

Culver City Middle School Cheer

Information Packet

2019-2020

Dear Parents and Students:

Thank you for your interest in trying out for the Culver City Middle School Cheerleading Program. Cheerleading provides students with many fitness benefits but also strengthens their leadership capabilities and self-confidence. The purpose of this packet is to familiarize you with the try-out process for the Culver City Middle School Cheer Program, as well as, what you can expect if you make the team. It is essential that parents and students alike consider the many responsibilities associated with being a member of the CCMS Cheer Program. As a member of the team you must commit a great deal of time and energy throughout the entire school year. You must set aside time to attend cheer camp, tumbling classes and summer practices during which we will be preparing for the upcoming athletics and competition seasons. In addition to athletic games and competitions, we perform at assemblies, pep rallies and school/community events. Academics, social plans, vacations, and job schedules cannot interfere with these requirements.

Our coaches are California credentialed teachers as well as AACCA (American Association of Cheerleading Coaches and Administrators) & NFHS (National Federation of State High School Associations) certified. We are looking forward to another great season with our Panther Cheerleaders!

GOOD LUCK!

CCMS CHEER Coaching Staff

Head Coach: Sakoiya Fletcher

Advisor: Amber Masek

Program Contact: culvercitycheeranddance@gmail.com

Squad Description

CCMS cheerleading team is made up of 6th, 7th, and 8th graders. Team will practice skills needed for competitions and cheering at games. Team will also condition to maintain fitness level needed to be an athlete. All athletes will cheer at pep rallies, events, and games. Team will also have an option to compete.

TRYOUT PROCEDURES

Anyone interested in trying out for cheer must follow these instructions:

1. Complete the attached application, parent permission letter/cheer contract, Teacher Recommendation Forms, Grading Check, and Athletic Packet online. Physicals may be completed once athlete has made team. Original physical to Athletic Office and copy to cheer advisor. Please turn in the completed application to Cheer mailbox in main office and athletic packet to the main office by 3:30pm on **Thursday, April 11**. Late packets will result in points deducted.
2. Attend mandatory tryouts clinic. All tryout material and routines will be taught on these days only.
3. Must attend ALL mandatory tryout days, **Monday, April 15**, 3:00-5:30pm and **Tuesday, April 16**, 3:00-5:30pm in cafeteria. Finals will take place on **Thursday, April 18, 2019** from 3:30-6:30. A call and email with team position being offered. Posted list on cafeteria as well.
4. Applicant must carry an unweighted GPA of 2.0 in order to tryout.

*Estimated squad numbers: 20-25

The coaches/advisors of the program will choose who is selected for the squads. The following criteria will be used in the selection:

1. Evaluation of the application and skills as demonstrated throughout tryouts.
2. Evaluation of the applicant's attitude and behavior as demonstrated throughout tryouts.
3. Previous experiences with the applicant – both in terms of attitude and behavior.
4. The applicant's discipline/behavior history as seen in his/her discipline file and citizenship grades.
5. The applicant's Teacher Recommendations and G.P.A.

Dress For Tryouts:

Wear clothes that will allow you to participate safely

- - athletic shoes/sneakers
- - plain t-shirt and shorts – school colors
- - nails must be trimmed
- - no jewelry/watches
- - hair in ponytail with ribbon or bow

CCMS Spirit Philosophy and Code

The primary purpose of the Culver City Middle School Cheer Program is to generate spirit, pride, and leadership skills through support, performance, and personal conduct.

The conduct of all cheer and dance team members are closely observed by many. It is important that their behavior be above reproach in order that they might bring credit and honor to themselves and their school.

RESPONSIBILITIES AND OBLIGATIONS OF THE CCMS SPIRIT TEAM:

1. All teachers, coaches, administrators, and parents are to be treated with respect at all times.
2. All cheerleaders will be directly responsible to their coach/advisor or any adult supervisor for all actions at practices and performances, or whenever representing the cheerleading organization.
3. Cheerleaders are subject to all of the rules and regulations of Culver City Middle School. However, the CCMS Cheerleader is a representative of the school and must be trusted to display appropriate conduct at many events on this campus and at locations away from campus. The coach/advisor retains the authority to suspend or dismiss from the team those cheerleaders who fail to meet expected standards of conduct.
4. Attend all practices, games, competitions, and fundraisers.
5. **ELIGIBILITY**
 - a. All cheerleaders must maintain a 2.0 GPA. In order for a cheerleader to participate in the program, he/she must maintain a grade point average of 2.0 on a 4.0 scale. All applicants must be eligible at the time of tryouts.

5. APPEARANCE AND UNIFORM

- a. Uniforms shall be kept neat and clean at all times. If a uniform is damaged, lost, or stolen, the uniform must be replaced by the user.
- b. Under no circumstances is a cheerleader uniform to be worn at non-designated activity without special permission from the coach/adviser.
- c. A cheerleader uniform is never to be worn by a non-cheerleader.
- d. All uniform requirements must be met (hair, appropriate shoes, correct uniform, etc.)
- e. For safety reasons, at practice and performances, no cheerleader shall wear jewelry and length of fingernails shall not exceed fingertips.
- f. At performances no cheerleader shall wear nail polish.
- g. Cheerleaders shall pay strict attention to their crowd responsibility during performances. No food, drinks, or gum at practice or while performing.
- h. No electronic devices at practice, games or related events.
- i. Cheerleaders shall stand at parade rest or sit in the stands as a group and act in a **professional manner.**

8. DISMISSALS

The following rule infractions will result in dismissal from the program:

1. Failure to attend event / competition if less than two weeks notice given before event.
2. Excessive absences and/or tardies (see absences and tardies section).
3. Consistent inability to meet time commitments of cheerleading (excessive tardies/absences).
4. Any behavior excessively incongruent with the CCMS Spirit Philosophy and Code as perceived by the cheer coach/advisor.
5. Becoming involved in other sport or co-curricular activity that conflict with CCMS Cheerleading.
6. May be dismissed for school suspension depending on severity of action and after consultation with administration.

9. COMPETITIONS

1. Participation in competition team is optional.
2. Participation in and cost for competition is the responsibility of each member of the qualifying team. You may volunteer to pay or participate in all team fundraisers.
3. There are no guarantees that any cheerleader will get to compete. However, cheerleaders who are diligent about meeting their cheerleading responsibilities, come to practice regularly, and show adequate skill development will be given every consideration.
4. Competition dates: December TBA, UCA Championships January TBA, Possible USA nationals Feb.

11. TEAM COMMITMENT

1. Cheer Team is a year round commitment. **Spring practices will be Wednesdays 2-4pm.** Spring training is mandatory to get ready for fall and winter sports as well as competition season. Cheer Team must be the first priority. Not seeing the full commitment through may affect standing for the following year, as well as the involvement in other athletic programs at CCMS.
2. Team should come first. Appointments, outside clubs, activities, vacations, and classes should not interfere with practices, events and fundraisers.
3. Attendance required at all cheer events including but not limited to: practices, games, competitions, and fundraisers. If unable to attend must be in writing more than two week before event.
4. Parents please do not keep athletes from spirit team as a disciplinary action. The team structure will be the ones punished.
5. All athletes that fall below a 2.0 will still remain on team and participate at practice.

Financial Commitment

Students will not be denied the opportunity to participate on the CCMS Cheerleading Team due to financial constraints. Cheerleaders who make the team and choose not to voluntarily pay for their own fees will be provided with team fundraising opportunities. All purchased items must be paid for through voluntary payments or credits raised through fundraising before acquiring items. Due to budget cuts and constraints we encourage parents to stay on the given payment schedule, which will be provided as well as a fundraising schedule to help meet payment schedule.

Throughout the year cheerleaders will be expected to participate in team fundraisers.

The following is an estimate of costs incurred throughout the year:

Uniform	\$300.00
Practice uniforms and bows (price may vary)	\$150.00
Stipends	\$50.00
Competitions fees, Choreography, Music and props	\$150.00
Cheer Total Estimated Cost:	\$650.00

*These costs are estimated. Additional costs may occur throughout the year.

Culver City Middle School Spirit Creed

Goals: To support Culver City Middle School, it's athletes, and each other.

Objectives:

- To promote sportsmanship.
- To develop wholesome school spirit and to help others have pride in our school.
- To promote cooperative spirit among students, faculty and staff.

The conduct of cheerleaders are closely observed by many. It is important that their behavior be above reproach in order to bring credit and honor to themselves and their school.

Spirit Contract- Policies and Expectations:

1. All students must maintain good attendance. In the case of any absence, The only excuse from any spirit activity is illness or serious family business. There must be no conflicts with personal social activities, outside groups, and other school events. The duties of a CCMS cheerleader shall take priority. In situations of injury, a doctor's note is necessary in order to be considered an excused absence.
2. Stunts and tumbling are not to be practiced anytime or anywhere without the presence of a cheer advisor or coach.
3. If you need to be absent, please notify coaches/advisor must be notified before practice starts via email or text.
4. All students must attend all games, performances and fundraisers. Failure to attend will be considered an absence, and may affect your standing on the team.
5. Cheerleaders must keep their uniforms neat and clean at all times. They will wear full assigned uniform, or they will not participate. Uniforms may not be worn at any time other than at assigned spirit activities.
6. All students will set a good example on campus and in the classroom, maintaining good citizenship marks.
7. All students will maintain a "C" (2.0) grade point average.
8. Cheerleaders must dress out and set up/clean up practice area (includes moving tables and/or mats) on all assigned practice days. Appropriate athletic clothing is required, including athletic shoes. For safety reasons, at practices and games, no cheerleaders shall wear jewelry (including all types of body jewelry) and the length of the fingernails shall not be excessive. Bright nail polish is not allowed. Electronic devices such as cell phones, ipods, etc are to be put away during entire practice.
9. Just like any other sport, there are risks involved in cheerleading. Although Culver City MS takes all necessary precautions to make sure the cheerleaders are safe, there is still a risk of injury.
10. All notifications and information are given verbally and emailed from app. If you have missed any information it is your responsibility to make sure you on the group messaging or seek information from a teammate.

Spirit Contract

I have read the policies and expectations of the spirit contract and agree to abide by them. I understand violating any of the above rules could result in my suspension or removal from the spirit program.

Student Signature

Date

Student Name (print)

Date

Parent Permission Letter

My son/daughter, _____ has my permission to try out for the Culver City Cheerleading Program. I have read the contract and I am aware of the approximate costs and fundraising opportunities available. I understand the responsibilities of my child's commitment, and I have discussed these things with my child. In the event that he/she is selected, I hereby grant permission for his/her participation as a cheerleader and will support the contract guidelines. I understand he/she is expected to attend all assigned spirit functions throughout the upcoming summer months and throughout the 2019-2020 school year. I will support his/her mandatory requirements as well as my own responsibilities as a program parent.

Parent Signature

Date

Culver City High School Cheerleading Application

Name _____ Current Grade: 6 or 7 (Circle One)

Cell Phone (Student) _____

Parent/Guardian Name(s) _____

Cell Phone #'s (Parent) _____

Email address (Parent) _____

Email address (Student) _____

Have you ever been a member of a school or independent cheer squad? Y N

If Yes, where and when: _____

Please check the "YES" box if you can strongly perform the listed skill or if you agree with the statement asked.

Circle position for stunting: Base Flyer Back spot

YES	Cheer Stunting /Tumbling Skills
	Back Walkover
	Front Walkover
	Standing Back Handspring
	Standing Back Tuck
	Round off Back Handspring
	Round off Back Handspring Tuck
	Round off Back Tuck
	Layout or Full
	Elevator (Base or Flier)
	Extension (Base or Flier)
	Liberty (Base or Flier)
	Cradle Dismount (Base or Flier)
	Full Down Dismount (Base or Flier)

Culver City High School Cheerleading Teacher Recommendation #1

Must be completed by YOUR CURRENT teacher.

Name _____ Current Grade 6 or 7 (Circle One)

Please rate applicant on the following criteria:

5= always / totally agree

4= most of the time / mostly agree

3= has some difficulties

2= rarely / do not really agree

1= never / do not agree at all

- ___ The applicant completes tasks/turns in work on time.
- ___ The applicant gets along well with other students
- ___ The applicant demonstrates a high level of commitment to work.
- ___ The applicant has consistent attendance in your class
- ___ The applicant is respectful and cooperative with you.
- ___ The applicant demonstrates leadership interests and abilities
- ___ The applicant is motivated in the classroom
- ___ This applicant would make a good student body leader
- ___ This individual has a strong work ethic
- ___ The applicant is not afraid to speak his/her mind, but does so in a respectful, considerate way.
- ___ Applicant is neither a flagrant gossip nor the target of flagrant gossip
- ___ Applicant could meet the responsibilities of being a cheerleader.
- ___ This individual gets to class/practice/commitments on time.

Signature _____ Date _____

Print Name: _____

Comments:

Thank you for your time and assistance in this process. Your answers will be critical in our CCHS Spiritleading Tryout process. Your signature on this form verifies that you are the person filling out the form and that all answers, in your opinion, are true to the best of your knowledge.

Please return this form to the CCMS in the office.

Thanks again,

CCMS Spirit Staff

Culver City High School Cheerleading Teacher Recommendation #2

Must be completed by YOUR CURRENT teacher.

Name _____ Current Grade 6 or 7 (Circle One)

Please rate applicant on the following criteria:

5= always / totally agree

4= most of the time / mostly agree

3= has some difficulties

2= rarely / do not really agree

1= never / do not agree at all

- ___ The applicant completes tasks/turns in work on time.
- ___ The applicant gets along well with other students
- ___ The applicant demonstrates a high level of commitment to work.
- ___ The applicant has consistent attendance in your class
- ___ The applicant is respectful and cooperative with you.
- ___ The applicant demonstrates leadership interests and abilities
- ___ The applicant is motivated in the classroom
- ___ This applicant would make a good student body leader
- ___ This individual has a strong work ethic
- ___ The applicant is not afraid to speak his/her mind, but does so in a respectful, considerate way.
- ___ Applicant is neither a flagrant gossip nor the target of flagrant gossip
- ___ Applicant could meet the responsibilities of being a cheerleader.
- ___ This individual gets to class/practice/commitments on time.

Signature _____ Date _____

Print Name: _____

Comments:

Thank you for your time and assistance in this process. Your answers will be critical in our CCHS Spiritleading Tryout process. Your signature on this form verifies that you are the person filling out the form and that all answers, in your opinion, are true to the best of your knowledge.

Please return this form to the CCMS in the office.

Thanks again,

CCMS Spirit Staff

