

Dear Prospective Cheerleader and Parents/Guardians,

We are very pleased that you have shown interest in becoming a Baker High School Football/Competition cheerleader for the 2025-2026 school year!

All documentation is due by 3 p.m. on Friday, April 4th. Packets will NOT be accepted after this time. There will be a parent meeting on **Thursday, March 27th** at 6pm in the auditorium. Tryouts will be held on Saturday, April 12th at 10:00 am. Everyone will be required to attend the clinic on April 7th, 8th, 9th, 10th, and 11th from 3:30-5:30 in the Baker High School Gym.

When you have completed all required paperwork, please paperclip it together with your \$40 tryout fee and place it in a sealed envelope. Return all of this to Ms. McCraw in room 228, or to Ms. McCraw's attention in the front office.

You should return the following:

1. Contact Information sheet
2. Copy of 3rd quarter grades (print from powerschool)
3. Parental Permission to be a Cheerleader
4. Copy of Physical
5. Cheer Participant release and waiver
6. \$40
7. 24/25 Dragonfly account complete (yes, the 24/25 stuff)

If you have any questions or concerns, please email Ms. McCraw at kmccraw@mcpss.com or Samika Morgan at smorgan@mcpss.com. You may also leave a message by calling Baker High School at 251-221-3000.

Thank you,

Kelsey McCraw and Samika Morgan
Baker High School
Cheerleading Coaches

Baker High School Cheerleading Tryouts 2025/2026

Dates and Times to Remember

Thursday, March 27th @ 6 pm

-There will be an informational meeting for participants and parents/guardians in the auditorium.

Friday, April 4th

-Tryout paperwork is due no later than 3 pm.

-Required forms should be in a sealed envelope.

-You may turn them in to Ms. McCraw in room 228 or to the main office with ATTN: Ms. McCraw.

Monday, Tuesday, Wednesday, Thursday, April 7th, 8th, 9th, 10th

-Clinic will be held in the gym from 3:30-5:30.

-Tryout clinics will be CLOSED (no parents, friends, etc. allowed)

Friday, April 11th

-Mock tryout day 3:30-5:30

Saturday, April 12th

- Arrive at 9:30 a.m. for check in.

Monday, April 14th

-1st payment due (\$350)

- Parent meeting

June 27-29th

-Cheer Camp (Masters Camp in Tuscaloosa)

Rules and Regulations (Revised January 2025)

Section 1: Purpose

1. The cheerleaders shall promote unification of the crowd's involvement at all games and functions.
2. The cheerleaders shall be role models for the student body, conducting themselves in an exemplary manner both on and off campus, including social media.
3. Cheerleaders are expected to maintain a pleasant working relationship with their team members, the coach, the school, and the community. Any actions that inhibit this positive relationship will be punished.

Section 2: Membership

1. There will be one football/comp squad composed of athlete's grade 9-12.
2. All students, regardless of race, culture, ethnic background, or religion, are eligible for membership on the squad.
3. If a student is under a doctor's care, they must have a doctor's note stating that they are able to participate fully in all required activities. Otherwise, they will not be allowed to participate.

Section 3: Tryout Eligibility Requirements

*In order to tryout, students currently in grades 9-11 must be currently enrolled and attend Baker High School. **Transfers are allowed to tryout and will follow the transfer tryout process.** Students currently in grade 8 must have the intent to enroll and attend Baker in the upcoming school year. Students must live in Baker's district or have been accepted into our Signature Academy, the AP Capstone program. Making the cheerleading squad does not warrant acceptance into Baker High School. *

1. Prior to tryouts, grade checks will be made of all candidates for the semester prior to the date of tryouts.
2. Potential candidates must also meet the academic guidelines set forth by the Alabama High School Athletic Association.
3. If a potential candidate is selected to be a Baker cheerleader, she should be prepared to perform any stunt (back handspring, back tuck, etc.) performed at tryouts at any event (camp, game, pep rally, etc.) A doctor's note is the only exception.
4. If a potential candidate is injured at the time of tryouts, a video may be used to document the required tumbling and/or jumping skills. A doctor's note must accompany the video, and both must be turned in by the Tuesday prior to tryouts. (Three copies of the USB are required) The video must have been filmed in the last calendar year. There must be a way to prove that the video was taken during the last calendar year (games, competitions, etc.) The required elements must be performed on a floor equivalent to the floor available at tryouts. If the candidate is chosen to be a part of the squad, she will be required to perform skills submitted on the video to her coach after she has been cleared by a doctor. Failure to do so may result in dismissal from the team.

Section 4: Uniforms and Appearance

1. Personal items (letter, shoes, socks, poms, uniforms, camp wear, outerwear, etc.) are to be purchased by the individual cheerleaders by the deadline set by the coach
2. Each cheerleader shall be responsible for the care of their own uniform (pressed and clean for every event, clean socks and bloomers, all seams, zippers, buttons, and hems in repair at all times).
3. The length of the uniform will be determined by the coach.
4. Uniforms will be worn by the discretion of the coach.
5. Hair should be kept clean and out of face.
6. **No jewelry** may be worn with the cheerleader uniform during practices, games, functions, performances, etc.
7. No part of the uniform, including outerwear, will be worn by anyone that is not a current Baker High School cheerleader.
8. Cheerleaders should arrive to an event fully dressed in uniform, including hair up and ribbon.

Section 5: Transportation

1. **Each cheerleader's parent or guardian is responsible for providing transportation to and from ALL competitions, practices, functions, and in-county football games. A bus will be taken to out-of-county football games.**
2. The coach is not responsible for arranging individual transportation.

Section 6: Practice Sessions

1. All practices are required. This includes all practice time during last period athletics.
2. Absence from practice, whether excused or unexcused, will result in missed performances at pep rallies, games, or other events.
3. In the case of an unplanned event, the coach should be contacted ASAP. This includes all practices, including fourth block athletics. Doctor's excuses must be given to the coach at the next practice, game, event, or function for it to be considered excused.
4. Summer practices will be scheduled by the coach. All practices are mandatory.
5. Summer cheerleading camp is mandatory. Failure to attend camp may result in dismissal from the squad.
6. Competitive cheer schedules must be given 1 month in advance. We will do our best to accommodate but will not make guarantees.

Section 7: Games, Events, and Responsibilities

1. **A cheerleader shall not miss any games during their respective season.** If one game is missed due to illness, a doctor's excuse must be provided.
2. A cheerleader must have permission from the coach to miss any game due to extenuating circumstances. **Birthdays, family functions, or work will not be extenuating circumstances.** Each cheerleader must be present no less than 30 minutes before the start of the game, or at the time designated by the coach.

3. Each cheerleader must be present at school and must attend the last practice period before the game or event in order to participate in the game or event (except in the case of school related functions or with the approval of the coach).
4. On all road trips/away games, the cheerleader will be under the supervision of the coach and/or adult in charge from the time they arrive until the time they leave the game/event. The coach has the authority to instruct the cheerleaders to leave the premises of the school immediately after the game/event has ended to ensure safety.
5. A cheerleader who is too ill to attend practice, school, or a game is too ill to attend any other event occurring at the same time. This would result in the absence being unexcused.

Section 8: Probation and Dismissal

1. A demerit system will be utilized for disciplinary purposes. This system assigns negative points for rule infraction. All demerits will be assigned by the coach.
2. We will follow all AHSAA guidelines for grades.
3. A cheerleader can be placed on probation at the coach's discretion.
4. Should a cheerleader accumulate 15 demerits, she will be dismissed from the squad. Should a cheerleader accumulate 5 demerits, she will have a one game probation. 10 demerits, two game probation.
5. If a cheerleader is on probation because of grades or demerits, she will still be responsible for any required duties for that time.
6. Probation from a football or basketball game will be effective immediately following the assignment of demerits.
7. Any cheerleader who quits during her term as a cheerleader will not be eligible to try out for the following term regardless of the date she quits.
8. If the cheerleader quits or is dismissed, they will be enrolled in Athletic study hall instead of Varsity athletics.

Baker Cheerleading Code of Conduct

The cheerleaders of Baker High School use a standardized code of conduct. Whenever a rule is not observed, the cheerleader is given a fixed number of demerits. Upon the accumulation of 15 demerits, he/she will be dismissed from the squad. Merits can be earned back by completing approved community service hours. **Please read and discuss these with your child.**

<u>Demerits Given</u>	<u>Offense</u>
1	Late for game, practice, or event
1	Chewing gum, eating, or drinking during inappropriate times during games, events, or practice
1	Not fully dressed for game, practice, or event
1	Appearance: Untidy/incorrect uniform, jewelry, incorrect/no ribbon, incorrect/no socks, unsuitable hair, fingernail polish, etc.
1	Unnecessary conversation during practice or games with other squad members, fans, or team
1	Public displays of affection on campus, in uniform, or at any cheerleading event
1	Failing to perform a required stunt (back handspring, tuck, etc.) at game, practice, or event.
1	Allowing a non-cheerleader to wear any part of your uniform
1	Leaving a game, practice, or event before being dismissed by the coach
1	Possession of a cell phone at a game, practice, or event
1	Profanity, vulgar movement, or gestures while representing Baker High School
1	Using inappropriate language during games (taunting, name calling)
1	Unexcused absence from game, practice, or event
2	Bad remarks from faculty
2	Receiving a "D" in any subject on a report card (quarter or semester)
2	Retract
Coaches' discretion	Inability to cooperate with squad or coach; lying to coach; bad attitude; bullying or bad mouthing another cheerleader; giving out coach's personal information
Coaches' discretion	Inappropriate behavior while in uniform (on or off campus)
Coaches' discretion	Inappropriate comments or posts on any social media platform. Punishment will vary on degree of offense. Immediate dismissal is possible at coach's or administration's discretion
5-Dismissal	Possession or use of inappropriate substances at any time or on social media. This includes, but is not limited to, drugs, alcohol, tobacco, electronic cigarettes, etc. Random drug testing is possible.
5-Dismissal	Suspension from school; Retract twice during cheerleading term

Baker High School Cheerleading Tryouts 2025-2026

- Please complete this form and return with all other forms in a sealed envelope to: Baker High School, Attn: Ms. McCraw
- All paperwork must be completed and turned in by FRIDAY, APRIL 4th no later than 3:00 PM.

Student's Name:	
Current School:	Current Grade Level:
Student Cell Number:	
Student School Email:	
Parent Name:	
Parent Cell Number:	

Baker High School Cheerleading Tryouts 2025-2026

Parental Permission to be a Cheerleader

I, the undersigned, have read and fully understand the rules and demerit system which will govern my child if they are chosen to represent Baker High School as a cheerleader. I further understand that this is an extra-curricular activity and that attendance at all practices, games, special functions, and summer camp is a **requirement** of the elected cheerleaders.

I hereby give my consent for my child, _____, to try out for cheerleading at Baker High School and recognize their responsibilities and the requirements as a leader of their school. I understand that, if elected, my child will be required to pay for summer cheerleading camp, uniforms, etc. *Please see appendix A for a breakdown of the expected cost.*

This must be paid before uniforms are distributed. I understand I must pay this amount **in full** on the due date or my child will not be able to continue in their role as a cheerleader and will accrue demerits accordingly. I also understand that I will be responsible for the **additional tumbling cost** for my child to attend a year of tumbling classes.

Signature of Parent/Guardian

Date

Appendix A: Estimated Costs

**Apparel cost is estimated on buying everything brand new.*

Itemized Clothing

White Uniform Shell	\$160
White Uniform Skirt	\$100
White B Liner	\$100
Blue Uniform Shell	\$140
Blue Uniform Skirt	\$100
Blue BAKER Liner	\$150
Grey Uniform Shell	\$160
Grey Uniform Skirt	\$110
Joggers	\$90
Zip Jacket	\$165
Sweatshirt*optional	\$85
4 Poms (2 white, 2 blue)	\$60
Backpack	\$100
Sideline Shoes	\$105
Competition Shoes	\$150
Megaphone	\$90
Navy Bloomers	\$25
Polo	\$30
Bows	\$25
3 Shorts (BSN)	\$140
1 training short	\$30
3 Tops	\$90
Tennis shoes *optional	\$90
Estimated apparel cost	= \$2295 total Apparel

**There will be additional costs that arise throughout the year for special occasions. For example, there is a themed dress up night at camp that we typically order stuff off amazon for.*

Skills Training and Competition

We will attend a weekly stunt and tumbling class together as a team. The cost is \$100 a month for three hours of training. This is a REQUIRED team practice and will be on Mondays.

Choreography will cost \$400 and will include bi-weekly to monthly clean-up sessions.

Competition registration fees are *estimated* below to include 2 routines:

AHSAA regional: \$45

UCA regionals: \$75

Virtual Challenge: \$35

Disney: \$1,000

ESTIMATED Financial Payment Schedule:

Reason	Date	Amount
½ Camp fee and May Training (Paid to Baker)	April 14th	\$350
BSN Team Store**	April 14 th -April 30 th	\$260
½ Camp fee, June Training, Varsity payment	May 15 th	\$600
July Training, Uniform Payment	June 14 th	\$600
August Training, Final Uniform Payment	July 14 th	~\$600
September Training, Choreography	August 22 nd	\$300
October Training, Choreography	September	\$300
November Training, Disney Deposit	October	\$200
December Training	November	\$100

Individual fundraisers that will be offered to offset training/clothing costs include:

- Sponsorships
- Fill-my-calendar
- Chocolate bars
- Summer Spirit Nights
- Car Wash

Program fundraisers that will help **contribute** to competition registration costs:

**numbers are estimated amount per child or whole team based off 24/25 season*

- Spirit Nights (\$3-400 a night for whole team)
- Registration t-shirts (~\$45 pp last year)
- Haunted Trail (~\$250 pp)
- South Alabama Games (~\$60 pp a game)
- Chicken Biscuits (\$315 per sale for whole team)
- Blacklight Pep Rally (\$800 for whole team)
- SnapRaise (\$6800 total team)

Competition costs based on a team of 25 that we will be fundraising for:

- Ahsaa Regional: $25 \times 45 = \$1125$
- Mobile UCA Regional: $25 \times 75 = \$1875$
- Baton Rouge UCA Regional= $25 \times 75 = \$1875$
- UCA December Virtual= $25 \times 35 = \$875$
- November Disney Deposit= $27 \times 100 = \$2700$
- Disney Final Cost= $27 \times 1,000 = \$27,000$

Tryout Scoring and Information

What to wear:

Candidate should wear appropriate length Navy shorts (NOT SPANDEX ONLY), and a White t-shirt or tank top (NO STOMACH SHOWING) with a white or navy bow/ribbon, white shoes, and white socks.

Hair should be neat and pulled back out of the face (ponytail with NO loose hairs). Makeup should be neutral, red lipstick is okay.

Nails should be clean and short (no wild colors, no acrylic nails).

Stunting will be taken into consideration during tryouts and will be a scored skill by the coach and the judges. The coach will make notes during clinic days on stunting and may also take videos of stunts to show the judges at tryouts. A stunt will also be required at tryouts.

Scoring Categories:

Chant

Dance

Tumbling

Stunts

Jumps

BAKER HIGH SCHOOL

Cheer Participant Release and Waiver

2025-2026

Every Participant must have a completed and signed release form to turn in at registration in order to participate.

ALL areas must be completed in order to try out for the squad.

_____ Minor/Participant's name	_____ Name of Parent/Legal Guardian
_____ Address	_____ Parent/Guardian email
_____ City, State & Zip	_____ Parent/Guardian phone number

I understand and acknowledge that the activities that my child engage in while cheerleading pose known and unknown risks which could result in injury, emotional distress, or damage to my child. The following describes some but not all of those risks. Cheerleading and gymnastics include, but are not limited to, evaluations, cheerleading, dance, competition, cheer practices, gymnastics, jumping, performances of stunts and tumbling which entail certain risks that simply cannot be eliminated without jeopardizing the essential qualities of the activity. As in any sport activity, a certain degree of risk is involved, and cheerleading students would not improve their skills and the enjoyment of the sport would be diminished without assuming a certain degree of risk. Cheerleading and gymnastics participants will always be exposed to the usual risk of cuts and bruises, and other more serious risks as well. Participants often fall, sprain, or break wrists and ankles and can suffer more serious injuries. No matter how careful the cheerleader/gymnast and coach 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 by each act but not eliminated.

Liability Release: For good and valuable consideration, the receipt and sufficiency of which are hereby acknowledged, I _____, as parent or legal guardian of _____, a minor (hereinafter "Minor"), hereby grant my permission, which is required by Mobile County Public Schools, to allow Minor to participate in all cheerleading events conducted as a Baker High School student. Minor and Parent/Guardian, in full recognition and appreciation of any and all risks, hazards or dangers inherent in this sport, including, but not limited to, those risks specifically associated with cheerleading and cheerleading stunts, as well as transportation to and from Baker campus or any other campus or building in which cheer activities will be held to which Minor may be exposed, does hereby agree to assume all of the risks and responsibilities surrounding participation in cheerleading for Baker High School. I, in my own behalf and on behalf of Minor, further agree to release and to hold harmless Baker High School and Mobile County Public Schools from any

and all liability arising out of or connected with cheer events including any claim arising with any illness or injury that Minor may incur or sustain during the event, all activities associated with the event and while traveling to and from any event. I further expressly agree to indemnify and hold harmless Baker High School and MCPSS heirs, successors, assigns, executors, and administrators against loss from any further claims, demands, or actions that may subsequently be brought by Minor or by any other persons on the account of damages of any character resulting to Minor in any way from the foregoing activities. I further agree to reimburse and to make good to Baker High School or MCPSS any loss or costs Minor/Parent may have to pay as a result of an such action, claim, or demand.

I, in my own behalf and on behalf of Minor, hereby warrant that I have read this Liability Release in its entirety and fully understand its contents. I, in my own behalf and on behalf of Minor, am aware that this Liability Release releases Baker High School and Mobile County Public Schools from liability and contains an acknowledgement of my voluntary and knowing assumption of the risk of injury or illness. I, on my own behalf and on behalf of Minor, have signed this document voluntarily and of my own free will.

Signature of Parent or Legal Guardian: _____ Date: _____

The Parent Glossary: Here is a brief glossary of very commonly used terms in cheer, specifically in stunting and tumbling.

Stunt: Refers to when athletes lift other athletes, and these athletes perform body positions and skills while suspended.

Base: The athlete who lifts or supports the weight of another athlete.

Flyer/Top Girl/Partner: The athlete being lifted by the “bases.”

Basket Toss: Two bases interlock wrists to make a “woven” square. The flyer steps on this and is thrown. She may or may not perform tricks while suspended, depending on the skill level of the athlete/team.

Pyramid: Two or more connected stunts.

Mount: The way in which a flyer goes into a stunt.

Dismount: The way in which the flyer comes down from a stunt.

Cradle: When a flyer dismounts to a face-up position caught by a base or bases.

Sponge: When a flyer dismounts to a waist level stunt and then is placed on the ground.

Prep/Prep-Level: May also be referred to as “half,” this means when a flyer’s foot is positioned at the shoulder level of the bases.

Extension/Extended Stunt: May also be referred to as a “full,” this means when a flyer’s feet are positioned at extended arm length of the base(s).

Single-leg stunt: When a flyer is standing on one leg in a stunt.

Single-based stunt: When only one person is basing a flyer.

Double-based stunt: When only two people are basing a flyer.

Release Move: When a flyer is airborne, released from base(s).

Tick Tock: When the flyer switches weight from one foot to the other in a stunt.

Tumbling: This is the “floor” portion of gymnastics which can be an individual activity or performed simultaneously

Team Expectations 25/26

Football/Competition Squad: This squad will be composed of athletes in grades 9-12. The responsibilities of this team include the following:

- Summer Camp
- Choreography
- Summer Practices
- Varsity football games/playoff games
- Football pep rallies
- Football Senior Night
- Competition practices
- Weekly tumbling class
- Weekly stunt training
- Minimum of 3 regional competitions
- State Competition
- 2 Virtual competitions
- Nationals
- Fundraisers (Haunted Trail is non-negotiable)
- Christ United Cheer Camp July 7th-11th 5:30 pm- 7:30 pm

Baker Cheerleading Competition Information

The football squad will be the only team competing in the 25/26 season. To be a part of the team, you will be required to compete this season. If you quit competition, then you quit the entire team. We will have alternates! Not everyone is guaranteed on the floor. We will physically attend a *minimum* of three regional competitions (Mobile, Baton Rouge, Lafayette), the state competition, and the Nationals competition (Disney). We will also participate in the November and December virtual competitions.

The competitions usually take place during the months of November, December and February. We will have multiple fundraisers throughout the season to try and cover as much of these costs as possible. More information will be provided regarding competition expenses at the first official team meeting which will be after team selection.

If you have any questions about competition, please let me know.

Thank you,

Kelsey McCraw
kmccraw@mcpss.com

June

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 High Velocity 7:30-10:30 am	3 Baker 6:30-8:30 am	4	5 Baker 6:30-8:30 am	6	7
8	9 High Velocity 7:30-10:30 am	10 Baker 6:30-8:30 am	11	12 Baker 6:30-8:30 am	13	14
15	16 High Velocity 7:30-10:30 am	17 Baker 6:30-8:30 am	18	19 Baker 6:30-8:30 am	20	21
22	23 High Velocity 7:30-10:30 am	24 Baker 6:30-8:30 am	25	26 Baker 6:30-8:30 am	27 CAMP @ BAMA	28 CAMP @BAMA
29 CAMP @ BAMA	30 High Velocity 7:30-10:30 am	Baker 6:30-8:30 am				

May

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	High Velocity 3:30-6 (April 28 th)			1	2	3	
4	High Velocity 3:30-6:30	6	7	Baker 3:30-5	8	9	10
11	High Velocity 3:30-6:30	13	14	Baker 3:30-5	15	16	17
18	High Velocity 3:30-6:30	20	21	Baker 3:30-5	22	23	24
25	MEMORIAL DAY OFF	27	28	Baker 8-10 am	29	30	31

