

CMS Winter Basketball Cheerleading

2026–27 Tryout Information

Before Tryouts

- **Physical:** an IHSA physical form signed by a medical provider must be uploaded to Aktivite (on the CCS website). Physicals must be dated April 1, 2026, or later. Athletes who played a fall sport already have one on file.
<https://www.ccs.k12.in.us/cam/athletics/required-forms>
- **What to wear:** plain white shirt (no crop tops), black shorts, cheer/gym shoes, hair secured away from face with a bow.
- **Phones:** must stay put away during all tryout sessions. Using a phone without a coach's approval will result in disqualification.
- **Tryout material** is not to be shared with anyone not trying out.

Key Dates

Date	Time	What
Thu, Oct 8	3:45 PM	Parent & Athlete Call-Out Meeting
Tue, Oct 19	3:30–6:00 PM	Tryout Clinic – learn the material Physicals, Signed Information Sheet/ Parent Permission Form are required to participate.
Wed, Oct 20	3:30–6:00 PM	Tryouts – results will be emailed to parents
Tue, Oct 27	3:30–5:30 PM	First Practice Mandatory Parent Meeting at 5:00 PM – season and athlete expectations, gear ordering
Thu, Oct 29	3:30–5:30 PM	Practice

Scheduling conflict with a tryout date? Contact the coach **before** tryouts.

How You'll Be Scored

Cheer • Chant • Sideline Dance • Toe Touch • Jump of Choice • Tumbling* • Spirit & Skill: coordination, improvement, spirit, enthusiasm, and poise • Handbook Standards: respect, positive attitude, coachability, sportsmanship, teamwork, and accountability

*Tumbling is preferred but NOT required.

Estimated Costs

Practice uniform	\$85	Poms	\$50
2 body liners – \$28.95 each	\$57.90	Briefs	\$17.95
Shoes	\$64.95	Estimated required total	≈ \$275
Optional: spirit wear	\$75	Optional: backpack with monogram	\$75.00

Costs are estimates and may change. Body liners, briefs, and shoes in good condition may be reused with coach approval.

Questions?

8th Grade Coach: Brook Stingley – bstingle@ccs.k12.in.us 7th Grade Coach: TBD

What to Expect on the Squad

A quick summary — the full CMS Cheerleading Handbook has all the details

Commitment & Attendance

- School cheer comes first when there is a conflict. All practices, games, and events are mandatory, and athletes must arrive on time and stay the full time.
- A tentative season calendar will be shared before the season starts.
- To be excused, the school and coaches must be told before the event starts (an email after start time is not excused), with documentation when required, such as a doctor's note for illness. Tell the coach directly — not through another cheerleader.
- Two or more unexcused absences may mean dismissal. This is not “two free absences.” Consequences (like sitting part of a game or losing a stunt) are at the coach's discretion.
- Outside all-star or non-school activities that conflict with cheer count as unexcused absences. Check with outside programs before committing.

Eligibility

- Minimum 2.0 GPA, meeting school attendance requirements, and following the school student and athletic handbooks.

Safety & Injuries

- Skills are only done with coach supervision and required spotters, following NFHS and USA Cheer rules.
- Report every injury to a coach right away. Suspected concussions mean immediate removal from activity. The athletic trainer is available for evaluation.

What to Bring

- **Practice:** practice uniform, cheer shoes, white crew socks, poms, water bottle, hair secured back.
- **Game day:** full uniform, body liners, briefs, cheer shoes, bow, poms, white crew socks, water bottle, hair secured back.
- Phones stay stored away during practices and games. Missing items can limit participation.

Appearance

- Hair off the face, short natural nails, and no jewelry at practices, games, or performances. Keep uniforms clean, and do not loan or alter them.

Conduct

- Show respect, sportsmanship, and a positive attitude. Bullying, foul language, alcohol or drug use, and social media posts that hurt the team or school are not allowed.

For Parents

- Support punctuality and attendance and handle drop-off and pick-up on time.
- Bring concerns to the coaches privately, outside of practices and games, and respect coaching decisions.
- Please do not discuss discipline or placements with other families.
- Cheerleaders support all CMS athletic programs during their season, not just basketball.

Participation on the squad is a privilege, not a right.

Tryout Information Sheet

Turn in at the Tryout Clinic on Tuesday, October 20 (not the main office)

Athlete Information

Name:

Grade: Cheerleader cell (if available):

Parent/Guardian name:

Parent phone:

Parent email:

Athlete Agreement

I have read the CMS Cheerleading Handbook and understand the privilege of being a Carmel Middle School cheerleader. I will follow these rules and those of the Athletic Department if chosen for the 2026–27 basketball cheer squad. I understand that if I do not, I may face consequences, including suspension or dismissal from the squad. I will cooperate with coaches and others to promote school spirit and good sportsmanship, and I will represent Carmel Middle School well at school, away from school, and on social media.

Athlete signature: Date:

Parent Permission

Our child has permission to try out for the 2026–27 CMS basketball cheer team and, if chosen, to participate as a member of the team. We have read the CMS Cheerleading Handbook and discussed it with our child and understand the responsibilities, cost, and time commitment. We understand that a school-sponsored sport takes precedence over an all-star or non-school team, and that being a CMS cheerleader means supporting all athletic programs during the season, not just basketball. We will support the coaches and administration and help see that the rules are followed.

Athlete's name:

Parent name:

Parent signature: Date: