

# MONROVIA



## CHEERLEADING

### 2019-2020 Tryout Packet

Parents and prospective cheerleaders,

Monrovia has a tradition of producing excellent competition cheerleaders. We will be holding tryouts for both the Monrovia competition and basketball cheer teams April 10th, 11th, and 12th, 2019. All 7th graders will cheer for the 7th grade football games. All 8th graders will cheer for 8th grade football games. At the conclusion of football season the competition team will focus on preparation for competitions and the non-competition cheerleaders will combine to become the basketball squad. We will have an interest meeting on April 2, 2019 in Ms. Strong's room at 5:30pm. Enter the school at the side doors next to the tennis courts.

#### Tryout Clinic

The tryout clinic will be April 10th and 11th from 3:30 – 5:30. During this time the material for tryouts will be taught. All participants should wear athletic shorts, t-shirt, tennis/cheer shoes, and wear her hair in a ponytail for tryout clinics. No jewelry is allowed during any part of the tryout clinic or tryouts. MMS cheer tryouts are CLOSED to the public. The 2019-2020 MMS Competition Cheerleading squad list will be posted on the front doors of the school NO EARLIER than 8pm Friday, April 12th.

There will be a MANDATORY parent meeting on April 16 at 5:00 pm for non-competition and at 5:30 for competition cheerleaders in Ms. Strong's classroom if your daughter is selected for the team. Payment for UCA camp, camp clothes (Varsity), backpack, cheer shoes will be due immediately if your child is selected for the team.

### Competition Cheerleading

Competition cheerleading at Monrovia requires a year round financial and time commitment from the cheerleader and family. Our competition season begins at the conclusion of tryouts and goes through mid February. They will practice after school a few days a week, including school breaks and possibly on Saturday mornings. The competition team will take tumbling/stunt classes together at ACE twice a week. If a cheer candidate displays competition potential at tryouts, she may be selected as an alternate for the competition cheer squad. In the past, we have competed as a small junior high team (12-16 cheerleaders on the mat) at a few competitions and at Nationals. If we have more than 16 cheerleaders on the team or if a cheerleader does not have the skills and technique (both tumbling and stunting) needed for the routines, alternates will be selected by the coaches. Alternate status will be revisited by the coaches throughout the season. Competition cheerleaders will cheer both home and away football games. UCA camp 5/28/19-5/31/19.

### Non-competition Cheerleading

Noncompetition cheer at Monrovia also requires a huge time commitment. Non-competition cheerleaders will cheer both football and basketball home and away games. Our season begins after tryouts and goes through mid to late January. They will have a few days of practice until the end of the school year (2019) and right before camp in June. After that, they will have a majority of the summer off and resume practice shortly before school starts. The remainder of practices will be set by the non-competition cheer coach. SHS camp 6/4/19-6/7/19.

### Required Forms Checklist

**The following items must be turned in to Ms. Strong by April 5th, 2019 in order to be able to tryout! \*Make a copy of this packet for your records.\***

- \_\_\_\_\_ All pages of the tryout packet signed by both the cheer candidate and a parent/guardian.
- \_\_\_\_\_ MMS Cheer Parental Agreement / Permission Form
- \_\_\_\_\_ Make sure copies of the teacher recommendation form are made and passed out to all teachers.
- \_\_\_\_\_ Copy of most recent report card
- \_\_\_\_\_ Physical Form-Must be signed by a M.D. or D.O.
- \_\_\_\_\_ Madison County Insurance. Parent Waiver Form
- \_\_\_\_\_ Concussion Form
- \_\_\_\_\_ AHSAA Student Release Form
- \_\_\_\_\_ NFHS Sportsmanship Certificate (NEW CHEERLEADERS ONLY)

**\*Any athlete who does not have all forms completed prior to tryouts will not be allowed to stay or participate at any athletic tryout.**

\*\*\*If a new athlete makes the team, they must turn in an original birth certificate which will be copied and returned. Each new athlete must complete the NFHS Sportsmanship program as required by the Alabama High School Athletic Association. Complete NFHS Sportsmanship Course at [www.nfhslearn.com](http://www.nfhslearn.com), print the certificate, and give to Ms. Strong.

## Monrovia Middle School Cheerleading Demerit System 2019-2020

### 1 demerit = 1 mile

The purpose of this system is to reinforce positive behaviors and discourage behaviors that are unbecoming for a school representative such as a cheerleader. Cheerleaders will be dismissed upon receipt of the 12<sup>th</sup> demerit. Cheerleaders and parents will be notified when demerits are given.

1. Any failing grade on a progress report. If a part of the competition team, this cheerleader may be moved to alternate status at the coaches' discretion temporarily or permanently. *These demerits CANNOT be run off!*	3 and benched until passing report card
2. Any failing grade on a report card. If cheerleader is not dismissed from team, they will be benched for a minimum of 3 weeks. *These demerits CANNOT be run off!*	6
3. All cheerleaders must attend camp with their respective squad. If unable to attend, it will result in automatic dismissal. No exceptions!	12 AUTOMATIC DISMISSAL
4. All cheerleaders must attend all practices, tumbling classes, games, team activities, and fundraisers. Cheerleaders must be at school and PE practice on game day in order to cheer at the game. The coach will determine if the absence is excused. Absences with a doctor's note or a death in the immediate family are excused.	3 per absence
5. Failure to notify the coach BEFORE an absence. It is the cheerleader's responsibility to notify the coach of an absence AHEAD of time.	3 per occurrence
6. Competition cheerleaders must attend all practices with choreographer. Practices with the choreographer and before competitions may be changed or added at any time as needed to learn choreography and/or prepare for competitions. If a cheerleader is not present at choreography practices, they may be moved to alternate status at the coaches' discretion.	6
7. Any behavior deemed unbecoming for a Monrovia cheerleader per coaches and administration. *These demerits CANNOT be run off!*	1-12
8. Disrespect to others including teachers, other students, coaches, and/or teammates (including social media).	3
9. Fussing, fighting, and gossiping among the cheerleaders.	3
10. Displays of affection such as hand-holding, hugging, kissing, etc.	3

**The following behaviors are punishable by running. All running must be done within one week of violation. Any violation that is recurring or excessive may result in demerits determined by the coaches. Demerits that are eligible to be run off will be done before or after practice.**

Wearing wrong uniform or practice clothes or missing any piece of uniform or practice clothes. (1 mile per piece)
Leaving any part of uniform or cheer clothes at a ballgame or other gym. (1 mile per piece)
Socializing during ballgames.
Late getting back to performance area after half-time or other break in the game.
Leaving any cheer activity early. Being late to any cheer activity.
Not turning in money or other materials on time.

**OTHER ITEMS**

1. Equipment and uniform expenses must be paid before any uniforms can be given out.
2. If your child **quits or is removed from the squad money already spent will NOT be refunded!**
3. The coaches reserve the right to hold an additional tryout in the fall. This tryout will be only for new students who were not enrolled at MMS at the time of our spring tryout. In the event new cheerleaders are selected, they may be placed on either the competition or non-competition team.

**ANTICIPATED EXPENSES**

The prices below are based on expenses from last year. There may be other expenses that come up throughout the year and prices vary from year to year.

<b>Item</b>	<b>Cost</b>
Bloomers, Socks (Nike brand), and Hair bow	\$60
Camp / PE clothes	\$350
Gameday shoes for football and basketball games	\$90
Backpack (mandatory for new cheerleaders)	\$60
Equipment and uniform expense	\$75
Pom Poms (mandatory for new cheerleaders)	\$25
Fleece pullover	\$80
All cheerleaders will need a pair of plain black leggings	You buy
SHS Camp (Non-competition only) 6/4/19-6/7/19	\$70

**Additional competition team expenses:**

Choreographer <i>Money for this cannot come from fundraisers.</i>	\$125 One time fee. Due August 1, 2019.
Tumbling classes @ ACE <i>Money for this cannot come from fundraisers.</i>	\$55-90 per month for April-January
Competition fees	@ \$150.00
Nationals	@ \$1500.00 (prices can vary depending on numbers)
Additional shirts throughout the year <i>Money for this cannot come from fundraisers.</i>	@ \$40.00
Competition shoes	\$70
UCA camp 5/28/19-5/31/19	\$350

**THE NATIONALS EXPENSES FOR TWO COACHES AND ONE CHOREOGRAPHER OR ADMINISTRATOR WILL BE DIVIDED AMONG THE COMPETITION CHEERLEADERS AND INCLUDED IN THEIR NATIONALS EXPENSES. It is the coach's discretion how the Nationals fees are spent on transportation, food, entertainment, and other possible expenses.**

### **Tentative Competition Practice Schedule**

**\*These dates are based on last year's practice schedule. They may change based on the coach's discretion!\***

**April:** ACE (Monday 4-6) and after school practice once a week

**May:** ACE (Monday 4-6) and after school practice once a week

**June:** ACE (Monday 4-6); practice/conditioning Thursdays

**July:** ACE (Monday 4-6); ALL vacations will be excused during the month of July

**August:** ACE (Monday 4-6), after school practice once a week, football games on Thursday nights

**September:** ACE (Monday 4-6), after school practice once a week, football games on Thursday nights, and Saturday morning practices

**October:** ACE (Monday 4-6), after school practice once a week, and Saturday morning practices  
\*\*Practices may be scheduled during Fall Break\*\*

**November:** ACE (Monday 4-6), after school practice once a week, and Saturday morning practices

**December:** ACE (Monday 4-6), after school practice once a week, and Saturday morning practices \*\*Practices may be scheduled during Christmas Break\*\*

**January:** Practice 5-6 days a week in preparation for Nationals

**February:** Practice daily until Nationals

**MMS Cheer Parental Agreement / Permission Form**

**This must be signed and returned before any student may participate in cheerleading tryouts.**

Candidate's name: \_\_\_\_\_ has my permission to tryout for the cheer squad at Monrovia for the 2019-2020 school year. We have carefully read the attached forms and fully agree to follow the rules of the MMS cheer program if/when my child makes the squad.

- ❖ The coaches and administration at Monrovia Middle School reserve the right to hold an additional cheerleading tryout in the fall. This tryout is only for students who were not enrolled at MMS at the time of spring tryouts. All decisions regarding this try-out will be at the coaches' and administration's discretion.
- ❖ The competition team may have alternates. Alternates are expected to participate in practices, all team activities, and attend Nationals.
- ❖ I have read and understand the demerit system.
- ❖ I understand the financial obligations and understand they may be subject to change.
- ❖ I understand the additional time obligations of competition cheerleading.
- ❖ If your child quits or is removed from the squad money already spent will NOT be refunded! This includes any fundraising money.

Tryouts will be combined for the competition and non-competition cheerleading teams. Please mark which team you would like to try out for. This does not guarantee that you make the team selected.

\_\_\_\_\_ I want to be on whichever team I make. (If I do not make the competition team I want to be considered for the non-competition team).

\_\_\_\_\_ Competition cheer only. (I do not want to be on non-competition)

\_\_\_\_\_ Non-competition cheer only. (I do not want to be on competition)

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

Candidate Signature: \_\_\_\_\_

(Distribute to all teachers. This includes last semester's elective teachers.)

### Teacher Evaluation for Cheerleading Tryouts

Student's name: \_\_\_\_\_

Teacher: \_\_\_\_\_

Teachers,

We would like your help in choosing our teams for next school year. As you know, we expect our cheerleaders to serve as positive school representatives. In order to achieve this, we need your insight into their attitudes and behavior. Please choose the option that best describes the student named above. Please fold, staple and return to **Ms. Strong** no later than **April 5, 2019**. These will be kept confidential. Thank you for your time!

Please check one	Description	Points possible
	I highly recommend this student.	10
	I recommend this student.	8
	I recommend this student but with some reservations.	6
	I am very hesitant to recommend this student.	3
	I do not think this student is a suitable candidate for the Monrovia cheer program.	0

***If you score a candidate 6 or below, please circle reasons listed below.***

poor grades      attendance issues      talkative during class      does not follow directions  
does not get along well with peers      does not turn in work      not motivated

Teacher Signature: \_\_\_\_\_