

MJMS Cheerleading

Tryout 22/23

Tryouts:

Clinic days:

- Monday March 21st (4-6pm) Turn in paperwork, Dance, Cheer, and Chant
- Tuesday March 22nd (4-6pm) practice
- Thursday March 24th (4-6pm) practice
- Friday March 25th (4-6pm) Tryouts**

* WEAR BLACK SHORTS AND WHITE SHIRTS WITH NO MJMS LOGOS ON THEM, hair pulled back, and no jewelry

*please wear tennis shoes, t-shirt and shorts for practice days.

*Candidates are required to attend all days of tryouts

*Candidates may leave after tryouts.

*Candidates' numbers will be announced on the school website

*A copy of the judging sheet is attached. Tumbling is encouraged but not required.

Necessary forms:

BEFORE BEING PERMITTED TO PARTICIPATE IN TRYOUTS, EVERY CANDIDATE MUST TURN IN A RECENT PHYSICAL (DATED 4/15/2021 OR LATER), NO EXCEPTIONS! CANDIDATES MUST HAVE ALL OF THE FOLLOWING FORMS TO THE COACH ALREADY COPIED BEFORE BEING PERMITTED TO PARTICIPATE:

- ***PHYSICAL FORM***
- ***CONCUSSION FORM***
- ***MEDICAL CONSENT FORM***
- ***GRADE EVALUATION FORM***

MJMS Cheerleading Responsibilities

Our Purpose:

The cheer team exists to represent MJMS through leadership by promoting school spirit, encouraging and supporting other school athletes, and setting a positive example among their peers.

Expectations:

- **Camp-**

ALL cheerleaders are **REQUIRED** to attend during the summer. (July 12-15)

- **Financial Commitment-**

Camp: \$400 (overnight at Tennessee Tech, includes instruction, room, and food)

Camp clothes: \$150-\$175 (4 pairs of shorts, 3 tanks, and 1 t-shirt)

camp clothes will then be used as practice clothes for the season

Accessories: (approx price)

- 1) Cheer shoes- \$80-\$100
- 2) Body Liner- \$25
- 3) Bows- \$15

Required to purchase on your own:

- 1) White ankle socks
- 2) Black Nike Pros
- 3) Black sports bra
- 4) White sports bra
- 5) Black leggings (no pattern or writing)

Fundraising:

· **We will hold two major fundraisers that are required for every cheerleader (selling BEAR cards and hosting the Halloween Dance for MJMS). There may also be a few small fundraisers in order to cover costs.**

Important dates for the 2022-2023 cheer team:

Please note these dates are subject to change as we are given new guidelines and rules. We will give you advanced notice to the best of our ability. Please be flexible and understanding! The payments below are tentative and are subject to change in amount.

Cheer fitting and parent meeting on Monday, April 4th, at 4:30 pm. The fitting will start at 4:30 pm for camp clothing, uniforms, shoes, etc. The parent meeting will start at 5:30 pm, or right after the fitting is complete. **This is a required meeting, so please plan to be in attendance with your child.**

Payment #1 due Monday, April 18th (\$250 cash or check).

Payment #2 due Monday, May 16th (\$250 cash or check).

Payment #3 due Tuesday, June 21st (\$250 cash or check).

March-May Practice: Monday 4pm – 6pm

Summer practices: Tuesday 9 am – 12 pm

CAMP: July 12th -15th

BEAR CARD FUNDRAISER: TBD

Halloween Dance: Tentatively October 28th (upon approval)

Regular practices will be Tuesdays and Thursdays in the cheer room from 4:00 – 6:00 pm starting August 9th. (These dates are subject to change, and more information will be given prior to school starting back in the fall).

****All of these important dates are mandatory. This means that cheerleaders are expected and required to be present and participate. Although conflicts (vacations, summer camps, etc.) are not excused, it is important to let the coach know NOW if you have any conflicts!**

- **Appearance-**
 - Uniform must be clean and neat
 - NO** jewelry or gum during games or practice
 - Hair must be up during practice
 - Cheer shoes and white ankle socks
 - NO** acrylic nails and nails must be kept fairly short

- **Grades-**
 - Grades will be checked each Monday.
 - NO F's-** you will practice and attend games but will sit out until the next grade check.

- **Games-**
 - Be friendly and courteous to all
 - MUST** be **in position** 30 seconds before the game starts and 30 seconds before halftime is over.
 - MUST** be at the right location and time before the start of a game.
 - MUST NOT** socialize with friends or each other while on the sidelines.

- **Uniforms-**
 - Each cheerleader will receive uniform skirts and tops
 - Uniforms should be cleaned and returned at the end of the season.

- **Captains-**
 - Captains will work with coaches to choose quarter cheers and choose game day uniforms. (However, coaches will have the final decision)
 - Captains will keep up with pom poms/signs.
 - Captains will call cheers.
 - Captains set examples for the rest of the squad (attitude, conduct, punctuality, effort, and integrity).
 - Captains will help communicate the plans for the week.

- **Fundraisers-**
 - Each cheerleader is expected to attend and help with the "Halloween Dance" fundraiser.

- **Absences-**

- Excused absences include: death in the family, illness (doctors note), or accident.
- Unexcused absences include: lessons of any kind, out of town trips, Doctors appt (unless emergency)
- Appointments should be scheduled so they do not conflict with cheerleading activities.
- Notify the Cheer Coach as soon as you know you can not attend practice/game/cheer activity.
- If a cheerleader is injured, he/she is still required to attend games and practice to support the team and to know what is going on.

- **Consequences-**

- If a cheerleader misses a practice, either excused or unexcused, he/she might not be able to participate in the **quarter/half-time cheer/dance**. Practice is to prepare for the next game. This is not a punishment.
- If a cheerleader is not in full uniform the day of the game, he/she will sit out except for the time it affects the whole team.

- **Communication-**

- All information regarding what to wear, quarter cheers, and half time routine will be communicated through Remind to the cheerleaders only.
- Parents will receive a monthly email with the schedule (practices, games, camps, fund-raisers, etc.) and can reach out to me at packgab100@wcschools.com with any additional questions.
- The goal is for this to make the girls responsible for knowing what uniform and bow they need and where they need to be, while still providing the parents with all of the information that they need to get them there.

**** We will be following the GREEN HILL HIGH CHEERLEADING POINT SYSTEM****

Points will be given to each cheerleader as they are stated below. This point system will help create discipline and hold each girl equally accountable to their role on this team. This point system has very minor consequences, but still sets a standard that will reward the team members that try hard and always give their best.

1 POINT

- Arriving up to 15 minutes late to practice
- Showing up not prepared for practice (shoes, shorts, hair not up)
- Wearing socks that are not all white or low cut
- Having long nails at a game or practice
- Not having black Nike pro like shorts
- Not being back to the sideline AND in position 30 sec before the game and 30 sec before halftime is over.
- Not telling your coach you are sick/absent or will miss practice/game
- Being WARNED 3 times on the sideline to stay in spot or stop socializing

2 POINTS

- Arriving 15-30 minutes late to practice/game
- Wearing wrong bow or no bow to game
- Any bra strap showing during a game

3 POINTS

- Arriving 30+ minutes late to practice/game
- Leaving practice early
- Wearing wrong uniform piece to a game

15 POINTS

- Missing a game (unexcused)
- Missing a practice (unexcused)

25 POINTS

- ISS

30 POINTS

- Disrespect to Coach or other teammates

50 POINTS

- OSS

5 POINTS Accumulated - stay after practice, Run for 2 min, 20 sit-ups, 20 cheerleading jump-n-jacks

10 POINTS Accumulated- stay after practice, Run for 3 min, 30 sit-ups, 30 cheerleading jump-n-jacks

15 POINTS Accumulated- sit out one quarter of the following game

30 POINTS Accumulated- sit out half of the following game

60 POINTS Total will be dismissed from the team!

MJMS TRYOUT JUDGE SHEET

REQUIRED SKILLS:

CHANT (10 POINTS): _____/10

Sharp/tight motions, motion placement, voice projection,
crowd spirit, knowledge of material, ability to be in rhythm with the group.

DANCE (15 POINTS): _____/15

Sharp/tight motions, motion placement, rhythm, crowd spirit, knowledge of material

CHEER (15 POINTS): _____/15

Sharp/tight motions, motion placement, voice projection, crowd spirit, knowledge of material

TOE TOUCH (8 POINTS): _____/8

Height, motion placement, form, pointed toes

FRONT HURDLER (5 POINTS): _____/5

Height, motion placement, form, pointed toes

COMBINATION JUMP (5 POINTS): _____/5

Height, motion placement, form, pointed toes

OVERALL IMPRESSION (5 POINTS): _____/5

Personality & enthusiasm, projection, athleticism, effectiveness

OPTIONAL SKILLS: PLACE A CHECKMARK NEXT TO THE HIGHEST SKILL COMPLETED AT THE TRYOUT.

TUMBLING (0 POINTS)

ROUND OFF	+1	_____
ROUND OFF BACK HANDSPRING	+2	_____
STANDING BACK HANDSPRING	+3	_____
ROUND OFF BACK HANDSPRING SERIES	+4	_____
ROUND OFF BACK HANDSPRING BACK TUCK	+5	_____
STANDING BACK TUCK	+6	_____
ROUND OFF BACK HANDSPRING LAYOUT/FULL	+7	_____

TOTAL: _____

TOTAL INCLUDING TEACHER EVALUATIONS:

MOUNT JULIET MIDDLE SCHOOL CHEERLEADER TRYOUTS

TEACHER EVALUATION FORM

CORE TEACHERS ONLY

PLEASE RETURN TO Ms. Pack (Room 241) (packgab100@wcschools.com)

Student Name: _____

Teacher Name: _____

Current class average: _____ semester 1 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 this student on the following characteristics:

_____ ATTENDANCE

_____ CAPABILITY OF LEADERSHIP

_____ DEPENDABILITY AND RESPONSIBILITY

_____ SELF-DISCIPLINE AND MOTIVATION

_____ GENERAL ATTITUDE AND DISPOSITION TOWARDS STUDENTS

_____ ABILITY TO ACCEPT CONSTRUCTIVE CRITICISM

_____ BEHAVIOR IN CLASS

_____ DEMEANOR TOWARDS TEACHER

_____ ROLE MODEL FOR THE SCHOOL

_____ /45 TOTAL POINTS

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

Teacher signature: _____

Additional comments:

Mount Juliet Middle School Tryout

Grade Evaluation Form

Please complete each section with your grades for each core class. Academics always come first. Your grades and ability to maintain academic eligibility during the season are a top priority.

Math:

Current class average: _____

semester 1 average: _____

English/Language Arts:

Current class average: _____

semester 1 average: _____

Science:

Current class average: _____

semester 1 average: _____

Social Studies:

Current class average: _____

semester 1 average: _____

By signing this page:

- I am stating that the above grades are accurate and reflect what is in skyward. Reporting false grades may impact a student's ability to try out for cheerleading.

- I am stating that I understand that I must maintain academic eligibility throughout the entire season in order to fully participate.

Student signature:

Parent signature:
