

Dear Prospective Cheerleader and Parents/Guardians,

We are very pleased that you have shown interest in becoming a Baker High School cheerleader for the 2022-2023 school year! To be eligible to tryout, you need to be registered in DragonFly Max with all paperwork uploaded and approved. Directions on how to get a DragonFly Max account can be found on the Sports page of the Baker High School website. You will also need to physically turn in the documents listed below.

All documentation is due by 3 p.m. on Thursday, March 10th. Packets will NOT be accepted after this time. There will be a MANDATORY meeting on Sunday, March 13th at 2pm in the auditorium OR on the football field. The participant and participants guardian will be required to attend. If you do not come to the meeting, you will be ineligible to tryout. Tryouts will be held on Saturday, March 19th at 10:00 am for Varsity and 2:00 pm for Junior Varsity. Varsity will be required to attend the tryout clinic on Friday, March 18th from 10 am to 12 pm, and Junior Varsity will attend clinic on Friday, March 18th from 1 to 3 pm.

When you have completed all required paperwork, please paperclip it together with your \$20 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 first semester report card
3. Parental Permission to be a Cheerleader
4. Cheer Participant Release and waiver
5. Medical Release Form
6. Physical

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

Thank you,

Kelsey McCraw
Baker High School

Baker High School Cheerleading Tryouts 2022/2023 Dates and Times to Remember

Thursday, March 10th

- 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.

Sunday, March 13th @ 2 pm

- There will be a MANDATORY meeting for participants and parents/guardians in the auditorium or on the football field.
- If you are absent from the meeting, you will be deemed ineligible to tryout.

Friday, March 18th

- Varsity clinic will be in the gym from 10 am to 12pm.
- Junior Varsity clinic will be from 1 pm to 3 pm.
- Coaches will be available for 30 minutes after each clinic session for anyone with questions.
- Tryout clinics will be CLOSED (no parents, friends, etc. allowed)

Saturday, March 19th

- Varsity arrives at the gym at 9:30 to check in. Tryouts will begin promptly at 10 am.
- Junior Varsity will arrive at the gym at 1:30 pm. Tryouts will begin promptly at 2 pm.

Sunday, March 20th

- Uniform fitting for 2022/23 squad members

Friday, March 25th

- First \$700 installment due for all squad members.

Rules and Regulations (Revised January 2022)

Section 1: Purpose

1. The cheerleaders shall promote and uphold school spirit
2. The cheerleaders shall develop a sense of good sportsmanship
3. The cheerleaders shall promote unification of the crowd's involvement at all games and functions
4. The cheerleaders shall strive to build better relationships between schools
5. The cheerleaders shall be role models for the student body, conducting themselves in an exemplary manner both on and off campus, including social media
6. 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 varsity squad composed of students in the eleventh and twelfth grades
2. There will be one junior varsity squad composed of students in the ninth and tenth grades
3. Each squad will be composed of up to 18 members
4. All students, regardless of race, culture, ethnic background, or religion, are eligible for membership on the squad
5. If a student is under a doctor's care, she must have a doctor's note stating that she is able to participate fully in all required activities. Otherwise, she 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 have a "C" average for one semester prior to tryouts. Furthermore, potential candidates must not have an "E" or "Incomplete" as a semester grade in any subject for one semester prior to tryouts
3. Potential candidates must also meet the academic guidelines set forth by the Alabama High School Athletic Association

4. Discipline records will be made of all candidates for the school year in which tryouts will occur
5. Potential candidates will not be permitted to try out if they have been suspended from school during the current school year
6. Potential candidates will not be permitted to try out if they have been placed in retract more than once during the current school year
7. 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
8. 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.
9. Students must be eligible to try out per the Mobile County Public School System's eligibility requirements
- 10. Transfer students will be required to tryout during the initial tryout date, but they will tryout virtually. For more information, contact Ms. McCraw.**

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 her 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 are to be worn only in conjunction with school activities
5. Hair should be kept clean and out of face. The team hair ribbon should be worn with each uniform. No unusual or non-natural hair dyes or colors will be permitted
6. No jewelry may be worn with the cheerleader uniform during practices, games, functions, performances, etc.
7. Sweatpants will not be worn with the uniform at any time. Only the team wind pants are allowed
8. No part of the uniform, including outerwear, will be worn by anyone that is not a current Baker High School cheerleader
9. 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 games, practices, functions, and other cheerleading activities
2. The coach is not responsible for transportation

Section 6: Practice Sessions

1. All practices are required. This includes all practice time during fall semester fourth block athletics
2. Absence from practice, whether excused or unexcused, could result in missed performances at pep rallies, games, or other events at the coach's discretion
3. All practices are scheduled by the coach
4. If a cheerleader is to be tardy or absent from practice, she must notify the coach at least 3 days before practice is to begin. In the case of an unplanned event, the coach should be contacted ASAP. This includes all practice time during fall semester 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
5. Summer practices will be scheduled by the coach. All practices in the two weeks prior to the beginning of school are mandatory. Summer vacations should not be taken during these scheduled practice times. Extenuating circumstances should be discussed with and approved by the coach in advance
6. All practices the month prior to summer cheerleading camp are mandatory. Absences from these practices could result in missed performances at camp at the coach's discretion
7. Summer cheerleading camp is mandatory. Failure to attend camp may result in dismissal from the squad

Section 7: Games, Events, and Responsibilities

1. A cheerleader shall not miss any games during football or basketball season. If one game is missed due to illness, a doctor's excuse must be provided. Additional absences from games will result in probation at the coach's discretion. For Varsity cheerleaders, if these requirements are not met, she will forfeit Varsity letter
2. A cheerleader must have permission from the coach to miss any game due to 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 should be ready to cheer at all times, including quarter and semester exam weeks, as well as the night before the ACT
4. 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)
5. If a cheerleader is to be tardy for or miss an event due to unplanned circumstances, she must notify the coach ASAP
6. 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

7. A cheerleader must check in with the coach before leaving school with an early dismissal (except in cases of emergency) on practice or game days
8. 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
9. Cheerleading is a major time commitment and comes before other activities
10. During a game or event, a cheerleader should appear peppy

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. The coach must approve each quarter report card of each cheerleader
3. Should a cheerleader's semester GPA drop below a "C" average on a quarter report card, she will be placed on probation until mid-quarter of the following quarter. If she then has a "C" average, the probation will be lifted. If she still has below a "C" average, probation will extend until the next report card. If her GPA is below a "C" average on her semester report card, she will be immediately dismissed
4. Should a cheerleader make an "E" in any subject on a quarter report card, she will be placed on probation until mid-quarter of the following quarter. If she then has an "E" average, the probation will be lifted. If she still has below an "E" average, probation will extend until the next report card. If she has below an "E" average on her semester report card, she will be immediately dismissed
5. A cheerleader can be placed on probation at the coach's discretion
6. Should a cheerleader accumulate 10 demerits, she will be dismissed from the squad. Should a cheerleader accumulate 4 demerits, she will have a one game probation. 8 demerits, two game probation.
7. Explicit pictures and/or language on social media that compromise a cheerleader's character or the school's reputation could result in probation or dismissal of the cheerleader. This includes but is not limited to text message, Twitter, Snapchat, Instagram, Facebook, and TikTok. Punishment will vary with degree of offense, but immediate dismissal is possible at the discretion of the coach or school administration. Bullying or bad mouthing another student or cheerleader on social media will not be tolerated
8. If a cheerleader is on probation because of grades or demerits, she will still be responsible for any required duties for that time period
9. If a cheerleader is on probation from a game or event, she may not wear the uniform to school or participate in any pep rallies
10. Probation from a football or basketball game will be effective immediately following the assignment of demerits
11. Any cheerleader who accumulates 10 or more demerits will immediately be dismissed from the squad

12. Any cheerleader dismissed from the squad as a result of the implementation of the Baker cheerleading code of conduct prior to October 1st of the cheerleading term will be permitted to try out the following term. Any cheerleader dismissed from the squad after October 1st of the cheerleading term will not be permitted to tryout the following term
13. Any cheerleader that is suspended from school during her term as a cheerleader will be immediately dismissed from the squad and will not be eligible to try out for the following term regardless of date of dismissal
14. Any cheerleader who receives retract twice during her term as a cheerleader will be immediately dismissed from the squad and will not be eligible to try out for the following term regardless of date of dismissal
15. 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
16. If a cheerleader is dismissed from the squad, she must return all cheerleading uniforms, without refund, regardless of the date of dismissal; whether she quits or is dismissed due to maximum demerit accumulation
17. If the cheerleader quits or is dismissed before the start of 2nd semester, she will be enrolled in PE instead of 4th block Varsity athletics for the remainder of 1st semester

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 10 demerits, she will be dismissed from the squad. **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
3	Profanity, vulgar movement, or gestures while representing Baker High School
3	Using inappropriate language during games (taunting, name calling)
3	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
5-Dismissal	Inability to cooperate with squad or coach; lying to coach; bad attitude; bullying or bad mouthing another cheerleader; giving out coach's personal information
5-Dismissal	Inappropriate behavior while in uniform (on or off campus)
5-Dismissal	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.
Dismissal	Suspension from school; Retract twice during cheerleading term

Baker High School Cheerleading Tryouts 2022-2023

Contact Information Sheet

- 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 THURSDAY, MARCH 10th 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:	
Parent Email:	

Baker High School Cheerleading Tryout 2022-2023

Parent/Guardian Permission and Medical Release Form

I hereby give my consent for the below named student to represent his/her school in extracurricular activities. I also give my consent or him/her to accompany the squad, as a member, to other schools and activities. I also give consent and authorize the school or its representative to obtain, through a physician of its choice, such medical attention as is reasonably necessary for the welfare of the student if he/she is injured or ill while in the course of school activities. I understand that the school is not financially responsible for any injury which may occur.

Table below is to be filled out by student and parent/guardian:

Student's Name:	Student's Signature:
Parent/Guardian Name:	Parent/Guardian Signature:
Home Address:	
Insurance Company:	Policy Number:
Group Number:	Date:

Baker High School Cheerleading Tryouts 2022-2023

Parental Permission to be a Cheerleader

I, the undersigned, have read and fully understand the rules and demerit system which will govern my daughter if she is 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 daughter, _____, to try out for cheerleading at Baker High School and recognize her responsibilities and the requirements as a leader of her school. I understand that, if elected, my daughter will be required to pay for summer cheerleading camp, uniforms, etc. A reasonable **estimate** of these expenditures for a first-year cheerleader is \$2,100.00 for the school year of 2022-2023. The first installment of \$700 will be due March 25, 2022. Another installment of \$700 will be due April 15, 2022. The remaining balance will be due May 13, 2022.

This must be paid before uniforms are distributed. I understand I must pay this amount **in full** on the due date or my daughter will not be able to continue in her role as a cheerleader and will accrue demerits accordingly. I also understand that I will be responsible for the **monthly expense** of my daughter attending a squad gymnastics class chosen at a place and time of the coach's choosing. In addition, I understand that if payment to the chosen gym is not made on time, my daughter will not be able to continue in her role as a cheerleader and will accrue demerits accordingly.

I further understand that if my child is selected as a member of the Baker High School Cheerleading Squad, she will not be permitted to be a member of the Baker High School Marching Band or any sports team that has 4th block Varsity Athletics in the fall semester.

Signature of Parent/Guardian

Date

Baker Cheerleading Competition Information

Baker Cheerleading will participate in the State competition again this year. Baker Cheerleading will also attend a **DIFFERENT** competition to receive a bid to Nationals in Orlando, FL. There will be a tryout in July to determine the competition team. It will be open to any members that are on the Baker varsity, Baker junior varsity, or Causey middle school teams. We will compete as one, large varsity squad.

You are not required to try out for the competition team and not participating will not influence your membership on the regular squad. Competition requires a lot of time and dedication, and it will also come with some added cost. We will do our best to fundraise and cover as much as we can without having to come out of pocket.

The regional competition where we have the chance to receive a bid to state is usually in November, and the state competition will be in December. The competition that we must attend to receive a bid to nationals will be within this same timeline, but we will have to travel on a Saturday to do this. The National High School Cheerleading competition is held at Walt Disney World during the end of January or first of February. More information will be provided about this as it is received.

If you have any questions about competition, please bring them with you to the mandatory meeting on Sunday, March 13th at 2 pm.

Thank you,

Kelsey McCraw

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).

A tumbling attempt is required. A spotter will be provided for standing back handsprings only. Any other skill must be completed by yourself.

Scoring:

Cheer:	30 points
Chant:	25 points
Dance:	20 points
Tumbling:	20 points
Appearance:	10 points
Jumps:	5 points

Total:	<hr/> 110 points
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BAKER HIGH SCHOOL

Cheer Participant Release and Waiver

2021-2022

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.

Running Tumbling: Tumbling performed with a running entry.

Standing Tumbling: Tumbling performed without running or forward momentum.

Walkover: Performed forward or backwards when an athlete rotates hips overhead without losing contact with the floor.

Handspring: Performed forward or backward when an athlete flips by jumping from feet to hands and returning to feet.

Tuck: Performed forward or backward when an athlete jumps or rebounds into an inverted “tucked” position and does not have hand contact with the floor.

Layout: Performed forward or backward when an athlete is straight-bodied while flipping.

Full/Double Full: A single or double twist performed simultaneously with the layout.

Inversion: When an athlete’s waist and feet are above his/her head.

Jump: An airborne position not involving flipping. There are different types of jumps with varying degrees of difficulty.