****

**Prattville Jr. High School**

**Cheerleading Tryouts**

**2023-2024**

**Required** Parent Meeting: Monday, February 13th at 5:00pm in the PJHS gym (please bring all signed paperwork).

-$10.00 tryout t-shirt money is due at this parent meeting.

Tryouts: Day 1 – February 27th (3:30-5:00pm) PJHS Gym

Day 2 – February 28th (3:30-5:00pm) PJHS Gym

Day 3 – March 1st (3:30-5:00pm) PJHS Gym

Day 4 – March 2nd (4:00pm) MOCK TRYOUTS @ PJHS Gym- Participants need to be in gym at 3:30

Day 5 – March 3rd (3:30-until) TRYOUTS @ PJHS Gym

* **Participant must be present each day in order to participate in tryouts!**
* All tryout practices and tryouts are closed. Parents, family, and friends are welcome to come and watch Mock Tryouts. Admission will be $5.00 cash. Doors will open at 3:30 and close at 3:45. Please be on time!

**Please mark your calendars:**

* A **mandatory/required** parent meeting for the girls who make the squad will be Tuesday, March 7th at 5:00 pm in the PJHS gym. Your $600 (cash) team fee will be due at this time. You will also be receiving your practice schedule at this meeting. If you do not show up with your cheerleader we will take that as you not wanting to participate in the program and will be removed from the squad roster.

If you have any questions, please contact: Peyton Kelley

[Peyton.Kelley@acboe.net](mailto:Peyton.Kelley@acboe.net)

****

Your daughter has expressed an interest in trying out for PJHS cheerleading! This packet contains information to read and sign in order for participation in a 3-day practice, 1-day mock tryout, and a 1-day try-out. Please read the following information. Sign below to indicate your understanding of these details.

1. Requirements to participate in tryouts:
   1. Parent Meeting: A parent and the participant MUST be present.
   2. **All registration information and the student physical form with a physician’s signature are due at the parent meeting on Monday, February 13. A signature MUST be from a MD or DO. NO EXCEPTIONS!**
   3. Tryout tshirt: $10 nonrefundable fee due at parent meeting.
   4. Students must have a G.P.A. of 2.0 to tryout.
   5. Teacher Evaluation Forms: Students must give their current teachers their evaluation forms. All participants must have at least 3 evaluation forms completed. Teachers will be responsible for submitting these to their administrator. NO evaluation forms will be accepted by a participant OR parent.
2. Scoring factors will be determined by:
   1. Judges evaluation of group cheer/dance, 2 jumps (herky, toe touch), and crowd appeal. (75%)
   2. Teacher/Coach’s Score: This will be determined by teacher evaluation forms results and the Coach’s weekly evaluation during the week of tryouts. (25%)
3. No spectators allowed during the 3-day practice, however you are welcome to pay five dollars (cash) and come to the Mock Tryouts (4th practice day) on Thursday, March 2nd.
4. Try-outs on Friday will be closed to the public.
5. The approximate cost of cheerleading is $2,000.00. The $600 (cash) team fee will be due at the first parent meeting on Tuesday, March 7th. This money covers uniforms, catastrophic insurance, fuel for transportation, and camp tuition fees. The remaining balance will be due by the first football game in August. Opportunities will be available to fundraise in order to lessen your remaining balance.

Name of Candidate: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**APPLICATION FOR CHEERLEADING TRYOUTS**

My child\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ has my permission to be a cheerleader at Prattville Junior High School. I understand she must abide by the rules and regulations set by the cheer coaches, athletic director, and the principal of Prattville Junior High School and be present for all practices and games. I understand the rules and any violation of these rules may lead to temporary or permanent suspension from the squad. I understand and give permission for my daughter to ride with other parents when necessary. I understand if my child DOES NOT attend all practices (unless excused by the sponsor) and try-out sessions my child will not be considered for a cheerleading position.

* I understand that qualified judges will evaluate my daughter and agree to abide by the decisions of the judges.
* I understand all cost involved as stated in the rules and will not be given a refund if dismissed from the squad.
* I understand by the very nature of the activity, cheerleading and gymnastics carry a risk of physical injury.

No matter how careful the participant and coaches are, how many spotters are used, or what landing surface is used, all risks cannot be eliminated. The risk also includes minor injuries such as muscle pulls, dislocations and broken bones. The risk also includes catastrophic injuries such as permanent paralysis or even death from landing or falling on her back, head or neck. I understand these risks and will not hold Prattville Junior High School or any or its personnel responsible in the case of accident or injury at any time.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian Date

I am interested in being a cheerleader at Prattville Junior High School. I understand the risks stated above. If elected, I promise to abide by the rules and regulations set forth by the sponsor, athletic director, and principal at Prattville Junior High School. I promise to cooperate and follow the instructions of the cheerleading coaches.

Student Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_

Home Address\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone Number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Parent’s Cell\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

School Now Attending\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Grade Next Year\_\_\_\_\_\_\_\_\_\_\_\_

**Prattville Junior High School Cheerleading Contract**

**Standards for Cheerleaders:**

Cheerleaders by title are role-models. Your coaches hope you will embrace this role. Remember that there are people watching everything you say and do. Because of this, Prattville Junior High School Cheerleaders are expected to set high standards for their school and to set a good example for fellow students. To achieve these ends, cheerleaders will:

* Sign and abide by the provisions of this contract and PJHS code.
* Maintain a 2.0 GPA and a passing grade in classes at all times.
* Set an example of good behavior at all times (whether in uniform or not) in class, games, and at all school functions.
* Cooperate with each other and follow the instructions of the cheerleading coaches.

**Attendance:**

* Cheerleaders are expected to attend all scheduled performances.
* If at school, you are expected to be at practice that day unless pre-arranged with the coach. Please schedule appointments during times which will not conflict with cheerleading.
* During game suspensions, the squad member will sit in uniform with the coach/advisor for the entire game.
* Attend all scheduled practices and games, unless it is a medical absences or prior permission to be absent has been granted by the coach. Two unexcused absences: suspension from three games, three unexcused absences: immediately dismissal from squad.
* There will be a 15-minute grace period for practice. If not present before 3:45, it will be documented as tardy. Three tardies: suspension from one game, four tardies: suspension from three games, five tardies: immediate dismissal from squad.

**Points to remember:**

* Attitudes must be positive and upbeat! You must be willing to work and cooperate at practices, games and fundraising activities. Do not bring your problems with you to practice and games. Failure to do so could lead to suspension of games or squad.
* Be ready at all practices, wearing proper shoes and clothes, and with hair pulled back. Cheerleaders will wear team wear and tryout shirts to practice to keep uniformity.
* Arrive on time!
* Turn off cell phones before practice begins.
* No gum or jewelry.
* Accept constructive criticism!!!
* Do NOT participate in an illegal activity.

**Expenses:**

* Cheerleaders are required to pay fees in advance. All money not paid by due dates will result in suspension or dismissal from the squad.
* Fundraising is available throughout the year.

**Game Expectations:**

* Arrive 30 minutes prior to game time. You have a five-minute grace period. You may be benched for a portion of the game if you arrive after that time.
* Have complete uniform at all games. If you do not have the proper uniform, you may be benched during the game.
* Remain in the cheering area during the game. You may take care of personal business during halftime.
* Do NOT socialize with players or crowd members during the game. This can be difficult during basketball season, but do your best.
* Respect your captain and co-captain at all times.
* Perform only stunts which have been practiced and perfected and only if coach is present.

**Coach’s Discretion:**

All PJHS Cheerleading rules will be interpreted and carried out by PJHS cheer coaches, under the guidance of the PJHS athletic director. Interpretation of these rules is at the strict discretion of the PJHS coaching staff.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent Signature Date

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Student Signature Date

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Coach’s Signature Date

**PJHS Social Media Contract**

Social media can be a useful tool to communicate with teammates, fans, friends, coaches, sponsors, and more. Social media can also be dangerous if you are not careful. Every picture, link, quote, tweet, status, or post that you or your friends put online is forever part of your digital footprint. You never know when that will come back to hurt or help your reputation during the recruiting process, a new job, or other important areas of your life.

Recognizing the above:

\_\_\_ I take responsibility for my online profile, including my posts and any photos, videos or other recordings posted by others in which I appear.

\_\_\_ I will not degrade my opponents before, during, or after games.

\_\_\_ I will post only positive things about my teammates, coaches, opponents, and officials.

\_\_\_ I will use social media to purposefully promote abilities, team, community, and social values.

\_\_\_ I will consider “Is this the me I want you to see?” before I post anything online.

\_\_\_ I will ignore any negative comments about me and will not retaliate.

\_\_\_ If I see a teammate post something potentially negative online, I will have a conversation with that teammate. If I do not feel comfortable doing so, I will talk to the coach.

\_\_\_ I am aware that I represent my sport(s), school, team, family, and community at all times, and will do so in a positive manner.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Student Signature Date