



Woodland Middle School Cheerleading



Try Out Checklist

Student Name: _____

- Signed Cheerleading Packet Form/WMS Cost to Cheer Form
- Signed WMS Cheerleading Contract Form
- Signed and completed personal information sheet
- Signed and completed Woodland Middle School Athletic Handbook
 - This is not included in the packet. It can be found on Woodland's Website under the Athletics-Cheerleading tab.
- Completed and Current Physical form (within one year calendar)

All items must be turned in on the first day of tryouts on **July, 17 2018** in order to be eligible to participate!

Any cheerleader who is seriously interested in trying out that would like to get some extra practice BEFORE tryouts, can come practice with the Scott High school cheerleaders on June 19-21 from 9-11 am at Scott High School. **BRING YOUR COMPLETED PHYSICAL FORM IN ORDER TO PARTICIPATE!**

If you are not participating in the optional open practices, please bring the completed forms to tryouts on July 17th.

WMS Cheerleading General Information Packet

TRYOUTS:

- Tryouts will take place on July 17th, 18th, and 19th from 5-7pm at Scott High School.
- All participants are required to attend **all** three days of tryouts unless otherwise planned by the coach due to extenuating circumstances.
- Participants will be placed into groups of approximately four participants. All participants will be taught a cheer, dance, and stunt on the first two days. These will be judged on the ability to perform the cheer which includes motion placement, timing, ability, enthusiasm, showmanship, tone of voice, energy and difficulty of stunt performed: the third day is strictly tryouts.
- Tryout results will be posted on July 19th by 8:00pm on the front doors on WMS.
- Do not wear practice clothes that associate you with any other cheerleading team including but not limited to prior WMS cheer and all-star attire
- A maximum of 24 cheerleaders will be taken on the team. There will be one competition team. The number of candidates taken on the competition squad is dependent on the number trying out and the scores attained during tryouts.
- Alternates: Based on the amount of participants who tryout, alternates may be chosen. All practices are required for alternates. These participants are expected to fill in at practice and competitions when other teammates are absent or injured. Alternates will cheer all designated football and basketball games.
- Tumbling is not a requirement, however, it will help your overall score.
- Skills performed at tryouts are expected to be maintained throughout the season.
- A **mandatory** parent **AND** cheerleader meeting will be scheduled for Friday July, 20th at 5:00pm in the WMS cafeteria.
 - a. Collect first payment
 - b. Discuss fundraisers
 - c. Practice wear & Warm Up Sizing

PRACTICE/GAMES

- The Kentucky Mandated “Dead Period” is from June 25- July 9. Hopefully everyone scheduled vacations during this time frame. It is understood that vacations are probably already scheduled. Please be in contact with the coach if you have any summer scheduling conflicts outside of dead period.
- Summer Practices: Starting July 23rd-August 15, practices will be in the evening from 5:00-7:00 pm. A calendar with specific dates and locations will be given out at the parent meeting on July 20th.
- School Year Practices: Beginning the Week of August 15th, mandatory practices will be held 2-3 times per week, dates and times TBA.
- Since we do not have our own mats, the Scott High School cheerleading team has generously offered to let us use theirs. However, we will be working around their schedule. As soon as I know their schedule, I will make ours and send it out.
- Practices could also potentially be held at an all-star gym if we needed to use their mats for practice. These practices are also mandatory.
 - Any schedule changes will be addressed in advance and are still mandatory. Any cheerleader that does not attend a practice the night before a competition, will not compete.
 - You will be provided a tentative calendar a month in advance for scheduled practices and activities for the month; this is subject to change.
- It is understood that some cheerleaders may have all-star practice or other sport conflicts. Upon making the team, a schedule must be provided. Please see the coach for further discussion.
- Once practice wear is received, mandatory practice uniforms are to be worn on assigned days. Conditioning for the entire team will be implemented if a cheerleader is out of uniform at the coaches’ discretion.
- All cheerleaders will cheer the varsity 8th grade football game on Thursday nights as one team.

- Basketball games normally start the second week of November. At that time one of our weekday practices will **likely** be eliminated; however, the others will continue. It should be noted that additional practices may be added due to the timing of competitions and holidays!
- Depending on the number of cheerleaders after tryouts, it is my plan to have all participants cheer the 8th grade varsity game as one team during basketball season. This decision is dependent on the results of tryouts in July.

PHYSICALS

- A current physical has to be on file with the school prior to day one of tryouts or the participant must sit until it is received. **NO EXCEPTIONS!**
 - A form is included in this packet.
 - Please make yourself a copy!

COMPETITION

- Competition Teams will be formed based on the results of tryouts and July/August evaluation. The official plan has not been determined; below are the options I am considering:
- Junior High Game Day: Maximum of 25 cheerleaders on the floor. This is a different style competition consisting of a chant, band dance, and sideline cheer formatted in a football game day style.
- Junior High Division of 5-24 Cheerleaders on the floor compete in a traditional routine. The division depends on the number of girls on the floor; which will be determined later in the season.
- Tentatively, the competition schedule is as follows and is subject to change:
 - October 20th: NKCCA Fall Competition (Dixie Heights High School)
 - November 3rd: KAPOS Regionals (Local High School)
 - December 15th: KAPOS State (Lexington, KY)--> Tentative
 - Late January: NKCCA Winter Competition (TBD)
- If a cheerleader does not attend the regional competitions (KAPOS/UCA) then participation in the State/Nationals competition associated with that absence will not be allowed.
- Cheerleaders will arrive approximately one hour prior to warm-up time and will be expected to sit as a team for the entire competition.
- Alternates will be required to come to all competitions.

COMMUNICATION

- I will be setting up Woodland Middle School Cheerleading Facebook and Instagram pages for updates throughout the season. Please be sure to follow both of these pages.
- Monthly cheer letters will be sent home with the cheerleaders at the last practice/game of the month.
- Contact Alex McGaughey at Alex.woodlandcheer@gmail.com

Woodland Middle School Cheerleader Constitution and Contract

PURPOSE: It shall be the purpose of this organization to promote and uphold school spirit, to develop good sportsmanship among students, to support athletic programs and to develop positive relationships in the community and between schools during athletic events. The organization's goal is to work in harmony with administration, faculty, band, athletic teams, and other school organizations. It shall be the purpose and the responsibility of the coaches to prepare participants for future careers as cheerleaders through high school and into college.

Woodland Middle School Cheerleading is your FIRST priority. Attendance is very important. Each cheerleader will get a practice and performance schedule at least one month in advance: be advised that this may change (addition of practices prior to competition, time changes) and cheerleaders are expected to be flexible. Lack of commitment may result in your dismissal from the team.

Members must be selected through official trouts. Additional members may be admitted and allowed to fill regular or competition team positions if vacancies occur due to illness, injury, or other situations deemed necessary. The competition team will be selected based on skill AND position. Upon the coaches' discretion, competition alternate positions may be offered to cheerleaders who tried out for the competition team and either need additional skills or positions were filled. These girls are still responsible for competition and game policies and costs. However, some competition costs may be optional.

FINANCIAL RESPONSIBILITIES

- Cheerleaders are responsible for the school activity fee.
- Cheerleaders are responsible for the purchase of shoes, socks, tights, body-liners, warm ups, backpacks, bows, as well as practice wear (cost dependant on what is needed).
- Cheerleaders are responsible for the payment of team tumbling from an outside gym. The gym, price, and method of payment have yet to be determined. This is something we will discuss more at the parent meeting on July 20th.
- Cheerleaders shall pay for physical exam.
- Competition expenses (registration and travel expenses)

****Cheerleaders will turn money in on the date due or a payment plan signed by the parent or guardian.****

FUNDRAISING

- Fundraising projects will be available to defer costs and purchase items such as music, signs, pom poms, uniforms, and hopefully or next big purchase... our own set of mats!
- All fundraising ideas must be presented to the coach and approved by the board of education and principal before taking place.
- Fundraising ideas and participation are not mandatory but are strongly encouraged.

TRANSPORTATION

- Cheerleaders will cheer all home games.
- In the even of a special circumstance or situation where it is necessary to cheer an away game: cheerleaders will be responsible for transportation.
- Cheerleaders will be responsible for transportation to all competitions.

ATTENDANCE

- **All practices, games, and competitions are mandatory. Only a doctor's, funeral, and select school events will be excused.**
- Other extra-curricular practices will only be excused the practice before that activity's game/competition.
 - An entire practice, game/competition schedule from the coach will need to be submitted as soon as possible in order for practices/games to be considered excused.
- Coaches will inform cheerleaders and parents of any schedule changes as soon as possible. Please keep in mind that schedules are subject to change. Schedule changes are still mandatory.
- Coaches must be aware when cheerleaders are not at school or have left early due to illness. **A parent** must notify the coach **at least one hour** before practice: excused with a doctor note only.
- Cheerleaders arriving late to a game and missing warm up will sit out the first quarter.
- Cheerleaders with an unexcused absence from a game will sit out with the coach at the next game (in full uniform).
- Cheerleaders named as alternates are required to be at **all** practices and games.
- Cheerleaders are allowed 5 free unexcused absences per year and only 1 vacation excuse.
- After a total of 10 absences (excused or unexcused), a parent meeting will be held to discuss the athletes commitment to the team.

PRACTICES & GAMES

- **Practices are closed.** Only cheerleaders and coaches.
- No talking on the phone or texting during practice (phones should be in a bag, on vibrate/silent).
- If a cheerleader is **injured** and cannot participate, it is still a **requirement** to attend **all** practices and performances.
- **Uniforms** and **warm-ups** are to only be worn at **spirit days, games, exhibitions, and competitions.** Uniforms must always look clean and neat.
- Cheerleaders will sit out of games/practices/competitions for arriving with any of the following
 - No/incorrect Bow -Wrong Socks -Gum
 - Jewelry of any kind -Nail polish or fake nails -Incorrect spandex
 - Hair not how it was assigned-Wrong shoes
- Cheerleaders must return from halftime at all games with **one minute** on the clock.
- A cheerleader may not **miss, arrive late, or leave early** from the **practice** before a **game** or **performance**. If this occurs the cheerleaders will not participate but must attend the game or performance.
- Cheerleaders must be present until their scheduled lunch hour to cheer the game or practice that day. This determination is left to the athletic director.
- When school is canceled for weather and a game or practice is scheduled, cheerleaders will still be responsible to cheer unless otherwise told by the coach.

EXPECTED BEHAVIORS

- WMS Cheerleaders are expected to maintain and uphold the reputation of the cheerleaders through their own conduct in and outside of the classroom.
 - Cheerleaders are not to smoke, use non-prescription drugs, use profane language, fight, or consume alcohol on school property or anywhere else in uniform or any public place where they are representing Woodland Middle School.
- **It would be a benefit to any cheerleader to leave any environment where their reputation may be questioned.**
- Jeopardizing the safety of oneself or any other of the team is grounds for disciplinary action or dismissal from the team.
- Cheerleaders are not permitted to have inappropriate photos, posts, etc. on any website including , but not limited to Facebook, Twitter, Instagram, Snapchat, etc.

- Cheerleaders must comply with guidelines of school attendance policy and rules.
- Cheerleaders who fail to **promote team unity** or **respect their coach (challenging the authority of the coach or person in charge, by competitor or parent)** will be warned then dismissed.
- Cheerleaders must be passing **ALL** classes or will be required to sit out practice and games until considered eligible.
- A cheerleader who is forced to resign or chooses to do so will be ineligible to tryout the following year (at the discretion of the coaches).
- It is understood that a cheerleader who chooses to resign, forfeits their right to participate in competition, games, and as an alternate. A cheerleader is not able to reign from only one aspect (game, competition, alternate) as that cheerleader has agreed to make a full commitment to the program.
- It is understood that additional expected behaviors and responsibilities outlines in the Woodland Athletic Handbook are to be followed in addition to this cheerleading contract.

The coaches reserve the right to discipline a cheerleader in a situation, which was not covered in this contract.

The coaches reserve the right to make changes deemed necessary to any part of this contract.



Woodland Middle School



Costs to Cheer

The prices below are **ESTIMATES** based on previous years. Prices may vary.

Item	Price	Payment Due	Needed by new cheerleader	Needed by returning cheerleader
Athletic Fee	\$40.00	July 20th	Yes	Yes
3 Practice Outfits	\$70.00	July 20th	Yes	Yes
2 Bows	\$13.00	July 20th	Yes	Yes
Cheer Backpack	\$35.00	July 20th	Yes	Yes
Body Liner (royal blue)	\$21.00	July 20th	Yes	If needed
Briefs (royal blue)	\$14.00	July 20th	Yes	If needed
Warm Up	\$75.00	August 10th	Yes	Yes
Cold Weather headband/gloves	\$13.00	August 10th	Yes	Yes
Uniform/Pom Rental fee	\$25.00	See below**	Yes	Yes

Other Financial Obligations

**Uniform/pom rental fees-- \$25 per uniform rental fee to offset the cost of wear and tear-- Due before receiving uniforms.

**Cheerleading shoes are to be purchased on your own and are required. Must be PLAIN WHITE cheer shoes and approved by the coaches. I can give you suggestions of where/what to purchase if need be.

We will be participating in team tumbling from an outside gym. The gym and price have yet to be determined. This is something we will discuss more at the parent meeting on July 20th.

There will be competition fees or every competition that we attend. I will ask that this one-time fee is paid at the beginning of September. I have not included it in the table above, because I am not certain how much the competition costs will total to yet.



**WMS Cheerleading Parent Meeting Agenda
July 20, 2018**



I have read and agree to the Woodland Middle School Cheerleading Contract. If I violate these rules, I will agree to any consequences set forth by the coach and school administration.

Please sign below to indicate that you have read and agree to the WMS cheerleading information provided in the WMS contract. .

Student Printed Name: _____

Grade: _____ Date: _____

Parent/Guardian Printed Name: _____

Parent/Guardian Signature: _____

WMS Cost Agreement

Please sign below to indicate that you have read and agree to the WMS cheerleading information provided on the costs to cheer.

Student Printed Name: _____

Grade: _____ Date: _____

I agree to the costs to cheer at WMS as listed.

Parent/Guardian Printed Name: _____

Parent/Guardian Signature: _____

Woodland Middle School Cheerleading
Personal Information

Cheerleader's Name: _____

Grade in Fall: _____ Birthday: _____

Address: _____

Parent/Guardian Name: _____

Primary Contact Number: _____

Can this number receive text messages? (circle one) YES NO

Parent/Guardian Name: _____

Primary Contact Number: _____

Can this number receive text messages? (circle one) YES NO

Cheerleader's Cell Phone Number: _____

Can this number receive text messages? (circle one) YES NO

PLEASE PRINT THE FOLLOWING SECTION NEATLY

Primary email address: _____

Secondary email address: _____

Please provide a brief summary of cheerleading experience:
