



## GRIFFIN HIGH SCHOOL CHEERLEADING TRYOUT PACKET



### 2015-2016 CHEERLEADING SEASONS

Thank you for your interest in trying out for cheerleading. In this packet, you will find the following: tryout information with a list of important dates and information sheet. You will also need to complete and turn in a **Letter of Athletic Assessment Information to Parents/Guardians, Parent Assessment Choices and Insurance Information, Parent Permission/Release for Medical Treatment, Physical Form, Athletic Form & Consent, Code of conduct and cheerleading contract along with \$50 athletic fee.** These forms can be found on the GHS/Athletic website. Please read and understand all the enclosed information before tryouts.

#### Cheerleading Tryout Dates:

- Cheer Clinics will be held on March 30<sup>th</sup>, 31<sup>st</sup>, & April 1<sup>st</sup> from 4:30-6:30. (**PAPER WORK MUST BE TURNED IN BEFORE PARTICIPATING IN ANY CLINICS**) Tryout material will be taught during this time
- Official Try-outs will be held on April 2nd from 4:30-until.
  - Pre-Conditioning will take place March 24-26 in the GHS Gym 4:30-6:30

#### Eligibility:

To be eligible in the fall/spring of 2015 -2016 for cheerleading, a student must have:

- Been Promoted
- Must be in good academic standing (70 or above in **ALL** classes)
- Must have **ALL** required Carnegie Units for the appropriate grade level
- Must not have any money owed from previous years of cheerleading at GHS.
- Must not have been selected for an GHS cheer Squad the previous year and **quit the Squad**
- Physical must be current—if you cheered last year those physicals are either expired or will expire within the next few days. Everyone must have a current physical!

#### The following **MUST BE** turned in **BEFORE** you can participate in clinics or tryouts:

- High School Athletic Pre-Participation Form  
Insurance Waiver and Release Form
- Completed Information Sheet
- Statement of Permission and Agreement
- A copy of your report card

**Note:** *The deadline for turning in this paperwork is March 26<sup>th</sup> at 5:30pm; however, the earlier you can get this paperwork in, the better. Participation in cheer clinics or try-out clinics will be prohibited if any of the forms are missing or incomplete.*

**Selection of the cheerleaders will be based on the following:**

- Introduction/approach to the floor  
Voice, projection spirit, jumps, running tumbling
- Group chant  
Individual performance, execution, facial expression, spirit
- Group Dance with jump  
Precision, execution, facial expression
- Group Cheer  
Teamwork, form, execution, safety
- Tumbling  
Presentation, grace, flexibility, form
- Appearance  
Presentation, smile, correct attire, grooming
- Teacher Recommendation

**What do you wear to tryouts?**

- During clinic days please wear comfortable, length appropriate shorts and a t-shirt or tank top. Dress as if you would dress for cheerleading practice. Shorts should be three inches long. Sports bras must be worn. No basketball shorts or pajamas. No denim shorts, jewelry, or artificial nails. Your hair should also be off your shoulders.
- On official try-out day, you will need to wear green or gold shorts and a solid white t-shirt or tank top. Your hair should be off your shoulders, and no jewelry should be worn or artificial nails.
- Please do not wear any previous cheerleading or dance attire during tryout week.
- The teams will be scored by judges. The judges will be from out of town and have cheer experience and knowledge in both areas of cheer. The judges' scores will be combined with teacher evaluations and evaluations of the applicant given during the three clinic days by the coaches.
- Try-outs are closed. During try-outs, the try-out area will be restricted to candidates and judges.
- Video recording of the try-outs will not be allowed.
- In the event of a tie score, judges may recall the involved candidates to perform the try-out requirements again. The coaches will have the final say on whether an additional performance is needed. Candidates involved in a tie may all be allowed onto the Squad per the coaches' decision.
- All decisions made by the judges/coaches/administration are final.

**For those who make the squad:**

Meeting for all cheerleaders and their parents:

April 7th

After school and summer practices are mandatory, and work schedules, vacation, extracurricular activities, etc. should be arranged so the cheerleaders are at practice each day. These practices are important, and attendance is necessary.

Practice schedule will be given after tryouts.

### Estimated Costs

We realize that Cheerleading in an expensive sport, however we try to cut the cost down as much as possible through fund raising and taking care of what we have. There are, however, certain items that can not be passed down from squad to squad and have to be purchased by the individual. In addition, wear and tear requires replacement of uniforms, warm-ups, etc. We will be ordering them through Varsity, the leading cheer apparel company, and the cheerleader will be responsible for paying for them by **August 1<sup>st</sup>**. While we can't give you an exact amount at this time we can give you an estimate that should be fairly close.

Projected Expenses 2015 – 2016  
Football/ Competition Cheer- \$750-\$850  
Basketball Cheer- \$600-\$650

Tentative Payment Schedule				
*Note: Fee amounts may increase or decrease due to unpredicted expenses				
SQUAD	Payment 1 May 1 <sup>st</sup>	Payment 2 June 5 <sup>th</sup>	Payment 3 July 10 <sup>th</sup>	Payment 4 Aug 1 <sup>th</sup>
Varsity Football/Competition	200.00	184.00	184.00	184.00
Varsity Basketball	200.00	134.00	134.00	134.00

**All monies are due by the August 1, 2015. Please be prepared to have this amount of money in the event that you make the team.**

Again, all paperwork must be in by March 26<sup>th</sup>. Completed paperwork can be submitted to Coach Tolbert at GHS or bring paperwork to the Griffin High School office in a sealed envelope with Attn: Cheerleading Coach Tolbert

We look forward to seeing you at tryouts. If you have any questions, please contact any of the coaching staff below at

Coach Tolbert 770-229-3752 ext 121 [theresa.tolbert@gscs.org](mailto:theresa.tolbert@gscs.org)

Coach Andrews [Mossn1908@hotmail.com](mailto:Mossn1908@hotmail.com)

Coach Colquitt [Jamecia.colquitt@gscs.org](mailto:Jamecia.colquitt@gscs.org)

## Information Sheet

Please complete the following information. Please write LEGIBLY.

Please select the team you are trying out for:	Football/ Comp _____ Basketball _____ <span style="background-color: yellow; font-size: small;">*Please check 1</span>
Student Name: First	Last:
Current Grade Level:	School you attended 14-15:
Home Address:	
Home Phone:	Cell Phone:
Email address:	Birthday:

Parent/Guardian Name:	
Home address (if different from above)	
Parent/Guardian Phone (If different from above)	
Mother's Work Phone:	Mother's Cell Phone:
Mother's Email:	
Father's Work Phone:	Father's Cell Phone:
Father's Email:	
Emergency Contact Name:	Relationship to You:
Emergency Phone:	Emergency Cell Phone:

Allergies/Health Problems/ Medications (Please describe in detail):

Were you involved in any behavior infractions (ISS or OSS) during the 2014-2015 school year? If yes, please explain on a separate sheet of paper.

### Statement of Permission and Agreement

If you make the cheerleading squad, realize that you are making a commitment to Griffin High School, your coaches, your teammates, and yourself for the **complete season (full year)**. The decision to tryout should not be taken lightly. You will be expected to put cheerleading as one of your top priorities. Furthermore, as a representative of Griffin High, you must **maintain proper behavior** at all times. You must follow the cheerleading guidelines set forth in the Griffin High School Cheerleading Handbook. Students who break the rules will be disciplined. By making this commitment to the Griffin High School Cheerleading program, you will receive many valuable and rewarding educational experiences that you will remember long after you graduate from high school. These activities will not only channel your enthusiasm and spirit in a constructive and beneficial manner, but will give you a sense of pride and accomplishment in being a part of a group that has earned the reputation as one of the best.

#### Student Agreement

I, \_\_\_\_\_, have read and understand the 2015-2016 RULES FOR CHEERLEADING. I agree to abide by the policies described if I am chosen as a member of the squad. I am agreeing to the information in the packet and understand that failure to adhere to these rules policies could result in dismissal from the squad.

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date

#### Parent/Guardian Agreement

I, \_\_\_\_\_, the parent or legal guardian of \_\_\_\_\_, have read and understand the 2015-2016 RULES FOR CHEERLEADING and the 2015-2016 TRYOUT INFORMATION. I agree to abide by the policies described if my child is chosen as a member of the squad. I also agree to the financial obligations as they are described in the information provided. I understand that failure by me or my child to adhere to these policies could result in dismissal from the squad.

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date

## 2015-2016 Rules for Cheerleading

### Purpose

The objective of the Griffin High School cheerleading squad is to effectively execute a school spirit program that supports the athletic teams and promotes the school itself and to become an exemplary student athlete and school leader. Cheerleaders will serve as positive role models and leaders for GHS and should promote sportsmanship within our school and among other schools. The highest priority should be to conduct ourselves in a manner of a student athlete with intentions displaying and encouraging spirit and pride for GHS.

### Squad Members and Practices

- Members will be chosen at a formal tryout session.
- The Varsity Football/Competition squad will consist of up to 20 cheerleaders who will cheer at all Varsity football games, competitions, and pep rally events.
- The Basketball squad will consist of up to 20 cheerleaders who will cheer at all Varsity basketball games and pep rally events.
- If a member of a squad is removed from a position, a replacement will be determined by the coaching staff.

### Practices and Games

- Squads will have practices each week. A tentative schedule will be given out at the beginning of each month. All practices are mandatory, and other schedules should revolve around cheerleading practices. Additional practices may be added when needed.
- During football season, games are usually held on Fridays for Varsity. You will also be given a schedule at the beginning of the season, and cheerleaders will be expected to be present at all games, including playoff games.
- During basketball season, games are normally held on Tuesdays and Fridays. Occasionally, games may be held on other days of the week (especially during inclement weather when games must be pushed to the next night).

### Attendance Requirements

- ABSENCES CAN BE THE DOWNFALL OF A GREAT CHEERLEADING SQUAD! If one or more squad members are absent from a practice or game, the other members are forced to make last minute changes. This can be both stressful and dangerous to squad members.
- You will be expected to be at all games and practices. Jobs, club activities, extracurricular activities, doctor's appointments, etc. must not interfere with cheerleading.
- If you commit to cheerleading you are committing to attend every game. Unexcused absences are those caused by anything other than illness or family emergencies. In addition, just because a cheerleader asks to be excused doesn't mean that the excuse will be granted.
- If you are ill or have a family emergency, the coach needs to be notified by a parent or guardian in order for this absence to be excused. Please notify the coach before the absence or as soon after as possible; only under extreme circumstances will prior notice not be expected. Please call Griffin High School to notify the coach of any excused absences. If the coach is unavailable, please leave a message.
- As stated in the Guidelines for Griffin High Athletes, students must be present half the school day (2 full class periods) to be eligible for practices and games scheduled for that day.
- If a student is assigned to ISS, the student may not participate in any scheduled event for the time the athlete is assigned to ISS. In addition, the athlete will be benched for ISS counseled and/or dismissed from the squad for OSS.

### Grades

- A minimum of 2.0 GPA must be maintained throughout the cheering season.
- Grades will be closely monitored by the coaches.

- If at any time you are failing a class, you will be required to attend tutoring, and failure to attend tutoring will result in benching.
- From the time the F is written on the progress report, you have two weeks to pull the F up before a more severe consequence is given.
- Study Hall sessions will be included in schedules/practice.

### Tutoring

- Cheerleaders are encouraged to attend tutoring on all off days.
- If the cheerleader must attend tutoring on a practice day, the cheerleader must inform the coach, bring a note to practice from the teacher, and must arrive no later than 4:45.

### Uniforms

- If for at any reason a cheerleader quits or is dismissed, he/she is expected to return all equipment within five days of the termination.
- Washing instructions will be provided when uniforms are distributed.
- Do not alter any GHS equipment.
- Damaged or lost uniforms will be replaced by the cheerleader.
- A cheerleader may not represent another sport (soccer, track, baseball, etc) while in uniform.
- JV Cheerleaders choosing to stay for a Varsity game must change out of the cheerleading uniform and into regular clothing.

### Fund Raising

- Every cheerleader will be expected to support all fundraising events which support the team.
- Failure to participate and meet your quota of fundraising can result in dismissal from the squad.
- Turning in fundraising money after the due date will result in being benched.

### Transportation

- If a parent is going to pick up their cheerleader at an away game, the coach must speak to the parent at the game. If the coach is unaware of a change in transportation, a cheerleader may get left behind because the coach assumes the parent will be there and will not account for her on the bus ride back. The coach cannot go searching through the parking lot for parents. They must come and see the coach before you leave with them. If the parents do not speak to the coach, you are expected to ride the activity bus back to Griffin.
- Your parent is the only one you are allowed to leave a game with, not friends.
- Cheering is not allowed on the bus. It distracts the driver, coaches, and other team members.

### Expected Behavior

- All GSCS and Griffin High School guidelines must be followed at all times.
- Consequences will be issued for misbehavior or poor conduct
- Promote a positive image for the school community—your peers, parents, teachers, and community members
- While representing GHS, cheerleaders must not:
  - ☹ Drink alcoholic beverages
  - ☹ Use controlled substances
  - ☹ Use tobacco products
  - ☹ Show unsportsmanlike conduct
  - ☹ Use profanity
- Show displays of affection
- Be academically dishonest
- Cheerleaders must wear the designated uniform or noted attire to school on the day of a game.
- Attend all practices and games.
- Your attitude and ability to work with other different personalities must be exceptional.
- Lying or fabricating the truth will not be tolerated and can result in immediate termination from the squad.

- Part of a coach's job is to know where you are at all times during practices, games, and special events. Consequences will be issued for failure to follow the coach's direction or to stay in assigned areas during events.
- While safety is our number one goal, please understand that you should expect bumps, bruises, and other occasional minor injuries. This is all part of cheerleading.
- Cheerleaders can not wear or loan GHS cheerleading uniforms/outfits when attending non-cheerleading activities.
- All official cheerleading decisions and activities will be made by the coaching staff. **All coaches and captains are to be given respect and cooperation by cheerleaders and parents at all times.** Lack of respect will not be tolerated and can be grounds for dismissal.

***\*Being in correct uniform means wearing the appropriate uniform—sports bra, bloomers, hair ribbon, socks, shoes, having hair pulled up. Complete uniform also means wearing no jewelry, glitter, or fingernail polish. Your nails must be trimmed short, and no acrylic nails or tips will be worn.***

Coaches reserve the right to make changes/additions to the rules as needed. In addition, if you have any questions or concerns, please respect the following chain of command: Squad Coaches, Athletic Director, and School Principal



**GRIFFIN HIGH SCHOOL CHEERLEADER APPLICANT  
TEACHER RECOMMENDATION FORM**

To the Teachers of: \_\_\_\_\_

In order for a student to try out for cheerleading, he/she must be in good academic standing. Please take a moment to complete this form. **Please include grade to date.** Thank you for your assistance.

Teacher Name \_\_\_\_\_

Class/Period \_\_\_\_\_

Please rank the student on the following qualities (with 1 being not evident and 5 being consistently evident):

Responsibility	1	2	3	4	5
Leadership	1	2	3	4	5
Teamwork	1	2	3	4	5
Effort	1	2	3	4	5

Current grade to date: \_\_\_\_\_

Please add any comments you feel would help us determine if this student is a good candidate for cheerleading.

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\_\_\_\_\_  
Teacher's Signature

**GRIFFIN HIGH SCHOOL CHEERLEADER APPLICANT  
TEACHER RECOMMENDATION FORM**

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Teacher Name \_\_\_\_\_

Class/Period \_\_\_\_\_

Please rank the student on the following qualities (with 1 being not evident and 5 being consistently evident):

Responsibility                    1      2      3            4      5

Leadership                      1      2      3            4      5

Teamwork                        1      2      3            4      5

Effort                              1      2      3            4      5

Current grade to date: \_\_\_\_\_

Please add any comments you feel would help us determine if this student is a good candidate for cheerleading.

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\_\_\_\_\_  
Teacher's Signature

**GRIFFIN HIGH SCHOOL CHEERLEADER APPLICANT  
PROGRESS REPORT FORM**

To the Teachers of: \_\_\_\_\_

In order for a student to try out for cheerleading, he/she must be in good academic standing. Please take a moment to complete this form by notating the student's current grade and signing your name. Thank you for your assistance.

<u>Period</u>	<u>CLASS</u>	<u>CURRENT GRADE</u>	<u>TEACHER SIGNATURE</u>	<u>COMMENTS</u>
<u>1</u>				
<u>2</u>				
<u>3</u>				
<u>4</u>				
<u>5</u>				
<u>6</u>				
<u>7</u>				

\*This form must be completed by all teachers and grades must be above a 70 in order to be eligible to Try-out.

**Student and Parent/Guardian Athletic Participation Informed Consent Form**

I and my parent(s)/guardian(s) understand that there are dangers and risks of practicing and competing in the sport of my choice. These may include, but are not limited to, sprains and strains, bruises, injury to bones and joints, ligaments, muscles, organs, brain damage, serious neck and spinal injuries leading to complete or partial paralysis and even death. No amount of reasonable supervision, training, or protective equipment can eliminate all risks and dangers.

I/We, the parent(s)/guardian(s) of

\_\_\_\_\_ acknowledge that I/we have been advised, cautioned and warned by representatives of the Griffin Spalding County School District that my/our child may suffer serious injury, paralysis or death from participating in the sport of

**Cheerleading.**

I understand, am aware and appreciate the above warnings and information. I/we give my/our consent for my/our Child\_\_\_\_\_ to participate in the sport of **Cheerleading** for the **2015-2016** school year.

**I/WE UNDERSTAND THAT THERE IS ALWAYS POTENTIAL RISK OF INJURY TO MY/OUT CHILD WHILE PARTICIPATING IN SPORTS.**

\_\_\_\_\_

\_\_\_\_\_  
*Signature of parent/guardian*

*Date*

\_\_\_\_\_

\_\_\_\_\_  
*Signature of parent/guardian*

*Date*

\_\_\_\_\_

\_\_\_\_\_  
*Signature of student*

*Date*

\_\_\_\_\_

\_\_\_\_\_  
*Signature of Witness*

*Date*