

SDMS Cheerleading Tryout Packet 2025-2026

Coach: Taylor Putman

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PARENT INFO MEETING- Be a Kee Night

April 3rd @ 5:00 pm, SDMS Auditorium/Cafeteria

TRYOUTS

May 1, 2, 5, 6 from 4:00-6:00 pm, SDMS Gym

NEW TEAM MEETING

May 8th from 6:00-7:00 pm, SDMS Cafeteria

VARSITY FITTING FOR NEW TEAM

May 9th from 4:00-5:00 pm, SDMS Gym

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Dear Potential SDMS Cheerleader and Cheer Parent,

Get excited for SDMS Cheerleading Tryouts! The following packet is full of information regarding upcoming tryouts, as well as an outlook on the upcoming season and expectations – please keep all of this in mind as all camps and activities are mandatory for cheerleaders to attend.

Please use the following as a checklist to keep track of required documentation and forms needed to tryout.

Physical dated Apr 15, 2025 or later (copies uploaded to SDMS Cheer page and in SDMS front office) ****Physical should be uploaded to Final Forms and turned in to front office**

Completed and signed **Information and Permission** form at the end of this tryout packet

Printed copy of your Spring 2025 grades from Aspen. Students must maintain a “C”

average or better.

Questions? Attend our info session during Be a Kee Night on April 3rd at 5:00 pm. The sports information session will be held at the conclusion of the school information session.

All tryout forms and physicals must be turned into the SDMS front office and uploaded to Final Forms by Tuesday, April 29th at 3:30 pm. No late forms or physicals will be accepted. No exceptions will be made.

Go Kees! –Coach Putman, taylor.putman@knoxschools.org

Tryout Overview

When:

- May 1st, 2nd, 5th, and 6th. Tryouts will take place from 4:00–6:00 pm in the SDMS gym.
All days of tryouts are mandatory and are closed to the public.

Attire:

- May 1st, 2nd, and 5th: Athletic shorts and an athletic shirt/ t-shirt in red, navy, black, white, and/or grey. Hair must be completely pulled back and in a ponytail.
Sneakers/cheerleading shoes.
- May 6th, **Tryout Day**: Black athletic shorts and a plain white athletic shirt/ t-shirt. Hair must be completely pulled back and in a ponytail. Sneakers/cheerleading shoes.
- There is to be NO jewelry or watches worn during tryouts. Failure to wear the designated attire will result in dismissal of tryouts for that day. Please come prepared! It is suggested that candidates bring water bottles.
- Phone, electronics, gum, etc. will remain out of sight during tryouts.

Material:

- In accordance with KCS Regulations, athletes will learn a chant, cheer, and dance to perform during their tryout. The first 3 days of tryouts will consist of learning material and practicing. The last day (May 6th), athletes will perform the material they learned in front of a panel of judges.

Results:

- Tryout results will be posted on SDMS Cafeteria door 13 at 5:00 pm on Wednesday, May 7th.

After making the team, you are required to attend:

- New Team Meeting on Thursday, May 8th from 6:00–7:00 pm in the cafeteria. Both the cheerleader and a parent/guardian are required to attend.
- Varsity Fitting on Friday, May 9th from 4:00–5:00 pm in the cheer locker room/SDMS gym.

Tentative Mandatory Dates

This is a list of anticipated commitments and their dates, but are not limited to, by which each cheerleader will have to attend. Monthly calendars will be distributed far in advance and any changes will be communicated.

May 8th	New Team Meeting, 6:00-7:00 pm, SDMS Cafeteria
May 9th	Varsity Fitting, 4:00-5:00 pm, Cheer Locker Room
May 12, 14, 20, 21	Spring Practices, 3:45-5:30, after school, SDMS Gym
June- July	Summer Practices, 3:30-5:30, see summer calendar *Summer practices are mandatory, but can be flexible with advanced communication of scheduling conflicts, vacations, etc.
July 7-11	Stunt Camp and Choreography at Twisters All Stars
July 14-16	UCA Camp @ SDMS Gym
August TBD	Team and Individual Pictures
Aug.-Feb.	After School Practices, Mon. & Wed. 3:45-5:30 pm *New this year*, we will be adding a practice at Twisters All Stars every other Tuesday from 5:00-7:00 pm.
Oct.-Jan.	Basketball Season (Potential for post-season games in Feb.)
Beg. of Nov.	Exhibition @ Twisters All Stars
Mid Nov.	TSSAA Cheerleading State Championship in Knoxville
February	Potential Cheerleading Nationals and/or Junior Cheer Clinics
TBD	Looking to add ~2 more regional competitions

****Summer Dead Period-** No practices or communication will take place during the Summer Dead Period (last full week of June and first full week of July).

SDMS Cheer Handbook

The following makes up the South-Doyle Middle School Cheerleading Handbook. These are to be read and followed by those students selected to represent South-Doyle Middle School as cheerleaders. It is to be clearly understood that the following becomes effective immediately upon being selected as a cheerleader, and they will be strictly enforced.

Program Goal:

1. To create a FUN and SAFE environment for students to develop school spirit for South-Doyle Middle School and learn or advance in the sport of cheerleading.
2. Participate in school activities with respectful and confident attitudes.
3. Develop time management, goal setting, work ethic, a support system and good leadership skills.
4. Create a strong program to feed into South-Doyle High School!

Communication:

1. We will be using Parent Square as the main mode of communication. Please turn on notifications as all announcements, calendars, schedules, etc. will be communicated through Parent Square.
2. Physical copies of calendars, schedules, etc. will be routinely distributed to athletes at practice.
3. No communication or practice will happen during the Summer Dead Period (last week of June through the first week of July).

Commitment:

1. All cheerleaders are expected to participate in any scheduled activities including, but not limited to pre-season, camp, practices, games, competitions, school events, cheer clinics, fundraisers, and community events. Attendance will be recorded at all events and kept on file for the entire season. **Everything is mandatory unless otherwise noted.**
2. **The cheerleading season will take place from May-February. Cheerleading is a full-time commitment. If the team were to get a bid to Nationals, this would take place in the beginning of February.**
3. A cheerleader is not allowed any "free" unexcused absences from camp, practices, games, school functions, or performances. Please refer to our Demerit System for more information.
4. If an athlete is absent from school due to illness, they may NOT attend any games or practices that day. If an illness prevents attendance at any event, the coach must be notified with as much notice as possible and a doctor's excuse is required.

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5. Excused absences are up to the discretion of the coaching staff. **The expectation is that the coach will be notified with a valid reason (24 hours or by 11 am the day of the absence).** The coach or athletic director must be notified in person, by phone, email, or Parent Square. Giving a message to a teammate is not acceptable. Please schedule appointments, etc. around our practice schedule. We provide our schedule in advance to help.
 6. Basketball Games: We will cheer at home and away girls' and boys' basketball games and post-season tournaments. Dates and times of games will be communicated far in advance. Cheerleaders will be required to make arrangements as necessary in order to be in attendance. Cheerleaders are expected to ride the bus as a team to away games and may be checked out by a parent or guardian at the end of the away games.
 7. Competition: We will attend and compete at the TSSAA Cheerleading State Championship in mid-November at the Knoxville Convention Center. Exact times will be communicated far in advance. Cheerleaders will be required to make arrangements as necessary in order to be in attendance at the competition and any pre-competition extra practices that may be held. Other local competitions and exhibitions may also be scheduled.
 8. Independent Game Rule: SDMS will be following the TSSAA Independent Game Rule. No member will be eligible to participate on another cheerleading team during the athletic season (June- end of basketball/competition season).
 9. Attitude and overall commitment to the team is of utmost importance. Cheerleading is a team sport and we are here to support one another! If an athlete displays a negative attitude towards another athlete or coach, they will be assigned demerits as outlined in our Demerit System below.
 10. In order to be eligible to play in SDMS Athletic Program, cheerleaders must retain a 2.0 GPA during every sport season. Remember that you are a STUDENT-Athlete, with academics coming first. If a student has a D or F, that student will sit out during practice (Wednesdays from 3:30-4:30 PM) and work on academics until their grade(s) improve. If a student-athlete does not obtain at least a 2.0 GPA by six straight weeks of academic intervention that student-athlete will be removed from the team.
 11. **Do not be late. Prompt arrival to practice and pick-up is required. Please see the Demerit System below.**
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Medical/Injuries:

- I. Cheerleaders will report all incidents involving injury to the coaching staff immediately upon occurrence. Cheerleaders will provide a doctor's excuse immediately following any injury requiring treatment by a physician regardless of if the injury was the result of a SDMS athletic activity. The doctors' release must be received by the coaching staff before permitting the student-athlete to re-join physical active participation in the

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TEAM events. You will not be able to play or practice until you bring in a doctors' note giving the coaching staff permission for you to return to physical activity.

2. Athletes are still required to attend and watch all practices and events even if injured.
3. Athletes will still dress the part of the team and be treated as such while they are healing.

Practices:

1. Practices will be held two-three times per week, Monday and Wednesday (unless otherwise noted). They are mandatory. Please refer to points above regarding injury and illness.
2. *New this year*, an additional practice will be held every other Tuesday during the school year at Twisters All Stars from 5:00-7:00 pm. This is to give cheerleaders the space and opportunity to practice on dead mat, similar to what will be used at competition.
3. Practice schedules and calendars will be distributed far in advance, both via Parent Square and through a physical copy to the cheerleader.
4. They will be closed practices.
5. After school practices will be held at South Doyle Middle School. Athletes should report directly to the locker room after the dismissal bell, change into practice wear, then report directly to our practice area to begin stretching and getting out the mats. Practice will start no later than 3:45 and end at 5:30.
6. Athletes are to come ready wearing the proper attire, short nails, no jewelry/watches, no gum, hair up and out of the cheerleader's face, and wearing any braces or with their ankles/wrist already taped if necessary.
7. Phones must remain in the athletes' bookbag, or it will be collected. If there is an emergency and you need to contact your cheerleader, please contact the coach or school.

Parents:

1. If you have a concern, we strongly encourage you to contact a coach via email, Parent Square, or in person. We will provide the best and most accurate answers. The line of communication should go, **Coach – Athletic Director/Assistant Principal – Principal**. Please ensure you approach the coach at an appropriate time. For example, approaching a coach before/during practices or games is not appropriate.
2. Check your emails and Parent Square regularly for updates!
3. Good sportsmanship is required from both the parents and athletes.

4. **24 Hour Policy** – if you have an issue at a game, practice, etc. – please wait 24 hours before addressing it. Coaches will follow the same policy.
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Cheerleaders:

1. Our cheerleaders will be positive role models.
 2. There will be consequences to bad behavior and/or poor representation of the squad. Please see the Demerit System below.
 3. Getting along – we do not always have to like each other – we DO have to respect each other. Disagreements will not be brought into practice and should not be carried out on social media, text, email, in school, etc.
 5. School Conduct – Excessive detentions, low grades, etc. may also result in probation and or/dismissal from the team. If the administration makes a decision regarding the participation of an athlete in our program, we will then follow it. Please see our Demerit System for more information.
 6. All other decisions regarding the team are left up to the discretion of the coaches.
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Apparel:

1. Apparel will be purchased after tryouts. Please refer to the Dues Packet for specifics.
2. Athletes should wear athletic clothes for every practice (shorts, t-shirts/tank tops, sneakers, etc.) and may have assigned practice wear.
3. Additional apparel and spirit wear may be ordered and purchased throughout the season on a voluntary basis.

Tentative Cheerleading Dues

This is a list of anticipated monetary commitments, but are not limited to, by which each cheerleader will have to abide.

There will be fundraising opportunities to offset some of the costs.

*Indicates costs that were able to be covered by fundraising last year.

Fee Breakdown

\$200	Cheer Camp and Choreography at Twisters
\$190	UCA Camp
\$60*	Uniform Rental from SDMS
\$400-\$550	Cheer Shoes, Poms, Bow, Spandex, Body Liner, Backpack, Practice/Camp Wear, Sweatshirt **
\$75*	Individual and Team Pictures
\$60	KCS Athlete Insurance
\$20*	TMSAA Dues
Estimated Total: \$1,005-1,155	

**Our first Varsity payment will be due Sunday, May 11th, in order to ensure that uniforms and practice-wear are delivered in time for camp. Please plan ahead and budget accordingly.

Estimate for first Varsity payment for Returning Members: \$283

Estimate for first Varsity payment for New Members: \$300

*Does not include shipping or tax.

SDMS Cheerleading Demerit System

Our squad will be adhering to a demerit system. By accepting your position on the cheerleading squad, you accept to follow the demerit system laid out below.

1 Demerit	Forgetting any part of your uniform for games, school functions, or performances. If a cheerleader forgets any part of his/her uniform for a game, school function, or performance, he/she will have to sit out of the game until the missing uniform is brought to him/her.
1 Demerit	Arriving to practice unprepared, in the wrong attire, hair not pulled up, chewing gum, wearing jewelry/watches, or using his/her phone during practice.
1 Demerit	Arriving tardy to games, practices, school functions, or performances.
2 Demerits	Not being a team player/not being coachable.
2 Demerits	Unexcused absence from practice or a day of camp.
3 Demerits	Being sent to RLC for any amount of time.
5 Demerits	Unexcused absence from a game, school function, or performance.
5 Demerits	Being assigned ATS for any amount of time.
10 Demerits	Being suspended from school for any amount of time.

Penalties:

- 2 demerits: Cheerleader has a conference with the coach.
- 3 demerits: Cheerleader has a parent/coach/athlete conference.
- 4 demerits: Cheerleader is suspended from cheering the next game.
- 5 demerits: Cheerleader is suspended from cheering the next two games.
- 10 demerits: Cheerleader is off of the cheerleading team.

Example Basketball Schedule



TENTATIVE!!! 2024-25 South-Doyle Middle Basketball Schedule

Date	Opponent	Site	Time	Result
Monday, October 28th	Holston	Home	VG: 4:30; VB: 5:45 PM	
Monday, November 4th	Northwest*	Home	VG: 4:30 PM; VB: 5:45 PM	
Thursday, November 7 th	Gresham*	Away	VG: 5:00 PM; VB: 6:15 PM	
Monday, November 11th	Powell*	Home	VG: 4:30 PM; VB: 5:45 PM	
Thursday, November 14th	Karns*	Home	VG: 4:30 PM; VB: 5:45 PM	
Monday, November 18 th	Halls*	Away	VG: 5:00 PM; VB: 6:15 PM	
Monday, November 25 th	Bearden*	Away	VG: 5:00 PM; VB: 6:15 PM	
Monday, December 2nd	West Valley*	Home	VG: 4:30 PM; VB: 5:45 PM	
Thursday, December 5 th	Hardin Valley*	Away	VG: 5:00 PM; VB: 6:15 PM	
Monday, December 9th	Farragut*	Home	VG: 4:30 PM; VB: 5:45 PM	
Thursday, December 12 th	Northwest*	Away	VG: 5:00 PM; VB: 6:15 PM	
Monday, December 16th	Gresham*	Home	VG: 4:30 PM; VB: 5:45 PM	
Thursday, December 19 th	Powell*	Away	VG: 5:00 PM; VB: 6:15 PM	
Thursday, January 9th	Halls*	Home	VG: 4:30 PM; VB: 5:45 PM	
Saturday, January 11 th	TMSAA Class AAA Area 3 Tournament Play-In Game	TBD	TBD	
Wednesday, January 15 th	TMSAA Class AAA Area 3 Tournament Girls Quarterfinals	TBD	TBD	
Thursday, January 16 th	TMSAA Class AAA Area 3 Tournament Boys Quarterfinals	TBD	TBD	
Saturday, January 18 th	TMSAA Class AAA Area 3 Tournament Girls & Boys Semifinals	Home	TBD	
Monday, January 20 th	TMSAA Class AAA Area 3 Tournament Girls Consolation	Home	TBD	
Wednesday, January 22 nd	TMSAA Class AAA Area 3 Tournament Boys Consolation, Girls & Boys Championship	Home	TBD	

Boys Head Coach: Sir David Pettus

Girls Head Coach: Eric Brabson

Athletic Director: Patrick Miller

Colors: Navy Blue and Red

Principal: Anthony Norris

Mascot: Cherokees/Lady Cherokees

Asst. Principals: August Askins, Katy Clemmons, Tonia Johnson, Mark Labig, Jeremy Lorenz, Aaron Maples, Patrick Miller

Tryout Score Sheet



MIDDLE SCHOOL CHEERLEADER JUDGING FORM

Candidate's Number _____ Judge # _____

Scoring: 1 (low) to 5 (high)

I. Individual Cheer

a.	Entrance – Enthusiasm – Spirit - Gymnastics	0	1	2	3	4	5
b.	Appearance and Smile	0	1	2	3	4	5
c.	Incorporation of Jump	0	1	2	3	4	5
d.	Projection - Voice Clarity	0	1	2	3	4	5
e.	Poise and Confidence	0	1	2	3	4	5
f.	Sharpness	0	1	2	3	4	5
g.	Gymnastics	0	1	2	3	4	5

SUBTOTAL _____

II. Jumps

a.	Required	0	1	2	3	4	5
b.	Required	0	1	2	3	4	5
c.	Optional	0	1	2	3	4	5

SUBTOTAL _____

III. Dance

a.	Synchronization	0	1	2	3	4	5
b.	Motions	0	1	2	3	4	5
c.	Knowledge of Routine	0	1	2	3	4	5
d.	Eye Contact – Facial Expression	0	1	2	3	4	5
e.	Incorporation of Jump	0	1	2	3	4	5
f.	Overall Performance of Dance	0	1	2	3	4	5

SUBTOTAL _____

IV. Group Chant

a.	Projection	0	1	2	3	4	5
b.	Poise and Confidence	0	1	2	3	4	5
c.	Sharpness	0	1	2	3	4	5
d.	Synchronization	0	1	2	3	4	5
e.	Group Awareness	0	1	2	3	4	5

SUBTOTAL _____

TOTAL _____

Judge's Signature on File _____

Judge's Number _____

Date _____

All forms and physicals should be uploaded to the student's Final Forms profile AND turned into the SDMS front office.



FinalForms

Parent registration

How do I sign up?

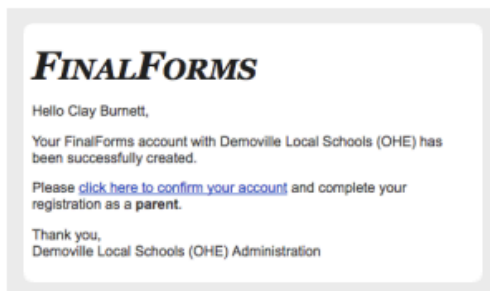
1. Go to: <https://knox-tn.finalforms.com/>
2. Locate the parent icon and click **NEW ACCOUNT** below.



3. Type your YOUR NAME, DATE OF BIRTH, and EMAIL. Next, click **REGISTER**.

NOTE: You will receive an email within 2 minutes prompting you to confirm and complete your registration. If you do not receive an email, then check your spam folder. If you still can not locate the FinalForms email, then email support@finalforms.com informing our team of the issue.

4. Check your email for an **ACCOUNT CONFIRMATION EMAIL** from the FinalForms Mailman. Once received and opened, click **CONFIRM YOUR ACCOUNT** in the email text.



5. Create your new FinalForms password. Next, click **CONFIRM ACCOUNT**.
6. Click **REGISTER STUDENT** for your first child.



FinalForms

Registering a student

What information will I need?

Basic medical history and health information. Insurance company and policy number. Doctor, dentist, and medical specialist contact information. Hospital preference and contact information.

How do I register my first student?

IMPORTANT: If you followed the steps on the previous page, you may Jump to Step number 3.

1. Go to: <https://knox-tn.finalforms.com/>

2. Click **LOGIN** under the Parent Icon.



3. Locate and click the **ADD STUDENT** button.

4. Type in the **LEGAL NAME** and other required information. Then, click **CREATE STUDENT**.

5. **If your student plans to participate in a sport, activity, or club**, then click the checkbox for each. Then, click **UPDATE** after making your selection. Selections may be changed until the registration deadline.

6. Complete each form and sign your full name (*i.e. 'Jonathan Smith'*) in the parent signature field on each page. After signing each, click **SUBMIT FORM** and move on to the next form.

7. When all forms are complete, you will see a 'Forms Finished' message.

IMPORTANT: If required by your district, an email will automatically be sent to the email address that you provided for your student that will prompt your student to sign required forms.

How do I register additional students?

Click **MY STUDENTS**. Then, repeat steps number 3 through number 7 for each additional student.

How do I update information?

Login at any time and click **UPDATE FORMS** to update information for any student.

Information Form

Please fill out this form in its entirety so that if the student is selected to join the 2025-2026 cheerleading season, he/she and the guardian can be contacted.

Student Name: _____ Grade for the 25/26 SY: _____

S-Number: _____ Allergies: _____

Parent/Guardian Name: _____

Phone Number: _____ Email Address: _____

Permission Form

I, _____, give my child, _____, permission to participate in cheerleading tryouts at South-Doyle Middle School. I have read and understand the Handbook, Tentative Schedule, Tentative Dues, Demerit System, and Judging Form. I also understand that the coach has the right to make any changes if necessary.

Cheerleader signature _____

Parent/guardian signature _____

Date: _____

All tryout forms and physicals must be turned into the SDMS front office and uploaded to Final Forms by Tuesday, April 29th at 3:30 pm. No late forms or physicals will be accepted. No exceptions will be made.