

# **Karns Middle School Cheerleading Tryout Packet Rules and Regulations**

It shall be the purpose of this organization to promote and uphold school spirit, to develop positive sportsmanship, support the athletic program, and develop positive relationships between schools during athletic events. This organization's goal is to work in harmony with the administration, faculty, athletic teams, and all other school organizations.

## **Tryout Schedule and Information:**

- All cheerleading skills necessary for tryouts will be taught during after school clinics on Monday April 12th, Wednesday April 14th, and Thursday April 15<sup>th</sup>. Friday April 16<sup>th</sup> is the tryout date. These practices will be held from 4:00pm-5:30pm in the Karns Middle School gym. Students will learn a chant, cheer, and dance.

\*\*\*\*All practices are CLOSED to everyone except those students trying out for the squad. Parents will be allowed to come in after practice to video the cheer, chant and dance ONLY after it has been taught.

- The actual tryout and squad selection will take place on Friday, April 16<sup>th</sup> at 4 p.m. in the Karns Middle School gym.

\*\*\*\*Tryouts are CLOSED to everyone, other than judges, and approved school personnel.

- Cheerleaders are chosen based on their scores received by the judges. Judges are required to have a professional background in cheerleading/dance.
- The members selected for the cheerleading squad will be posted on the front door. The decision of the judges are FINAL. Harassment of judges, coach, teachers, administrators, and/or cheerleaders selected shows poor sportsmanship, sets a bad example, and will not be tolerated.

- Tryout fee is \$20.00 (non-refundable), signed cheerleading tryout/contract form, and SPORTS MEDICAL FORM (physical) must be turned in to Coach Lauren Brown in the gym at Karns Middle School by April 12, 2021 (First day in clinic) in order to participate.  
**NO EXCEPTIONS!**

- All students trying out are expected to be on time for clinics and to the tryouts. Clinics are mandatory, as this is where the material is taught.
- Girls should wear black soffe shorts and a white tank top with hair in pony tail to tryouts.

\*\*\*\*You will not be able to try out if you miss a practice day that is not excused.

# **KNOX COUNTY SCHOOLS**

## **Criteria for Cheerleaders, Pom Pom Squads and Dance Teams Selection and Participation**

The following procedures are a matter of Knox County Board of Education records and must be adhered to exactly as written.

I. The principal of each middle/secondary school shall select a sponsor(s) to coordinate the selection and function of each team the school sponsors.

### II. Eligibility Rules

#### A. Middle School

1. A student shall have three consecutive years to participate from the date he/she is first enrolled in the sixth grade
2. No Students shall be eligible to participate if he/she becomes fifteen years of age on or before August 1st.
3. A student shall have been promoted from the preceding grade the previous school year.
4. Academic Eligibility
  - a. Students must have a “C” average the prior nine-week grading period to tryout. (For the first nine weeks of the season).
  - b. Students must maintain a “C” average each nine-week grading period to be eligible to participate in games.
    - i. All subjects are included in determining grade point average
    - ii. Averages are not to be rounded up.
5. Insurance-Team members are **REQUIRED** to participate in the Knox County Schools’ insurance program (cost is \$60.00).

### **Financial Responsibility**

- A. All cheerleaders will be expected to participate in fundraising.

- B. Uniforms, camp wear, warm-ups accessories, etc. will be ordered from various vendors. Estimated cost is \$800.00 which includes skirt, top, bodysuit, brief, shoes, poms, warm-ups and camp wear--- (3 pairs of shorts and 3 tops), and competition fees. T-shirts will be purchased throughout the year as needed. This is just an estimated cost and my goal is to keep costs as low as possible. All fees will be divided up throughout the year with a schedule to follow. All fees are due at the appropriate time.
- C. In case of dismissal from the squad, any paid money is not refundable.

### **Parental Expectations and Responsibilities**

- A. Parents are responsible for all costs incurred by their child's participation in cheerleading.
- B. Parents should be supportive of the cheerleaders, sponsor and school.
- C. Parents are responsible for providing transportation for their own child. Demerits will be given to cheerleaders if parents are more than 15 minutes late picking them up without first notifying the coach.
- D. Parents should not speak unkindly of another cheerleader, sponsor or KMS.
- E. Parents should not interfere with the sponsor or the cheerleaders at any time during practice and/or games.

### **Attendance Requirements**

- A. Cheerleaders must attend school on the day of a game in order to cheer.
- B. Notify the sponsor PRIOR (or as soon as possible) to being absent from practices or games.
- C. Cheerleaders must attend all pre and post-season games and practices.
- D. Only the sponsor has the authority to excuse a cheerleader from practice.
- E. Cheerleaders must cheer for the entire game. **No one will be dismissed early from games or other activities unless it is an emergency or pre-approved by the coach.**
- F. Only illness WITH A DOCTOR'S NOTE and death in the family will be accepted for an excused absence from practices or games unless otherwise pre-approved by the coach.  
\*\*Two unexcused absences from practices or games will result in immediate dismissal from squad.

### **Practice Schedule**

- A. After the season begins, practices will be called as needed. Please be aware that we will most likely practice one day a week during the season. Schedule to follow.

- B. Summer practices and camps will be scheduled after the team is developed.
- C. All cheerleaders will be required to attend cheer camp in the summer! Dates to follow.  
**EVERYONE MUST ATTEND**

### **Transportation**

- A. The cheerleader is responsible for securing transportation for all home games.
- B. The sponsor will arrange transportation on the players' bus for select away ball games. In the event that a bus is not available, parents must arrange transportation.
- C. All cheerleaders will return by the same transportation unless the parents notify the sponsor by written note that the parents agree to and accept responsibility for the change in transportation. Sponsor is to be notified even if the child is riding with their own parents.
- D. Parents must pick the cheerleader up from school on time after all practices and games.

### **Appearance**

- A. Uniforms – Uniforms and shoes will be kept clean at all times. Uniforms must be neatly pressed and in no need of repair. (Please follow care instructions closely, and keep white items white) Cheerleading uniforms and shoes are to be worn only while performing unless otherwise stated by sponsor.
- B. Jewelry – No jewelry is allowed. All rings, watches, earrings and necklaces must be removed before cheering.
- C. Make-up – No excessive make-up. Please keep fingernails short for safety reasons. No nail polish. No body glitter. A natural, wholesome look is desired. Any cheerleader wearing too much make-up will be required to remove it. Make-up must pass the approval of the sponsor.
- D. Hair – All cheerleaders will wear their hair the same way. The sponsor will determine how the cheerleaders wear their hair. No metal hair accessories are allowed. Each cheerleader must wear the correct ribbon.

\*\*\*Please note above mentioned rules are for safety reasons as well as appearance.

## Behavior

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

## Sportsmanship

- A. Cheerleaders must exhibit and promote good sportsmanship at all times, especially during games.
- B. Bad sportsmanship includes booing, extraneous noise during opponent's foul shots, and any other bad behavior seen by game officials or school personnel.
- C. Cheerleaders must attempt to subdue bad sportsmanship among fans at games.

## Discipline

In order to assure that cheerleading responsibilities are equally shared, a DERMITSYSTEM will be used 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.

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 responsibilities. A cheerleader should display outstanding sportsmanship and school spirit at all times and remember that they have been chosen to be a leader.

## Demerit System

- A. Any cheerleader receiving OSS (out of school suspension) may be dismissed from the team for the remainder of the season.<sup>[SEP]</sup>
- B. ISS (in school suspension) First Offense = one game suspension<sup>[SEP]</sup>
- C. Any cheerleader who fails to conduct themselves in an appropriate manner will be immediately dismissed from the squad.
- D. A total of ten (10) accrued demerits will automatically result in dismissal from the squad. The demerit system is as follows:

## 5 DEMERITS

- Unexcused absence from practice or ball game results in 5 demerits and cheerleader will not be allowed to participate in the quarter, half-time, or time-out activities at the following games. If a cheerleader leaves school early on the day of a practice or game, the sponsor must be notified that they will be absent. **Remember: A cheerleader cannot cheer if counted absent on the day of the game.**

- Rudeness or inappropriate behavior at school or school event.
- Any office referrals

#### **4 DEMERITS**

- Missing a game because of grades

#### **3 DEMERITS**

- Any grade below a “C” on a 9 weeks report
- In house fighting (verbal)
- Leaving a game or event early
- Not attending required events

#### **2 DEMERITS**

- Failure to wear uniform or other attire when instructed. This includes the correct ribbon and appointed hair style.
- Leaving class early for cheerleading activity- unless dismissed by sponsor or other school personnel over the intercom.
- Wearing jewelry at practices or games
- Inappropriate or sloppy uniform or other attire
- Failure to dress appropriately for practice. No jewelry. No bare stomachs. Proper shoes and socks must be worn. Hair must be up for practices and games (unless otherwise noted).
- Excessive talking, laughing, horseplay, and general goofing-off during practices or games.
- Transportation is late to pick student up from any cheerleading activity. Parents are to make arrangements for someone to pick up the cheerleader if the parent is unable to be on time.
- Any use of cell phones during unauthorized times during practice or games

- Not following through on projects
- Not participating in a cheer, routine, etc...
- Having friends or NON cheerleaders in the cheer room at any time!
- Leaving practice early

## **1 DEMERIT**

- Late to practices (more than 15 mins is considered an absence from practice), games, returning from half-time or between games with 1:00 min on the clock.
- Any deviation from cheering – such as horseplay, personal contact with the crowd during the game, mouthing words, inattention etc. All cheerleaders are expected to be attentive to the game, upbeat and involved in every aspect of cheering on the team and leading the crowd.
- Talking while instructions are being given
- Leaving the sideline for any reason other than an emergency, which needs to be immediately addressed to the coach
- Not coming to the sidelines to watch other squads/teams perform

Karns Middle School Cheerleading Tryout/Contract Form 2021-2022

We, the undersigned, understand and **agree to all the rules, expectations, and guidelines stated in this contract**. We understand that all 4 items (\$20.00 fee, signed contract, medical (physical) form, and grades) are due by **April 12th** in order to tryout.

**I agree, if selected as a squad member, that I will follow all rules and regulations stated in this document.**

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Student Signature

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Parent Signature

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Date