



GIBBS HIGH SCHOOL VARSITY CHEERLEADING & MASCOT CONSTITUTION

GIBBS HIGH SCHOOL CHEERLEADING IS A YEAR-LONG COMMITMENT lasting between April 2025 until no sooner than March 2026. Choosing to participate in tryouts means both parents/guardians & athletes agree to, understand, and will uphold the terms outlined in this document. Failure to uphold rules/expectations outlined in the documents included in the GHS Cheerleading Handbook documents can result in termination from the cheerleading team.

ORGANIZATION

The varsity cheerleading squad will have at least 12 cheerleaders. Responsibilities include cheering at football and basketball games, team events, GYA & MAC events and camps, school pep rallies, and participating in spirit activities approved by the coach such as community service, fundraisers, competitions/showcases, spirit days etc. These are some, but not all responsibilities, as some may arise throughout the year that are currently unscheduled. All athletes on the cheerleading squad are expected to participate in *all* events assigned by the coach unless otherwise specified.

GHS athletic teams may enter post-season or tournament games and/or competitions, which can lengthen a cheerleading season. Cheerleaders *must continue* their sport when the teams are successful. The season can be long and tiring and cheerleaders must maintain good behavior and a positive attitude throughout the season. Cheerleaders at GHS are both student-athletes and student leaders; therefore, they should work at achieving excellence in performing their sport and academics and their school spirit activities.

PURPOSE

1. To represent GHS proudly, respectfully, and tastefully on all occasions.
2. To promote and maintain school spirit and pride at school and in the community.
3. To show a high degree of sportsmanship by supporting Gibbs High School, its teams, and its organizations at all times.
4. To serve as upstanding and respectable role models for others at GHS and in the community.
5. To strive for excellence physically, mentally, socially, emotionally, and academically.
6. To show the highest degree of complete cheerleading skills by reaching our potential.

MEMBERSHIP

1. Varsity cheerleaders will be selected from grades 9-12.
2. The squad will consist of a minimum of 12 members. TSSAA allows only 16 cheerleaders at postseason games and Knox County only allows 16 members during basketball games.
3. No cheerleader will be allowed to participate in another sport while cheerleading is in-season, (during football and basketball seasons).
4. Any cheerleader who was dismissed from the squad for disciplinary reasons or who quit the squad the previous year will not be allowed to try-out for one complete year.
5. A student interested in becoming a cheerleader must return his/her paperwork and physical by April 7, 2025.

REQUIREMENTS FOR TRYOUTS

1. Each student must be currently enrolled at GHS, Holston Middle School, Halls Middle School or Gibbs Middle School and be zoned for GHS. If students are enrolling from a private institution, they must pre-register with their school's registrar and be zoned for GHS.
2. Any student is eligible to try out if he/she has maintained a 2.50 GPA during the preceding semester and is currently maintaining at least a 2.50 GPA. Students should have no issues with grades since the grading scale has been expanded/lowered. See your school counselor if you have questions about your GPA.
3. Rising seniors must not plan to graduate early. Cheerleaders must be in school both semesters to cheer as we participate in cheerleading activities during both the football and basketball seasons. **Those wishing to graduate early need not try out for the cheerleading squad.**
4. Student & parent/guardian attendance at the mandatory try-out meeting.
5. A non-refundable clinic fee of \$30 is due on April 7th prior to participation in clinics.
6. Each student must have the permission/agreement slip signed by the parent/guardian and a current physical form signed by a physician (TSSAA) by April 7th, 2025. **NO EXCEPTIONS.**
7. A student may try-out only with the student and parent/guardian agreement to uphold all the requirements stated in the GHS Cheerleading Rules and Regulations. Signatures and submission of paperwork is due on April 7th. **NO EXCEPTIONS.**
8. Students are eligible to try out **ONLY** with the candidate and parent/guardian agreement to uphold **ALL** constitution requirements and all completed paperwork. The constitution is updated yearly. It is the responsibility of the members and parents to always keep the constitution for reference.
9. Tryouts are in the spring, and **no one** is automatically carried over from year to year.
10. Everyone must be at the tryout clinics **ON TIME** and for the entire clinic or he/she will be excluded from try-outs. **NO EXCEPTIONS.**
11. Each student must be dressed appropriately and at the practice area on time. No cell phones. **CLINICS WILL BE CLOSED. (NO PARENTS, FAMILY MEMBERS, or FRIENDS)**

12. All students must wear solid black shorts and a solid white top during tryouts. All students must wear a white ribbon or bow for try-outs. No writing of any kind will be allowed on clothing.
13. No student shall be eligible to participate if he/she becomes 19 years of age on or before September 1, 2025.
14. Each student must be in school *all day* on April 8-11, 2025, to participate in clinics and try-outs.
15. Having too many absences in any class could result in students not being eligible to try out.

COMMITMENT

The time spent during the summer and the school year on cheerleading is quite extensive. THERE WILL BE MANY TIMES WHERE THE FIRST PRIORITY MUST BE CHEERLEADING, FOR A SQUAD CANNOT PRACTICE WITHOUT ALL ITS MEMBERS AND GAMES AND OTHER EVENTS CANNOT BE RESCHEDULED AROUND EACH STUDENT'S SCHEDULE. Unfortunately, in cheerleading, the team does not have alternates, so if a year-long commitment cannot be made, do not try out. Absences not only punish the individual but the entire team. Students are not to have jobs or extracurricular activities during the school year that will interfere with cheerleading.

Attendance at practice is mandatory and demerits will be given if a student is absent. Practices are approved and scheduled in advance by the coaches, but sometimes last-minute practices are needed and the squad must be available. During the summer, practices are held at the high school where there is supervision present; practices held in other locations need adult supervision and permission of the coaches. Parents assume liability and responsibility if practices are held at their own home. The coach will decide actual practice times.

HEALTH AND INSURANCE

- A. Cheerleaders must be covered by insurance. Athletic insurance must be purchased through Knox County Schools. Cheerleaders are only covered by school insurance for TSSAA sanctioned events. These do not include practices at individual homes or cheerleading competitions not sanctioned by the TSSAA.
- B. Each cheerleader must have a current physical.
- C. If a member is injured or suffers an illness or injury, a note from the attending physician must be presented before the member can resume duties. Coach will decide on practice requirements and participation. A parent should notify the coach IMMEDIATELY of an injury or illness.
- D. If a cheerleader is prohibited from fulfilling their duties by a doctor, the cheerleader must refrain from participating in any extra-curricular activities that could further worsen the injury. If a cheerleader is suspected of participating in these activities, a meeting will be held with the athletic director, coach, and cheerleader. Demerits could be accrued.
- E. Any cheerleader becoming pregnant cannot cheer without written permission from a doctor stating that the student can do jumps, stunts, tumbling, cheers, run, lift weights, and dance routines.

SAFETY

The increased athletic activity in cheerleading has resulted in an increased concern for safety. Cheerleaders are placed on notice that improper conduct or failure to progress properly may result in catastrophic injury, paralysis or even death. In becoming a participant in the program, a cheerleader voluntarily assumes the risk involved by participating in cheerleading practices, games, and other events.

By the very nature of the activity, cheerleading and gymnastics carry a risk of physical injury. No matter how careful the cheerleader and the coaches are, no matter how many spotters are used, no matter what height is used or what landing surface exists, the risk cannot be eliminated; reduced, yes, but never eliminated. The risk of injury includes minor injuries such as broken bones, dislocations, and muscle pulls. The risk also includes catastrophic injuries such as permanent paralysis or even death from landings or falls on the back, neck, or head.

- A. Every squad member will follow the safety rules taught by the coaches.
- C. There will be NO TALKING DURING STUNTS.
- D. Students are to follow the ground rule if the coach is not present.
- E. Students will follow a progression chart while learning to stunt.
- F. Students will be dressed appropriately including shoes and no jewelry including body jewelry.
- G. Stunts will be warmed up prior to games or performance.

APPEARANCE:

- A. Hair must be pulled back so as not to fly in the face, be on the shoulders or be an obstruction while cheering. Hair that is longer than chin length must be placed in a high ponytail with a ribbon unless stated otherwise; hair that is chin length must have the sides completely pulled up with a ribbon (no strands tucked behind ears). Bangs must be pulled back from face regardless of length. No side or low ponytails. No wispsies. Make sure **all** hair is pinned back. KCS Athletic Department upholds that half-up/half-down hairstyles are NOT acceptable.
- B. Hair must always be only natural-looking colors. Highlights are acceptable. No colors like pink, blue, etc. No colored extensions. No hair tinsel, hair wraps, etc.
- C. JEWELRY IS NOT ALLOWED OF ANY KIND, including BODY JEWELRY.
- D. Nail polish is not to be worn except for clear, neutral nails (natural pink - "Bubble Bath" by OPI), French manicure, or white. Nails in any other color or design is considered unacceptable. Nails must not extend beyond fingertip length. You may be asked to shorten nails or remove polish if your nails are out of cheer appearance guidelines.
- E. Ribbons/bows will be assigned to match uniform by coach.
- F. NO excessive makeup should be worn including glitter, facepaint, etc.
- G. Uniforms and camp wear will be worn properly. Camp shirts are to be tucked into waistbands unless otherwise specified by the coach(es). Apparel needs to be altered as needed. Shoes must be tied and kept clean. Bloomers/briefs and socks worn to events/activities must be the ones bought in uniform with teammates. Nike Pros purchased independently are not considered acceptable with uniforms/campwear.

- H. All attire including uniforms must be kept clean and stain free. Uniforms are used for several years and care must be taken to ensure that they are kept in the best shape possible. Do not iron uniforms. Uniforms are to be dry cleaned and free of stains at the end of basketball season before returning them to the coach(es) for the following season.
- I. No visible tattoos while wearing uniform and/or campwear.

GAMES

- A. Cheerleaders ARE REQUIRED TO BE PRESENT AT ALL FOOTBALL GAMES AND BASKETBALL GAMES even if injured or out due to illness. Depending on the number of members selected, a rotation of cheerleaders MAY take place during basketball season. Tournament games are considered part of the regular season. If a rotation exists for basketball, cheerleaders may be required to cheer additional games due to routine requirements or when several are out sick. The basketball schedule will be given out as early as possible. No swapping of games will be allowed but cheerleaders can cheer additional games if an opening occurs. Tournaments are last-minute events and cheerleaders must be available to cheer those games.
- B. Mascots will be assigned basketball games for performances as needed.
- C. Varsity cheerleaders will cheer at both boys' and girls' varsity games.
- D. Cheerleaders are responsible for transportation and lack of transportation is not excused.
- E. Coach must be notified of game absence by 12:00 of game day. This notification must be by personal conversation or by text. Athletes will be excused only for death in family or illness (provided with a doctor's note), and school related trips; otherwise, attendance is mandatory. The coach will make the decision to approve or disapprove absences.
- F. Injured/sick members will be expected to participate in games unless excused by coach or doctor.
- G. Students must be in attendance at least until 12:00PM, two class periods, or half the school-day on the day of the game to participate.
- H. Members must arrive one hour before each football game and approximately 30 minutes before each basketball game. The coach will make any time changes.
- I. Cheerleaders must be in line to cheer one minute before a game begins.
- J. NO chewing gum, food, or drink is allowed during the game, pep rallies, or on the gym floor.
- K. At games, cheerleaders are assigned to their positions in the lineup and chatting to outside guests or other cheerleaders is not allowed. Discussions must be avoided as they reflect upon the organization of the squad. Members should socialize before the game, at halftime, and after the game only. All cheerleaders must have a responsibility to keep their concentration focused on the game in progress. Seniors cannot be guaranteed preferential line placement or routine placement. Failure to stay in line may result in running/sitting out partial game/demerits.
- L. Stretching is mandatory before a game; otherwise, you will NOT be allowed to perform.
- M. Cheerleaders will not lean on the wall during a game.
- N. During games in non-cheering times, cheerleaders should have their hands on their hips or ruffling poms; NOT crossed, in their mouths, or on the gym wall. During games in non-cheering times of injury, cheerleaders will kneel out of respect for the injured athlete. Failure to do this will result in running/sitting out partial game/demerits.

- O. Cheerleaders must stand with right hand over heart and left hand behind back during the National Anthem. We are on display. There is to be NO TALKING, LAUGHING, or SLOUCHING. Failure to do this may result in running/sitting out partial game/demerits.
- P. Cheerleaders are not to show romantic affection to anyone while in uniform.
- Q. Cheerleaders must keep their concentration on the game, mainly for safety.
- R. Cheerleaders must be in school half a day to participate in activities and have no more than five absences in any class. (Exception: Doctor's Note) If absences become an issue, a meeting will be held with the coach and athletic director and consequences may include suspension from games, performances and/or dismissal.
- S. Cheerleaders must do "tryout" running and standing tumbling during each football and basketball game. While tumbling during basketball games, no pass should only go past the half court line. Everyone that tumbles needs to tumble during first full timeout. Those not tumbling must cheer, dance, stunt during that time.
- T. All cheer material is subject to approval by the AD and the coach.
- U. No mini-practices on sideline, group discussion, talking to crowd, or leaving sidelines. You must stay in your assigned position. Seniors cannot be guaranteed preferential line placement or routine placement.
- V. No students, parents, friends, boyfriends or children on the sidelines during cheer time.
- W. Cheerleaders will be required to attend rescheduled games even if the game is rescheduled at the last minute.

PRACTICES

- A. **Practices take priority over other activities.** Practice will be held at least two times per week during the spring, three times weekly in June & July, and at least two times per week during football/basketball season. Practice sessions will begin this Spring on Monday, Tuesday, and Thursday from 3:45-5:45. Practice dates/times will change, but adjustments are TBD.
- B. Additional sessions will be held TBD practices might be held at another location if mats are needed. Occasionally, practices may be held on other days including Sundays or more often if preparing for a special event. Summer practice times will differ from school practice times and may include sessions with a personal trainer focusing on core strength and flexibility.
- B. Practice times are on the calendar and are scheduled by the coach. Occasionally additional practices may be added at short notice. All members must be dressed out for practice in appropriate clothing with hair up and no jewelry.
- C. Ideas or complaints should be brought to the coach's attention before practice so they may be handled appropriately.
- D. It is the responsibility of any cheerleader that is absent from practice to make up what she/he missed on her/his own time PRIOR to the next game or practice.
- E. If the cheerleader is absent from school (more than 2 blocks), he/she must still attend practice that afternoon but will be required to sit out.
- F. A cheerleader missing a practice before a game or event will not be allowed to participate. The only exception is an excused absence.
- F. Each cheerleader must provide her/his own way to practices. Lack of transportation is not an excuse.

- G. The coach will conduct all practices, beginning in April, and continue throughout the season.
- H. The coach must be notified by 12:00 the day of practice if you cannot attend practice.
- I. The entire practice session will be devoted to cheerleading activities and conditioning. All practices will begin with stretching.
- J. A cheerleader missing a practice before a game or performance will not be able to perform or cheer. Exception: excused absence.
- K. Cell phones must be turned off during practice. Coach will have cell phone on for emergencies.
- L. Appropriate attire must be worn at practice including shoes. Tumbling barefoot will not be allowed.
- M. The coach will be in charge of all decision-making.

SUMMER CAMPS

Summer cheerleading camp is REQUIRED for all cheerleaders, and GHS will attend camp June 10-11, 2025, at Karns High School. The camp's purpose is to give cheerleaders an opportunity to learn new chants, cheers, and dance routines. Also, this period of intense focus on cheerleading builds the teamwork so important to the squad.

- A. SUMMER SCHOOL CANNOT BE USED AS AN EXCUSE NOT TO ATTEND CHEER CAMP.
- B. Each person must pay summer camp fees of \$160.00 by April 30, 2025.
- C. Cheerleaders will maintain excellent behavior at summer camp. THIS IS CONSIDERED A SCHOOL FUNCTION AND CHEERLEADERS WILL ACT ACCORDINGLY. Poor attitudes towards staff and coaches or lack of effort will not be tolerated. Violators will be sent home immediately and will receive demerits.
- D. Camp attire must be bought, assigned by coach, and worn appropriately.
- E. All seniors are required to try-out for All-American. Cheerleaders receiving ALL-AMERICAN status and are trip eligible, cannot expect the school or squad to assist with fundraising or funds. (Unless the whole squad is eligible.)
- F. Cheerleaders may be sent home due to illness or emergency. It is up to the coach whether to excuse this absence. A doctor's note will be needed for an illness absence.
- G. Cheerleaders must attend Gibbs Youth Cheer Camp on June 4-6, 2025.

UNIFORMS

- B. Uniforms will be assigned by the coach and some alterations may be needed. Uniforms may be altered; however, **the material may not be cut. (If a uniform is cut, the cheerleader must pay for a replacement.)** Uniforms will be handed out and fitted as close as possible by the coach.
- C. The length of the skirt/skorts/shorts must be appropriate and is at the coach's discretion. Coaches may require additional alterations if the uniform is not fitted appropriately.
- D. Final uniform selection is the choice of the coach and/or principal.
- E. Each member must purchase personal items such as shoes, cheer camp clothes, sweats, etc.
- F. Uniforms must be kept **clean and line dried**. Care must be taken to ensure that clothing, uniforms, and equipment are kept clean and in presentable condition.

- G. The coach will decide on uniform attire. Squad will be advised of uniform choice in advance. Schedule will be distributed to all members on Parent Square at this time.
- H. Members must wear appropriate uniforms at all activities, including shoes, sports bras, briefs, socks, and ribbons.
- I. Each member must safeguard his/her items from theft, loss, or damage and is, therefore, personally liable for their replacement.
- J. Only the briefs approved by the coach may be worn.
- K. Jackets and/or sweats may not be worn during a game except with approval from the coach. Uniformity is important within a cheer squad. We must look like a team, not individuals.

RESPONSIBILITIES

- A. Cheerleaders will not be allowed to participate in two sports or band during the same season. It is too difficult to schedule around other sporting activities and unfair to others who have sacrificed for the few. Participation in spring sports is only allowed after cheerleading season ends. This includes competitions, games and other events.
- B. To remain on the squad each cheerleader must maintain a 2.50 GPA by the end of each semester. Also, any cheerleader that has 2 or more Fs at the end of the semester will be immediately dismissed from the team. Final grades are determined by the grade on the final transcript for the semester. Grades will be checked once a week. **Any cheerleader with a D or an F in any class must attend tutoring before or after school with an assigned tutor, teacher, study hall, or other intervention as discussed with the coach. If the cheerleader has an F in any class, he/she will be benched immediately until passing all courses. She/he will still be expected to be at all practices/games (unless attending tutoring as cleared by the coach.)** It is important that parents and cheerleaders remember that academics come first for all student-athletes.
- C. Cheerleaders must not let other activities or work interfere with cheerleading. This includes school-related activities and non-school-related activities.
- D. Cheerleaders will be responsible for raising funds for uniforms, competitions, and expenses during the summer and school year. This includes the community camp, coupon book sale, and other activities.
- E. Cheerleaders must attend and participate equally in all cheerleading sponsored functions, suppers, banquets, pictures, community service projects, competitions, etc. **NO EXCEPTIONS!**
- F. There will be no captain; each girl will be assigned a responsibility or assignment.
- G. Cheerleaders must be able to speak for the squad in public settings and in front of the student body when asked to do so by the coach.
- H. Each member must remember that she/he is an example that the rest of the squad will follow.
- I. Every member must know cheers that are being used, never hesitating as to which cheer to use next. Use appropriate cheers for the situation. All members must learn cheers and chants during the summer from returning cheerleaders. Before

- cheering the first game, all cheerleaders must demonstrate that he/she knows cheers, chants, and dances or will be required to sit during games.
- J. Members will work with the coach and should keep the squad working together. Members will take problems among the squad to the coach, so that she may help in solving the problem.
 - K. Members will help plan cheers and routines for practices with the coach and principal's approval. Some material may be changed because of content.
 - L. Members will always represent GHS with pride; someone is always watching you in or out of uniform. Members must always act in a sportsmanlike and ladylike manner. This includes social media posts.
 - M. Coach will assign stunt groups and stunts that are to be performed.
 - N. Conduct such as smoking, drinking, fighting, drugs, obscene gestures, or language is not allowed in or out of a cheerleading uniform including posts on social media. Failure to comply with this rule could lead to **IMMEDIATE DISMISSAL**.
 - O. Any dismissal whether voluntary or involuntary from the cheerleading squad will automatically result in the member losing all privileges, awards, activities, and honors of a squad member for the remainder of the school year. This includes banquets, megaphones, patches, and other awards won by the team. Uniforms and any possessions not belonging to the individual member must be returned in washed and stain-free within one week to the coach.
 - P. If a member receives a suspension (out of school), the member will face demerits based on the number activities missed due to the suspension.
 - Q. Cheerleaders are to behave respectfully to all students, teachers, principals, and others. Disorderly conduct, bad attitudes, or excessive silliness will result in consultation with the coach and principal, and may lead to suspension and/or dismissal from the squad.
 - R. Cheerleaders are to attend games to lead cheers, **NOT TO BE WITH FRIENDS OR DATES**.
 - S. Cheerleaders will be responsible for coaching community park squads from May through August. Five hours of practice must be attended. Cheerleaders are required to teach a routine and help with cheers. Stunts are not to be taught without permission of the high school coach. No cell phones, "visiting", or flip flops during community park practices.
 - T. Cheerleaders will be required to "game day" dress during football season and on other occasions.
 - U. Cheerleaders must check the cheer ParentSquare for updates. GroupMe or Band App are subject to be utilized in the future per the coach's discretion.
 - V. Cheerleaders must sign Social Media Contract and agree to uphold the contents. This includes posting, liking, or retweeting inappropriate content and/or nude, semi-nude or lingerie pictures. Be cautious of bathing suit pictures as well.
 - W. Cheerleaders who leave the team early for any reason will not receive any items that a participating cheerleader earns such as certificates, patches, megaphone, etc.

TRANSPORTATION

Transportation to and from games, practices, or special events is the parent's responsibility. Lack of transportation will not be considered an excuse for missing an event. There are a few games where the school provides transportation and the cheerleaders must ride the bus to and from the game. Cheerleaders must have written parental permission to ride home from a game with another parent. No cheerleader will be allowed to ride home with another student. Permission slips for NON-SANCTIONED events must be filled out before a student can participate in the event.

EXPENSES

It is estimated that each will spend \$500-\$1400 for the following: *(Estimates only)*

- \$60.00 School Insurance
- \$180.00: UCA Camp + Food Costs
- \$250.00 Warm-Up (Pants + Jacket)
- \$120.00: Pullover
- \$185.00 Campwear (Skorts, Tank, Polo, Dress, Sports Bra)
- \$60: Campwear T-shirts
- \$90.00: Midriff Bodysuits (Black + White)
- \$30.00: Boy-cut Briefs (Black, 2 sets)
- \$200.00 Shoes (2 pairs)
- \$60.00: Raincoat
- \$25.00: Rain Hat
- \$70.00 Poms (Basketball Set + Football Set)
- \$147.00: Homecoming Sweater
- \$60: Pennant Sweatshirts
- \$114.00 Backpack + Lettering
- \$15.00: Bows/Ribbons
- \$45.00: 6 Pairs of Socks (3 Blue + 3 Black)

Some camp items from last year will be used. Costs for cleaning uniforms from week to week, gas for transportation to and from practices and games, money for meals, physical exam, community service projects, items for clinics and camps, money for away trips, competitions and other miscellaneous expenses are not included.

Cheerleaders must make monthly payments to cheer, and all money must be paid by the end of fall semester to be eligible to cheer in the spring semester.

PARENT RESPONSIBILITY

Parents will be responsible for expenses not covered by GHS. This may include competitions (local, state, national), additional insurance, community service projects, etc. as well as camp, camp clothes, personal items, and transportation. Payment schedules will be provided and payments must be made monthly.

Parents are responsible for the loss or damage to personal property of others or injury to other people caused by their son/daughter. Gibbs High School will not be responsible for the liability or insurance coverage of private or public carriers

LETTERING

Award Letters are given based on satisfactory performance.

- A. No more than 15 demerits.
- B. Uniforms must be returned clean and in good condition within one week after the close of the season.

FINAL COMMENTS

Any unusual behavior, problem, or ATTITUDE, that is not conducive to the constitution, coach, and to the integrity of the squad, will result in a conference with parents, coach, principal, and student PRIOR to discipline or dismissal from the squad.

A positive attitude is necessary on the part of any school leader or cheerleader. The coaches, teachers, or principals will not tolerate negative attitudes, eye rolling or negative comments.

Silliness will not be tolerated. If you are not committed to working hard, do not try-out.

If the cheer coach is absent from school and/or athletic event, a designated teacher, assistant principal, coach, or principal will be in charge with full authority. The ground rule must be followed.

If you as a parent or cheerleader do not fully agree with the coaches' philosophy or rules of the constitution, do not consider trying out for the squad. This philosophy or constitution will not change.

Situations that arise that are not covered in this constitution will be handled at the discretion of the coach and athletic director.

This is a school program and not an all-star program. We have a very collegiate style in our performance and uniforms/camp wear. We have no gym affiliation and only suggest that girls take tumbling where they feel comfortable. I will make parents aware of classes when specials come up but I do not endorse one gym over another.

****Changes can be made in the rules at anytime with the approval of the AD.
Cheer team members, and parents will be notified in writing.**

Signature of Candidate: _____ **Date:** _____

Signature of Parent(s): _____ **Date:** _____