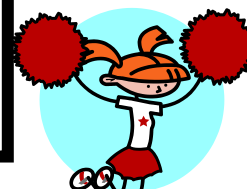


Halls Middle School 2019 Cheerleading Tryouts Information Packet



DEAR CANDIDATE & PARENT,

BEING A HALLS CHEERLEADER REQUIRES DEDICATION, COMMITMENT, RESPECT, ACADEMIC INTEGRITY, AND PARENTAL SUPPORT. IT REQUIRES A YEARLONG COMMITMENT FROM EACH CHEERLEADER. THEREFORE, **PLEASE READ THIS ENTIRE PACKET COMPLETELY BEFORE MAKING THE DECISION TO PARTICIPATE IN THE TRYOUT PROCESS.** MAKE SURE YOU UNDERSTAND THE GUIDELINES AND CAN ADHERE TO **ALL** THE REQUIREMENTS THAT ARE NOTED. IF YOU AS A PARENT OR CHEERLEADER DO NOT FULLY AGREE WITH THE COACH'S PHILOSOPHY OR RULES STATED IN THIS PACKET, DO NOT CONSIDER TRYING OUT FOR THE SQUAD. THESE RULES AND REGULATIONS WILL NOT CHANGE UNLESS THE COACH DEEMS NECESSARY.

TO ASSIST YOU WITH YOUR PREPARATION, OUR TRYOUT PROCEDURES ARE ATTACHED. YOU MAY KEEP THIS INFORMATION FOR FUTURE REFERENCE. THIS YEAR, 10-12 CHEERLEADERS WILL BE SELECTED FOR THE TEAM.

IF YOU HAVE ANY QUESTIONS, PLEASE CONTACT MRS. BOWER AT (865) 922-7494, OR VIA EMAIL AT (CHAUNCIE.BOWER@KNOXSCHOOLS.ORG) THANK YOU FOR YOUR INTEREST IN REPRESENTING HALLS MIDDLE SCHOOL.

****MANDATORY PARENT INFORMATION MEETING – THURSDAY, APRIL 4 @ 6:00- HMS CAFETERIA**

*The following materials must be returned to Mrs. Bower no later than 8:30am on Thursday, April 18th - **NO EXCEPTIONS WILL BE MADE***

- Information sheet
- Intent contract (signed by candidate and parent)
- Demerit System sheet (signed by candidate and parent)
- Parent Code of Conduct (signed by parent)
- Physical form (Must be on the form provided by Knox County) Cannot be dated prior to March 1, 2019. MUST BE IN MRS. BOWER'S HANDS BEFORE CLINIC DATE OF April 27, 2019 or you will NOT tryout. Knox County policy.
- Verification of a C average or better from 2018-2019 school year (must be a FULL grading term and most recent dated)
- \$25.00 non-refundable clinic fee (cash or checks to Halls Middle)
- ALL materials MUST be complete and present BEFORE turning them in. No partial packets will be accepted.

CLINIC/TRYOUT INFO:

IN PREPARATION FOR TRYOUTS, CLINICS WILL BE HELD TO TEACH THE TRYOUT MATERIAL. ATTENDANCE AT THIS CLINIC IS **MANDATORY.** **EACH CHEERLEADER MUST BE PRESENT FOR THE ENTIRE CLINIC.** TARDY TO THE CLINIC OR LEAVING THE CLINIC EARLY WILL NOT BE ALLOWED OR YOU FORFEIT YOUR CHANCE TO TRYOUT.

CLINIC DATES AND TIMES:

9:00AM – 12:00PM, SATURDAY, APRIL 27

4:00PM – 6:00PM, SUNDAY, APRIL 28

TRYOUTS:

4:00PM MONDAY, APRIL 29

NUMBERS WILL BE DRAWN FOR TRYOUT PURPOSES DURING THE CLINIC SUNDAY.

Rules & Regulations Sheet

CANDIDATE RULES AND REGULATIONS SHEET

The rewards to the cheerleader are many; however, cheerleading involves a great deal of time and dedication. Both students and parents need to be aware of what is actually involved before a decision is made to try out. It shall be the purpose of this organization to promote and uphold school spirit, to develop good sportsmanship among students, to support the athletic program, and develop better relationships between schools during athletic events. The organization goals are to work in harmony with the administration, faculty, athletic teams, and all other school organizations. This organization is dedicated to being a role model for other students – academically, ethically, morally, behaviorally, and in our overall character.

I. ELIGIBILITY REQUIREMENTS

- A. Attend the parent-cheerleader mandatory meeting, April 4, 2019 @6:00pm in HMS cafeteria.
- B. Each candidate must complete and return ALL required forms by Thursday, April 18, 2019 @ 8:30 am to Mrs. Bower, including sports physical.
- C. No student is eligible to participate if they become 15 on or before August 2019.
- D. A candidate shall have been promoted from the preceding grade the previous year.
- E. Each candidate must have written certification by a medical doctor stating that they have passed a physical examination prior to trying out (cannot be dated prior to March 1, 2019). **THIS MUST BE ON THE PHYSICAL FORM PROVIDED BY KNOX COUNTY. You cannot use last year's physical. A new one must be obtained prior to tryouts for all candidates. (A Cheerleader will NOT be able to participate in tryouts without this taken care of.)**
- F. Students must have a "C" average on the most recent nine-week grading period to tryout. They must also have a "C" average for the first nine weeks of the season to be eligible to cheer.
 1. **If a student average drops below a "C" average, that student will be immediately dismissed from the cheerleading squad as per Knox County regulations.**
 2. At the end of each academic term, students must bring a copy of their grade cards to the sponsor who will review them.
 3. Students will be disciplined according to the demerit system detailed in this packet. This is recommended by Knox County Schools.
- G. Students must maintain satisfactory and acceptable behavior throughout the time they are involved in cheerleading activities.
 1. Upon receiving any behavior referrals (write-ups) by the end of the day, the student must bring their pink slip to the sponsor who will copy, review, and discipline accordingly.
- H. Candidate **MUST: 1) complete ALL required paperwork turned in by the deadline with all required signatures and copies made, 2) complete NEW physical on Knox County form, 3) attend the entire clinic dates and times (no showing up late or leaving early), 4) attend the mandatory parent meeting on April 4, 2019 with a parent (no showing up late or leaving the meeting early), 5) pay tryout fee**, to be eligible to tryout.

II. ATTENDANCE REQUIREMENTS

- A. Cheerleaders must attend a full school day on the day of a game to be eligible to cheer.
- B. Notify the sponsor **PRIOR (or as soon as possible)** to being absent from practices or games.
- C. Cheerleaders will attend all pre and post-season games. **This includes scheduled tournaments.**
- D. All cheerleaders will be required to attend rescheduled games even if the game is rescheduled at the last minute.
- E. All cheerleaders will be required to attend at least 2 community service activities and at least 1 fundraising activity scheduled by the sponsor and attended by the whole team.
- F. Only the sponsor has the authority to excuse absences.
- G. **Only illness WITH A DOCTOR'S NOTE and death in the family will be accepted for an excused absence from practices or games.**
- H. **3 unexcused absences from practices or games will result in immediate dismissal from the squad.**

III. PRACTICE SCHEDULE

- A. **Practices take priority over other activities.**
- B. **Before the season begins, practices will be held twice a week on Tuesday and Thursday from 3:45 – 5:30.** *More practices will be scheduled if needed.
- C. After the season begins, practices will be decided on as needed only.

- D. Cheerleaders need to be picked up promptly at 5:30 at each practice.
- E. All cheerleaders are required to attend and participate in all practices. Doctor's Note excused only.
- F. Cell phones must be turned off during practice. Coach will have cell phone on for emergencies.
- G. Practices are closed to parents.

Attendance at practice is mandatory and demerits will be given if a student has an unexcused absence.

IV. TRANSPORTATION

- A. The sponsor will arrange transportation on the players' bus for away ballgames, except Gresham and/or Powell.
- B. All cheerleaders must notify the sponsor whom they are leaving with and when they are leaving ballgames if not taking the players' bus back. SPONSOR MUST SEE WHO EACH CHEERLEADER IS LEAVING WITH.
- C. Parents will be made aware of "special circumstances" as soon as possible (providing own ride to or from game, etc.).

V. APPEARANCE

- A. Uniform – Uniforms and shoes will be kept spotlessly clean at all times. Uniforms must be neatly pressed and not in need of mending. Fittings of the uniform HAVE to be approved by the sponsor.
- B. Jewelry – No jewelry is allowed!
- C. Make-up – No excessive make-up. Make-up must pass the approval of the sponsor. No glitter or shimmer make-up.
- D. Hair Styles – All hair will be worn in a back ponytail, if able, for all games and activities with the appropriate bow. All hair must pass the approval of the sponsor. It must look neat and pulled back out of the eyes.
- E. Cheerleaders will wear the complete uniform chosen by the sponsor for each game. If they do not have their uniform correct, they will not cheer, including accessories and poms.
- F. No visible tattoos or piercings. Must not get any new piercings that require extended wear during the 2019-2020 cheer season.

VI. UNIFORMS

- A. Each cheerleader will need to be measured by our Uniform Representative BEFORE any uniforms are ordered. The coach must approve all measurements before ordering.
- B. Each cheerleader will be responsible for the cost of the uniform, shoes, warm-ups, all accessories, and cheer camp attendance. Cost to cheer at HMS for the 2019-2020 school year will be \$700. Every item purchased is the cheerleader's property. Bus transportation, split with the HMS basketball teams, and secondary insurance policy required by KCS are also included in this cost.
- C. All apparel, including uniforms, shoes, warm-ups, and other accessories will be chosen by the coach to represent HMS in a positive manner.

VII. BEHAVIOR

A cheerleader is a school leader and representative and must uphold the standards set by HMS. It should NEVER become necessary for a cheerleader to be suspended or have disciplinary action brought against them. Should this happen, appropriate action will be taken at the discretion of the sponsor and/or principal.

GAME BEHAVIOR

- Cheerleaders must be in line to cheer one minute before game begins.
- NO chewing gum, food, or drink is allowed during the game and must never be present on the sidelines.
- At games, cheerleaders are assigned to their positions in the line-up 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.
- Failure to stay in line may result in sitting out partial game/demerits.
- Cheerleaders will not lean on the wall during a game.
- During games in non-cheering times, cheerleaders should have their hands on hips; NOT crossed, or in their mouths. Failure to do this will result in sitting out partial game/demerits.
- Cell phones should be turned off during games and not present on the sidelines.
- Restroom breaks must be kept at a minimum and tried to be taken during scheduled half times only.
- **Games take priority over other activities.**

VIII. COMMITMENT

The time spent during 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 doesn't have alternates, so if a yearlong

commitment cannot be made, do not try-out. Absences not only punish the individual but the entire team. Students are not to have extracurricular activities during the school year that will interfere with cheerleading at Halls Middle School.

Attendance at practice is mandatory and demerits will be given if a student has an unexcused absence.

IX. DISCIPLINE

Knox County and TSSAA require “a progressive discipline policy to be established at each school by the sponsor and approved by the principal detailing squad requirements, discipline and a progressive methodology regarding disciplinary actions. The policy shall include the process for removing a participant from the squad.” In order to assure that cheerleading responsibilities are equally shared, a Demerit System will be given for absences from scheduled and called practices, failure to fulfill assigned duties, unbecoming behavior at practices and games, and failure to participate in special activities, including community service activities. A cheerleader’s behavior should be an example for others to follow, and must therefore be above reproach. Each cheerleader is expected to adhere to the rules of the school, as well as cheerleading rules and responsibilities. A cheerleader should display outstanding sportsmanship and school spirit at all times and remember that they have been chosen to be a leader. The signing of the tryout information paperwork is record that the cheerleader and parent were made aware of the demerit system prior to selection to the squad. PLEASE NOTE THAT THE DEMERIT SYSTEM WILL BE STRICTLY ENFORCED. Cheerleaders and parents will be notified of demerits as needed.

Upon accruing 15 demerits, the cheerleader will be immediately dismissed from the squad and required to return ALL items purchased by cheerleading funds. However, please note that the administration, in conjunction with the cheerleading sponsor, reserve the right to dismiss a cheerleader from the squad as deemed necessary. A meeting with the administration, parent, cheerleader, and cheer sponsor will be held to inform the cheerleader of the dismissal.

X. SECONDARY INSURANCE

A. **Each cheerleader is required to carry the Knox County Schools athletic insurance program.**

This insurance will cost around \$60 per cheerleader and will act as a secondary insurance only. Half of this cost will be paid by HMS Cheer and is included in the yearly cost to cheer.

XI. GENERAL

A. Friends, younger siblings, younger friends, or friend’s younger siblings will NOT be allowed to cheer or even stand near the cheer line at any time during games. They will be asked to stay in the stands and to not approach the cheerleaders at any time while the cheerleaders are supposed to be cheering. This is for the safety of the squad and anyone else involved.

XII. GOOD STANDING

For any cheerleader to remain in good standing they must maintain a 2.0 GPA the entire season. Part of this requirement is to provide the sponsor with a copy of every midterm and report card received school-wide. This should take place every 4.5 weeks from August 2019-January 2020. Furthermore, if any cheerleader receives a grade of a D or F on any grade report, they will receive 2 demerits per occurrence and have to sit out one game and/or practice per D and two games and/or practices per F.

Tryout Procedures

Tryouts will be held **APRIL 29, 2019** in the HMS gym beginning at **4:00pm**.
10-12 Cheerleaders will be selected.

Tryouts are completely closed. No parents are allowed in the lobby, gym or locker room. Please wait outside and your child will come to you when the tryout process has been completed. All parents must leave the gym area by 4:00pm. **NO EXCEPTIONS.**

On the day of tryouts, the number issued during the clinic must be visible on the front of the cheerleader's shirt/short and pinned at the top and bottom. The number must be clear to the judges. This number is the cheerleader's responsibility.

Candidates should then report immediately to the girls' locker room. After putting your belongings in the locker room, report to the gym floor to stretch and warm-up. This warm-up is either with your group or individually.

TRYOUT UNIFORM:

Red shorts or a red skirt and a white shirt or tank are required. They must fit well. They need not be too short or too tight. Tennis shoes must be worn. Please keep make-up to a minimum (no glitter or shimmer), and no jewelry of any kind is allowed. Hair can be worn down if shorter than shoulder length or in a back ponytail.

ORDER OF EVENTS:

- 1) **WARM-UP** – all candidates may warm up in the gym between 3:30 and 4:00. At this time, candidates will be asked to exit to the locker room and get into tryout groups by assigned numbers.
- 2) Candidates will enter individually in order by numbers. They will complete **TUMBLING AND JUMPS** individually. **TUMBLING** choices may be decided by each individual candidate. **JUMPS** must include a toe touch, side hurdler, and one optional jump.
- 3) **ENTRANCE RULES:** Tumble, jump, and a short show of spirit is the **ONLY** thing needed. Please NO long cheers or chants used at this time.
- 4) After each candidate from the group has been judged on individual tumbling and jumps, the group will perform the **CHANT, CHEER, and DANCE**. When the judges have finished scoring, the entire group will return to the locker room until **ALL** tryouts are complete.

Cheerleaders will be judged in three major areas: ability to perform the chant/cheer/dance, enthusiasm/spirit, and gymnastic ability.

Judges score sheets will be totaled and a combined score will be determined. Once all candidates have finished, the **top 10-12** scores will be determined and those will be our new cheerleading squad members. All candidates will remain in the girls' dressing room until tryouts are completed. This is done in case of a tie. If you are involved in a tie situation and you have left the dressing room area, you will forfeit your right to participate in the tiebreaker. The tiebreaker, if necessary, will involve the candidates performing in a group setting of various candidates. The judges will make their final decision from there. New score sheets will be used for the tiebreaker. Once the scores have been tallied and no tie exists, you will be dismissed to meet your parents and leave the campus.

Results will be posted on the Halls Middle School Website by 8:00pm that night.

****PLEASE NOTE: JUDGES ARE SELECTED ADULTS FROM OUTSIDE THE HALLS COMMUNITY. THEY DO NOT KNOW ANY CANDIDATE NAMES, ONLY NUMBERS. MRS. BOWER DOES NOT SELECT CANDIDATES. THE JUDGES' SCORES SELECT CANDIDATES ONLY.**

SCORE SHEETS ARE CONFIDENTIAL AND CAN ONLY BE VIEWED BY A PARENT IN THE OFFICE AREA WITH AN ADMINISTRATOR'S PERMISSION by appointment only. NO COPIES CAN BE MADE.

Tryout Scoring

Candidates will be judged on the following criteria using a 5-point scale.
(1 = low, 5 = high)

- **Entrance/Enthusiasm/Spirit/Gymnastics (5 points possible)**
- **Jumps (15 points possible)**
 - Toe touch
 - Side Hurdler
 - Optional Jump
- **Chant (25 points possible)**
 - Projection
 - Poise and Confidence
 - Sharpness
 - Synchronization
 - Group Awareness
- **Cheer (30 points possible)**
 - Appearance & Smile
 - Incorporation of Jump
 - Projection – Voice Clarity
 - Poise & Confidence
 - Sharpness
 - Gymnastics
- **Dance (30 points possible)**
 - Synchronization
 - Motions
 - Knowledge of Routine
 - Eye Contact – Facial Expression
 - Incorporation of jump
 - Overall Performance of Dance

Cheerleading Timeline of Events 2019

- March 5 - April 4 Pick up Cheer Packet and Information
Read all information carefully with parent.
Make sure parent and child have a CLEAR understanding of ALL Rules and Regulations.
Get Sports Physical and complete on Knox County Physical Form.
Practice and Conditioning on your own.
- April 4 **Mandatory Parent Meeting @ 6:00pm in the HMS Cafeteria.** All parents and candidates **MUST attend for each cheerleader to be eligible to try out.**
Practice and Conditioning on your own.
- April 18 **All paper work due by 8:30am to Mrs. Bower. NO EXCEPTIONS.**
- Information sheet
 - Intent contract (signed by candidate and parent)
 - Demerit System sheet (signed by candidate and parent)
 - Parent Code of Conduct (signed by parent)
 - Physical form (Must be on form provided by Knox County and cannot be dated prior to March 1, 2019)
 - Verification of a C average or better from 2018-2019 school year (must be a FULL grading term and most recent dated)
 - \$25.00 non-refundable clinic fee (cash or checks to Halls Middle)
- April 27 **Mandatory Cheer Clinic 9:00am – 12:00pm in the HMS gym.** Closed to all parents. Cheerleaders must attend the entire clinic. **NO EXCEPTIONS.** No late arrivals or early dismissals allowed.
- April 28 **Cheer Clinic 4:00pm-6:00pm in the HMS gym.** Closed to all parents. Cheerleaders must attend the entire clinic. **NO EXCEPTIONS.** No late arrivals or early dismissals allowed. Drawing of tryout numbers. Prepare for tryouts.
- April 29 **Tryouts in the HMS gym promptly at 4:00pm.** Closed to all parents. Parents must be out of the locker room/gym area by 4:00pm sharp. Ending time will depend on number of candidates trying out. Each candidate must remain in the locker room until officially dismissed by coach. Results will be posted by 9:00pm the evening of tryouts on the HMS website.
- May 8 **FIRST PAYMENT DUE: \$400**
Cheer Fitting for Uniforms, etc. with Varsity 3:45-5:00ish- Mrs. Bower's classroom. (Subject to change) Dinner at Chick-fil-a to follow.
- August 5 (First day back for students) **SECOND PAYMENT DUE: \$300**
- August 7 **Practices Start 3:45-5:30**
- August 10 **Cheer Camp 9:00-4:00 Halls High School gym.** Two stunt camps will follow at a later date.

**PLEASE COMPLETELY
FILL OUT, SIGN
AND DETACH
THE REMAINING PAGES
TO TURN IN TO
MRS. BOWER AFTER
THOROUGHLY READING
THE ENTIRE PACKET.**

(PAGES BEFORE THIS ONE MAY BE KEPT BY THE CANDIDATE)

Information Sheet

CANDIDATE INFORMATION SHEET

Candidate Name: _____

Candidate Address: _____

Candidate's Cell Phone**: _____

** Candidate must have access to the GroupMe app. All communication will be done through this app.

DOB: _____

MOM

DAD

Parents' Names: _____

**Phone Numbers: _____

Insurance Name: _____

Policy and Group Numbers: _____

Allergies (specify): _____

Emergency Contact: _____

Relationship: _____

Phone Number: _____

** Cheerleaders will be notified of any changes, special events, uniforms, and school wear throughout the season by group texts sent out by the sponsor using the GroupMe app. Parents will be notified, when the coach feels it's necessary, through the GroupMe app also. It is free to download this app.

Intent Contract

CANDIDATE INTENT AND PARENT PERMISSION

I, _____, am trying out for cheerleader at Halls Middle School.

STUDENT & PARENT INTENT SECTION:

If selected, I agree to the following:

- I will be responsible financially for the cost of necessary purchases for cheerleading, including uniforms, warm-ups, shoes, camp wear, camps, & other items. (**Total costs are approx. \$700 per year. Payments begin as soon as tryouts are completed. First payment is due May 8, 2019. Parents need to be prepared for this due date. See Cheer Timeline of Events page for further due dates.**)
- I will attend all practices and games. The only reasons for my not attending will be because of illness or death in my family. If either of these events occurs, I will notify the sponsor prior to the game and seek approval before the absence, and provide documentation where necessary.
- I will be on time for each practice and game and be dressed in complete uniform.
- I will attend practices immediately following school. These practices will be at least two days a week prior to the season and possibly one day a week once the season starts. I will attend any and all practices that are scheduled even if they were scheduled at the last minute in preparation of our performance.
- I will attend all games including pre and post season games, and any and all scheduled events.
- I will be required to provide my own transportation if a team bus is not available.
- I will cooperate fully with the cheerleading sponsor and work to get along with the other cheerleaders on the squad.
- I will at all times follow the Knox County and Halls Middle School rules according to the student handbook.
- I will see that my behavior, ethics, and conduct remain above reproach.
- I have received a copy of the cheerleading packet and accept the responsibility to read it and be familiar with ALL the sections.
- I will obey and follow all the rules and regulations and consequences of the cheerleading squad as noted in the following pages.
- I understand that if an academic average below a "C" is reported on a nine-week report card, I will be immediately dismissed from the squad.
- I understand that the administration, in conjunction with the cheerleading sponsor, reserve the right to dismiss a cheerleader from the squad as deemed necessary.

PARENT PERMISSION SECTION:

I have read and understand the information sheet concerning the interest of my child to tryout for cheerleader. I have read the information packet and understand the rules, policies, and duties that my child will be accepting if selected. I also understand that if selected, my child will be required to participate in the Knox County Schools' athletic insurance program, any scheduled community service activities, and must attend ALL practices and games. While I expect school authorities to exercise reasonable precaution to avoid injury, I understand the school assumes no financial obligation for any injury that may occur. Therefore, I give consent for my child, to tryout for cheerleader at Halls Middle School.

Parent Signature: _____

Telephone: _____

Candidate Signature: _____

Date: / /

The administration, in conjunction with the cheerleading sponsor, reserve the right to dismiss a cheerleader from the squad as deemed necessary.

Demerit System

A. The following will result in immediate dismissal from the squad:

- suspension from school
- use of any illegal substance
- inappropriate behavior in public places
- a total of fifteen (15) accrued demerits
- 3 unexcused absences (summer cheer camp (per day), game and/or practice per occurrence)

B. The demerit system is as follows:

5 DEMERITS

- Unexcused absence from summer cheer camp, practice, game, and/or scheduled activity per event/day. **MUST HAVE A DOCTOR'S NOTE TO DEEM AN EXCUSED ABSENCE.**
- Inappropriate behavior at school or any school event leading to further punishment such as In-School Suspension
- ISS (In School Suspension/Detention; per occurrence)

3 DEMERITS

- In-Wing Suspension/Detention/Isolation; per occurrence
- Leaving class early or arriving to class late for a cheerleading activity without permission
- Late to practices or games

2 DEMERITS

- Inappropriate or sloppy uniform and/or hair- Hair must be out of face and in a full BACK pony tail. NO side or low pony tails. Braids or French braids are acceptable.
- Failure to dress appropriately for practices, school, games, and/or scheduled events, including "special" outfits we choose to wear as a team, (i.e, Breast Cancer Awareness game, etc) including all accessories and poms.
- Excessive talking, laughing, horse playing, and general goofing off at practice or during games.
- Any deviation from cheering – talking, mouthing words, not cheering, horseplay, etc. -per occurrence.
- Behavior Referrals (write-ups not leading to further punishment)
- Any academic grade below "C"
- Giving poms to students in the stands
- Late returning from the quarter or half
- Behavior deemed inappropriate by sponsor- **YOU REPRESENT HMS at all times!**

C. Any cheerleader receiving any unsatisfactory conduct action (ISS – in school suspension) will be suspended from one game per occurrence. This is in addition to the demerits to be received.

D. Any cheerleader receiving an academic grade below a "C" will be suspended from ONE game for each "D" and TWO games for each "F". This is in addition to the demerits to be received.

E. Any cheerleader not dressed appropriately for game or event **WILL NOT BE ABLE TO PARTICIPATE IN THE GAME OR EVENT.** This is in addition to the demerits to be received.

Parent Signature

Candidate Signature

The administration, in conjunction with the cheerleading sponsor, reserve the right to dismiss a cheerleader from the squad as deemed necessary.

Parent Code of Conduct

Preamble

The essential elements of character building and ethics in sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship. The highest potential of sports is achieved when competition reflects these "six pillars of character."

I therefore agree:

1. I will not force my child to participate in sports.
2. I will remember that children participate to have fun and that the game is for youth, not adults.
3. I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
4. I will learn the rules of the game and the policies of the league/organization.
5. I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials and spectators at every game, practice or other sporting event.
6. I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as booing and taunting; refusing to shake hands; or using profane language or gestures.
7. I will not encourage any behaviors or practices that would endanger the health and wellbeing of the athletes.
8. I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
9. I will demand that my child treat other players, coaches, officials and spectators with respect regardless of race, creed, color, sex or ability.
10. I will teach my child that doing one's best is most important, so that my child will never feel defeated by the outcome of his/her performance.
11. I will praise my child for competing fairly and trying hard, and make my child feel like a winner every time.
12. I will never ridicule or yell at my child or other participant(s) for making a mistake or losing a competition.
13. I will emphasize skill development and practices and how they benefit my child over winning.
14. I will promote the emotional and physical well being of the athletes ahead of any personal desire I may have for my child to win.
15. I will respect the coaches and officials and their authority during games.
16. I will never question, discuss, or confront coaches at the game field, and will take time to speak with coaches at an agreed upon time and place. This includes any type of discussion. The coaches need to be fully able to concentrate on the game/practice/event.
17. I will demand a sports environment for my child that is free from drugs, tobacco, and alcohol and I will refrain from their use at all sports events.
18. I will refrain from coaching my child or other players during games and practices, unless I am one of the official coaches of the team.
19. I will refrain from trying to talk to my child from the stands while the game is taking place.

I also agree that if I fail to abide by the aforementioned rules and guidelines, I will be subject to disciplinary action that could include, but is not limited to the following:

- o Verbal warning by official, head coach, and/or head of league/organization or school administration.
- o Written warning
- o Parental game suspension with written documentation of incident kept on file by organizations involved
- o Parental season suspension

Parent/Guardian Signature _____

Secondary Insurance and Liability

Each cheerleader is required to carry the Knox County Schools athletic insurance program.

- This insurance will cost around \$60 per cheerleader and will act as a secondary insurance only. This is included in the yearly cost to cheer, and HMS School/Cheer will pay half of this cost.
- **Read and Sign:** While I expect school authorities to exercise reasonable precaution to avoid injury, I understand the school assumes no financial obligation for any injury that may occur. Therefore, I give consent for my child, to participate as a cheerleader at Halls Middle School.

_____ Parent Signature

- If any injury or thought of injury occurs during practice and/or game time, the coach needs to be notified immediately.

I, _____, agree to notify the coach immediately if I feel I
Candidate Name (printed)
have been injured during practice and/or game time.

_____ Candidate Signature

Financial Obligation and Costs

Costs are as follows for the 2019-2020 season. (Costs are approximate, and are subject to change for each season.)

Campwear (2 outfits), socks, shoes, backpack, warmup, uniform, and briefs are all purchased from Varsity this season. All items are kept by cheerleader. \$570

3 Cheer Camps with Halls High School, including 2 stunt camps \$75

Choreography for Half time show \$20

Secondary Insurance (required by Knox County) with half being paid by HMS Cheer \$60

Costs for bus transportation, hospitality room for visiting coaches, referees, security, and clock/bookkeeper/ticket taker, are paid by ticket sales. These costs are shared with the middle school basketball teams. Any fundraising we do will offset these costs for our program.

Halls Middle School Cheerleading Social Media Policy

Halls Middle School and the Halls Middle School Athletics Department object to postings on social media sites which are offensive or are in violation of state or federal law, institutional policies, or TSSAA rules. Student-athletes are considered representatives of the institution and their participation in social media forums is subject to intense scrutiny. The conduct of student-athletes on these sites reflects upon the reputation of the athletics department and the institution as a whole. In light of this, the athletics department and its coaches have an interest in ensuring that the conduct of the student-athletes on social media sites is appropriate and permissible.

Any posting on a social media site which is offensive, in violation of state or federal law, in violation of institutional policies, or in violation of TSSAA rules is prohibited and may be subject to disciplinary action as outlined below.

1. All cheerleaders are required to notify the Cheer Coach of any social media accounts they maintain. This information must be provided when trying out for the team at the beginning of each year and must be updated if accounts are added or changed over the course of the year.
2. All cheerleaders are provided Social Media Guidelines which outline appropriate uses of social media and those uses which may violate the Social Media Policy.
3. All cheerleaders and their parents will be required to connect (friend/follow) a general “spirit” account for Halls Middle School on all social media outlets. This account will be released to team members after tryouts.
4. In the event that a cheerleader’s social media account is found to be in violation of the policy either through (a) a review of the cheerleader’s social media page by an athletics department staff member or (b) a posting which is otherwise brought to the attention of the coach (for example, another team member, community member), the coaches/administration reserve the right to impose further discipline which may include one or more of the following:
 - a. Demerits.
 - b. A conference with the coach and/or administrator to discuss the infraction.
 - c. A suspension from games. These would count as unexcused absences from games.
 - d. A suspension from all team activities. These would count as unexcused absences.
 - e. Removing the cheerleader from the team.

The severity of the discipline will be based on the seriousness of the infraction and whether there have been previous offenses by the student-athlete.

Representing Halls Middle School and the Cheer Squad is an honor and a privilege provided to a select group of individuals. Along with that privilege comes a set of expectations and responsibilities as a Halls Middle School Cheerleader. You are held to a higher standard and are recognized because you choose to represent this school and your sport.

Through social media, you are now being monitored by more individuals than ever before, including other students, opposing schools, and community members. Everything you do in these forums should positively represent Halls Middle School. Used responsibly, social media can be a great way to interact with friends and promote the cheer squad. Used irresponsibly, it can be a quick way to destroy your reputation in 140 characters or less!

This resource provides some tips and suggestions for using social media responsibly and effectively.

DO set your security settings so that only your friends can see your account.

DON'T accept friend or follow requests if you are not sure who they are coming from.

DO understand that who you have listed as Followers or Friends is a reflection on you.

DON'T put anything on social media that you would not want your family, your future employers, those reading the front page of the paper, or the whole world to see.

DO think before you post, tweet or retweet- Will this positively reinforce who I am?

DON'T post offensive language, personal attacks, or racial comments.

DON'T post when you are emotional, like right after a game, practice, or breaking up with your boyfriend. You are more likely to say something you will regret.

DO be familiar with the team's social media policy and the consequences for violating it.

DO ask questions if you are not sure what you are doing is ok.

DON'T post or tweet anything during a class.

By signing below, you acknowledge that you have viewed the Halls Middle School Cheer Squad Social Media Policy and have received a copy of the Social Media Guidelines. You acknowledge that your social media activities reflect upon the reputation of the Cheer Squad, Halls Middle School Athletics Department, and the institution as a whole.

Student-Athlete Signature

Date

Printed Name

Parent Signature

Date

Social Media Account Names

Facebook- Yes/No _____

Twitter- Yes/No _____

Instagram- Yes/No _____

Snapchat- Yes/No _____

Others- Yes/No _____