Precise (sharp) motions, strong vocal projection, memory of words.

Dance - Coordination, rhythm, precise motions, memory of dance.

Poise and Facial Expression - Shows enthusiasm and crowd appeal, ability to recover if mistakes are made, self-confidence.

Appearance and Overall Impression- Tidy attire with visible tryout number, hair out of face, skills, spirit, cheering and dance ability.

Tumbling Skills (Optional/ Bonus Points) – For those participants who have tumbling skills (back walk over and/or back handspring). It is extremely important that you are only performing skills that you have mastered and can do on your own.

Results: The Conyers' Cheerleading tryout results will be posted in Parent Square and the hallways of CMS by **Monday, May 18th at 9:00 AM**.

For those selected to the team, there will be a **mandatory cheerleader and parent meeting** to meet with the sponsor and coaches on May 21st at 6 pm. Meeting will be held in the school auditorium.

PLEASE KEEP THIS PAGE!

PARTICIPANT NAME: _____ TRYOUT NUMBER: _____
CURRENT GRADE/TEAM: _____ STUDENT ID# _____

*****THIS PACKET IS DUE NO LATER THAN Monday, May 1, 2026. ALL FORMS MUST BE COMPLETED*****

You have taken the first step in becoming a member of Conyers Middle School's Cheerleading Squad. In addition to sport competitive games, Conyers' Cheerleaders will participate in school sponsored functions (i.e. open house and assemblies, and other special events) and will possibly cheer for our afterschool intermural teams throughout the school year. Practices will begin in July 2026. All cheerleaders are expected to be at every practice, unless **excused 48 hours in advance** by the sponsor and coaches.

Review the information contained in this packet with your parents, and consider the time, practices, financial, and squad obligations, before a commitment is made. Being a Conyers Middle School Cheerleader is a prestigious honor, one that must be **earned and maintained**.

TO TRYOUT FOR THE COMPETITION CHEERLEADING TEAM, YOU MUST MEET THE FOLLOWING CRITERIA:

- **RankOne** – Must have an up to date physical uploaded on RankOne and all forms complete along with uploaded pictures of insurance card. Website – **Rankone.com**
- **Academic Achievement** - All academic grades must be A's, B's or C's. - Nothing lower than a C (75).
- **Conduct**-All conduct grades must be 4's or 3's. - Nothing lower than a 3.
- **No disciplinary referrals.**
- Attach a **COPY** of your last report/progress card which reflects your grades & attendance for the 2025 - 2026 school year. This can be obtained in the Student Portal via Infinite Campus.
- Satisfactory completion of this packet - Must be submitted to Ms. Blackwell, in room C-20, no later than May 1, 2026. At that time, you will receive a tryout number.
- Incoming 6th graders can email the packet to kblackwell26@rockdale.k12.ga.us . Make sure to include "Tryout Packet" in the subject line.
- **Parent/guardian MUST sign every page - Commitment from parents and students is mandatory.**

DRESS CODE FOR TRYOUTS: For clinics, wear athletic attire. For tryouts, wear a black shirt with black shorts/yoga pants. No jeans, low cut shirts, cropped tops, no sport bras only, and/or half tops. Prospective cheerleaders must wear athletic sneakers and standard white, low-cut socks. Hair must be in a neat ponytail with a bow (not a Conyers bow) with no hair in the face. No jewelry of any kind,

no heavy makeup and/or lashes are allowed, and please be sure your number is visible. And sports bras are required under clothes.

If you feel you are committed to upholding the requirements of a Conyers Middle School Cheerleader and are proud to represent your school, we welcome you as a prospective CMS' cheerleader.

PARENT SIGNATURE

STUDENT/PARTICIPANT SIGNATURE

Conyers Middle School Cheerleader Contact Information

****PLEASE WRITE NEATLY! ****

STUDENT Name: _____ Grade: _____

Address: _____ Zip: _____

Home Phone: _____ Cell: _____

Email: _____ Birth Date: _____

Guardian's Name: _____

Email: _____

Home Phone: _____ Work: _____ Cell: _____

LIST ANY MEDICAL CONDITIONS THAT MAY RESTRICT YOU FROM PARTICIPATING IN ANY PHYSICAL ACTIVITIES:

Insurance Company _____
Policy # _____
Doctor's Name _____
Phone # _____

PARENT SIGNATURE

STUDENT/PARTICIPANT SIGNATURE

2026-2027 CONYERS MIDDLE SCHOOL CHEERLEADER'S RULES, REGULATIONS AND RESPONSIBILITIES

A Conyers Cheerleader represents Conyers Middle School and must set the highest standards of character and conduct. Everything a cheerleader does reflects on the squad. For this reason, cheerleaders must always set a good example and be careful to act in a courteous and respectful manner. Cheerleaders must be conscious of the fact that they are constantly on display, representing Conyers Middle School even when they are not wearing their uniform.

- ★ A CMS Cheerleader must obey ALL school rules, always follow the dress code, and promote school spirit.
- ★ CMS cheer practices and activities (fundraising, cheer camp, competitions, games, and performances) MUST be a priority. Other activities, including school clubs and afterschool activities (Band, Orchestra, Drama, etc.) cannot conflict with our schedule. Conyers Cheerleaders may NOT participate in other school sports or club sports teams that will conflict with the cheer season schedule. Conyers Cheerleaders may NOT be a member of an All-Star squad or any other cheer squad that will conflict with the cheer season schedule.
- ★ Conyers Cheerleaders are not permitted to be a member of a group or make comments on Facebook, Instagram, Snapchat, Twitter, or any other social networking site that is negative or derogatory to another student, staff member, or booster club member.
- ★ If you are injured, you must still attend practices and specified events even though you are unable to physically participate. You will be required to sit with the sponsor or coaches and lend support to the team. A doctor's note is required to return to practice.

- ★ All members of the squad that are not performance ready will be removed from the routine until the sponsor and coaches feel they are performance ready.
- ★ Cheerleading is a year-long commitment. Practices start in July 2026 and will end in May 2027. Details will be discussed at the Parent / Cheerleading meeting on May 21, 2026.
- ★ If you quit or are dismissed from the Conyers Middle School cheerleading squad after being selected to be a member, you are not eligible to try out the following season.
- ★ Attendance is a very crucial part of being a cheerleader. As you know, cheerleading is not an individual sport. The entire team must be dedicated to attending ALL practices and ALL events.

PARENT SIGNATURE

STUDENT/PARTICIPANT SIGNATURE