

Causey Middle School Cheerleading Tryout Packet

Dear Parents,

Your child has indicated an interest in being a Causey Middle School cheerleader for the 2024-2025 season. Before tryouts, I want each student to know what will be expected if he/she is selected for the cheerleading squad. I especially want to inform the parents about general policies and requirements that have been set for all the Causey Middle School cheerleaders. This information packet should answer most of your questions. You will find a schedule of clinic and tryout dates below.

There have been many students who have expressed an interest in trying out for next year's squad. The position that these students will hold is a **tremendous responsibility and requires dedication**. The responsibilities and obligations of a cheerleader are listed in this packet. Please make sure to go over every one of these with your child and make sure they understand the rules which are set. If selected, there are certain personal and financial responsibilities and obligations, which you and your child must assume in order to qualify and remain a member in good standing. All forms should be signed by students and parents!! Each student who turns in the forms **MUST** attend the information meeting with a parent on Monday, February 19th! This is no exception; the parent meeting is a requirement and will begin promptly at 6:00 P.M. Participants should also make arrangements to stay after school during the week of clinic/tryouts, February 26-March 1. Parents need to pick students up promptly each day.

THE TRYOUT CLINIC AND TRYOUTS WILL BE CLOSED.

**NO PARENTS, GUARDIANS, FRIENDS, ETC. ARE ALLOWED IN THE GYM OR IN HALL.
The packet- *with the non-refundable fee*- should be turned in by Friday, February 19, 2024. No Exceptions!**

Sincerely,

Katelyn Busby
Cheerleading Coach
(251) 221- 2060
kbbusby@mcpss.com

Caitlyn Gonzlez
Cheerleading Coach
(251) 221-2060
cgonzalez@mcpss.com

**Tryout Fee \$30
Cash or Check made to CMS CHEER**

Causey Middle School Cheerleading Tryouts 2024/2025

Dates and Times to Remember

1. Monday, February 19th

- Tryout paperwork is due **no later than 2:15PM.**
- Required forms should be in a sealed envelope.
- 6th grade: Turn in to Coach Busby's room
- 7th grade: Turn in to Coach G's room

2. Monday, February 19th @ 6 pm

- There will be a MANDATORY meeting for participants and parents/guardians in Coach Busby's room.
- If you are absent from the meeting, you will be deemed ineligible to tryout. NO EXCEPTIONS

3. Monday, February 26th- Thursday, February 29th

- Cheer clinic will be held in CMS gym
- TIME: 2:30-4:30 P.M.
- Tryout clinics will be CLOSED (no parents, friends, etc allowed in the building)

4. Friday, March 1st

- TRYOUTS**
- 3:00 – Until
- CMS Gym
- Tryouts will be CLOSED (no parents, friends, etc allowed in the building)

5.MANDATORY UNIFORM FITTING

- Date: TBA
- Uniform fitting for 2024/2025 squad members ONLY
- Directly after school in Coach Busby's room 2:30-4:00PM**

6.Monday, March 25th

- Mandatory parent meeting for all cheerleaders who make the squad!
- Coach Busby's room starting @ 5:30PM
- FIRST INSTALLMENT due

Installments:

- *First installment due Monday March 25, 2024 at Parent Meeting. (\$600)
- *Second installment due Friday April 26, 2024 by 2:15 P.M. (\$600)
- *Third installment due Monday May 20, 2024 by 2:15 P.M. (up to \$600 (could be less but not more), the remaining balance of your Varsity bill)

**** We will start FUNDRAISERS immediately upon team selection. The amount you raise will go towards your installments. ****

CAUSEY MIDDLE SCHOOL CHEERLEADERS' RULES AND REGULATIONS

Section 1: PURPOSE:

1. Cheerleaders promote and uphold school spirit.
2. Cheerleaders are role models for the entire Causey student body and always conduct themselves in an exemplary manner- **both on and off the school campus.**
3. Cheerleaders show good sportsmanship at all sporting events.
4. Cheerleaders promote the crowd involvement at all games and functions.
5. Cheerleaders must maintain a respectful attitude.

Section 2: MEMBERSHIP:

1. There will be one Causey Middle School Cheerleading Squad.
2. The squad may consist of 1-2 Captains.
3. All students- regardless of race, gender, culture, ethnic background, and/or religious beliefs- are eligible for membership on the squad.
4. If a student is under a doctor's care, he/she must have a doctor's note stating that she is able to participate in ALL cheerleader activities; otherwise, she will not be allowed to participate.

Section 3: REQUIREMENTS:

1. Cheerleaders must have a "C" average **in each class** the semester before tryouts. He/she must also maintain the "C" average **in each class** while on the squad. The cheerleader's year begins the moment he/she is selected for the squad. Failure to maintain these requirements will lead to probation from games and/ or removal from squad.
2. Before tryouts, all grades of candidates will be checked from the semester prior to the date of tryouts. Along with the review of grades before try outs, the cheerleaders will also be checked quarterly throughout the school year.
3. If a cheerleader drops below a "C" average **in any class** on progress reports, the cheerleader will be placed on game probation.
4. Probation due to grades will mean that a cheerleader will not be allowed to participate in squad activities -pep rallies, games, etc... Though he/she will not be allowed to participate, the cheerleader must still attend all functions and is still responsible for all duties; however, he/she will not be permitted to dress in uniform.
5. Each cheerleader must remain in good standing with the school. Retract or detention will result in demerits. If a cheerleader is suspended from school she is dismissed from the squad. No exceptions.
6. **Any tumbling that a candidate performs at tryouts, such as back handspring or back tucks, must be performed at every game, pep rally, or performance. A doctor's note is the only exception.**

Section 4: PRACTICES:

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 at the coach's discretion
3. 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. 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 in the two weeks prior to the beginning of

- school are **mandatory**. Summer vacations should not be taken during these scheduled practice times.
5. **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
 6. **Summer cheerleading camp is mandatory.** Failure to attend camp may result in dismissal from the squad

Section 5: 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 Causey Middle School cheerleader
9. **Cheerleaders should arrive to an event fully dressed in uniform, including hair up and ribbon.**
10. **If you ARE NOT participating in the game/event scheduled, you WILL NOT be allowed to wear uniform to school.**

Section 6: 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 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.
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 must check in with the coach before leaving school with an early dismissal on practice or game days
6. 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 other AHSAA guidelines for grades.
3. A cheerleader can be placed on probation at the coach's discretion
4. Should a cheerleader accumulate 12 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.
5. 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**
6. If a cheerleader is on probation because of grades or demerits, she will still be responsible for any required duties for that time period. 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
7. Probation from a football or basketball game will be effective immediately following the assignment of demerits
8. 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
9. 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
10. 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

Parents:

Each parent is expected to maintain a positive attitude about individual athletes, the team, coaches, program, and competitors. The CMS Cheer Coaching staff are expecting parents to have words of encouragement and help coaches teach/demonstrate good sportsmanship. Parents are expected to follow rules and regulations just as athletes are and not second guess decisions made by the coaching staff. **Any parents that make drama, bring negativity, and create a difficult or hostile environment will have their child/ren dismissed from the program.** Parents are not permitted into practices unless the coaches give permission. Otherwise, all practices are **CLOSED**.


****Each cheerleader/parent will be responsible for the payment of competition choreography (TBD), tumbling practice (Paid upfront when tumbling sessions), stunt trainings, competition fees (if not fundraised), and/or any other expenses that shall arise.**

Causey Cheerleading Code of Conduct

The cheerleaders of Causey Middle 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 12 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/skill (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 Causey Middle 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.
Dismissal	Suspension from school; Retract twice during cheerleading term

I acknowledge that I have reviewed the by-laws, rules and regulations, and agree to the code of conduct set by the Causey Cheer coaching staff.



 Athletic Director



 Principal

Competition Cheerleading

Causey Cheerleaders participate in competition season.

***Tentative 2024-2025 Competition Schedule (Based off previous years, dates subject to change)

1. Nationals Qualifier- Mobile- November
2. Mobile Regionals/ State Qualifier- Mobile- November
3. State Finals- Birmingham- December
4. Nationals- Orlando, FL -February

We will do our best to fundraise and cover as much as we can without coming out of pocket. It has been done the past few years.

Please understand that by committing to this position as a Causey Middle School cheerleader you are putting cheerleading first. Any conflict with other sports, extracurriculars, and/or after school requirements will not be tolerated! You should not miss cheerleading practice, games, or competitions to attend another sport, extracurricular, and/or after school requirement unless specified by the coach. If you cannot comply with the rules of the coaching staff, you will be placed on suspension and/or removed from the squad.

Schedule: Everyone is given a schedule in advance. You must let the coaches know if there are any conflicts. Athletes can not miss a competition and missed practices are unacceptable. If an absence needs to occur, it must be cleared by the coaching staff 1 month prior to missed practice. The coaching staff will do their best to stick to the schedule and try to not make many changes. Decisions made due to weather about practices and competition will be made by the coaching staff and will put the safety of our cheer families first. **All practice and competition schedules are TBA but will be provided once plans are set in stone.** If you cannot comply with the rules of the coaching staff, you will be placed on suspension and/or removed from the squad.

**CAUSEY MIDDLE SCHOOL CHEER CLUB TRYOUTS:
INFORMATION SHEET**

Please complete the following information. Please print legibly.

<p>Student Name:</p>	<p>Current Grade:</p>	<p>Home Address:</p>
<p>Student Birthday:</p> <hr/> <p>Cell Phone:</p> <hr/> <p>Email Address:</p> <hr/>	<p>Parent/Guardian Name:</p> <hr/> <p>Home Address (if different from above)</p> <hr/> <p>Home Phone:</p> <hr/>	<p>Mother's Work Phone:</p> <hr/> <p>Mother's Cell Phone:</p> <hr/>
<p>Father's Name:</p> <hr/> <p>Work Phone:</p> <hr/> <p>Email Address:</p> <hr/>	<p>Emergency Contact:</p> <hr/> <p>Relationship:</p> <hr/> <p>Emergency Phone Number:</p> <hr/> <p>Emergency Cell Phone:</p> <hr/>	<p>Allergies/Health Conditions/ Medications:</p> <p>(List i</p>

Causey Middle School

Cheer Participant Release and Waiver

2023-2024

I am the parent/guardian of _____, a student at Causey Middle School. My child desires to be part of Causey Middle School's cheerleading squad. I also desire for my child to be a member of the cheerleading squad.

I have read the by-laws, rules, and regulations applicable to the cheerleading squad. I acknowledge that participation in the cheerleading squad carries with it potential hazards. My child could fall, be knocked over, run into, or bumped; He/she could possibly receive bruises, broken bones, concussion, and/or serious injury as a result of some of the gymnastics/acrobatics and/or building stunts/pyramids practiced or performed as a part of the cheerleading squad.

I hereby attest and verify that my child has seen a physician and obtained a physical, deeming my child physically fit and able to participate in the strenuous exercise that is necessary and part of the cheerleading program.

In CONSIDERATION for my child having the opportunity to participate in the school's cheerleading squad, I hereby release the Board of Education, the school, the principle, the sponsor, the faculty, and parent volunteers, or any one or more of their executors, administrators, heirs, next of kin, successors, or assigns of and from any liability- whether or not caused by negligence, resulting from injury or death as a result of my child's participation in cheerleading activities and related events.

IN FURTHER CONSIDERATION of the acceptance of my child in the cheerleading squad at the school:

- a. I hereby agree to comply with all the rules and regulations applicable to the cheerleading squad, to encourage my child to so comply, and to assist the cheerleading sponsor and the faculty and parent volunteers in encouraging all participants in the cheerleading squad to so comply.
- b. For myself, my executors, administrators, heirs, next of kin, and assigns:
 1. I WAIVE AND RELEASE any and all claims that I may have against the Board of Education, the school, the principal, the sponsor and the faculty and parent volunteers, or any one or more of their executors, administrators, heirs, next of kin, successors, or assigns of and from any liability, including any and all claims for damages caused by the negligence of any of them, resulting from or arising out of my child's participation in cheerleading activities and related events.
 2. I AGREE TO INDEMNIFY AND HOLD HARMLESS the Board of Education, the school, the principal, the sponsor and the faculty and parent volunteers, or any one or more of them or their executors, administrators, heirs, next of kin, successors, or assigns of them against any such claim for injury, damages or costs, including attorney's fees, arising from, related to, or otherwise occurring as a result of the negligence of any of them, in connection with my child's participation in cheerleading activities and related events
 3. I CONSENT to allowing my child to receive medical treatment which may be deemed advisable in the event of injury, accident and/or illness resulting from or arising out of my child's participation in cheerleading activities and related events.

Signature of parent/guardian: _____

Date: _____

PARENTAL PERMISSION TO BE A CHEERLEADER

I, _____, have read and fully understand the rules and demerit system which my child must follow if chosen for Causey Middle School's cheerleading squad. I understand that this is an extra-curricular activity and that attendance at all practices, games, special functions, and summer camp is a **requirement** for all the elected cheerleaders.

hereby give my child, _____, my permission to try out for cheerleader at Causey Middle School and recognize the responsibilities and requirements as a leader of the school. I understand that if selected, the child's parent/guardian must pay for summer camp, uniforms, etc. An **estimate** of these expenditures for a first-year cheerleader is a maximum of **\$1,800 for the school year of 2024-2025 (this covers 3 camp/ practice outfits worn at camp and throughout the season at practice, ALL cheer uniform items: bodyliners, bloomers, poms, bag, shoes, bow..etc, ALL outerwear, AND a 3 night/ 4 day stay at a UCA camp experience.)** The first installment of \$600 will be due at the mandatory parent meeting, following tryouts, on **March 25, 2023**. Dates will be given for a series of installments to pay for the remaining cheerleading expenses. **No uniforms or other cheer related items will be distributed until the balance is paid in full.** I understand that these amounts must be paid in full on the dates due or my child will not be able to continue in their role as a cheerleader.

**** We will start FUNDRAISERS immediately upon team selection.**
The amount you raise will go towards your installments.

Signature of Parent/Guardian _____

Date _____

PARENT/GUARDIAN PERMISSION AND MEDICAL RELEASE FORM

I hereby give my consent for the below-named student to represent his/her school in extra- curricular activities. I also give my consent for my child to accompany the squad 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 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.

Signature of Parent/Guardian _____ Date _____

Insurance Company _____ Policy Number _____

Student Agreement

I, _____, have read and understood the 2023-2024 Rules and Regulations for cheerleaders. I agree to abide by the policies presented, should I be chosen as a member of the 2023-2024 squad. I am agreeing to the information in the packet and understand that failure to adhere to these rules and policies could result in dismissal from the squad.

Signature of Parent/Guardian _____ Date _____

Parent/Guardian Agreement

I, _____, the parent/guardian of _____ have read and understand the 2023-2024 Rules and Regulations for cheerleaders. I agree to abide by these polices described if my child is chosen as a member of the 2023-2024 squad. I also agree to the financial obligations presented in the information packet provided. I understand that failure on behalf of the parent or the child to adhere to these polices could result in dismissal from the squad.

Signature of Parent/Guardian _____ Date _____

SCIENCE

Teacher Recommendation Form
CMS Cheer Candidate

Candidate's Name: _____

Dear Teachers,

Causey cheer needs motivated, dedicated members! We are counting on you to ensure that our new members are leaders in the classroom. Please rank this candidate according to the following criteria:

5 = Outstanding 4 = Excellent 3 = Good 2 = Fair 1 = Poor

Printed Name: _____

Teacher Signature: _____

Models good attitude and behavior: 5 4 3 2 1

Respectful to the teacher and peers: 5 4 3 2 1

Self-motivated/Hard worker: 5 4 3 2 1

Works well with others: 5 4 3 2 1

Additional comments: _____

MATH

Teacher Recommendation Form
CMS Cheer Candidate

Candidate's Name: _____

Dear Teachers,

Causey cheer needs motivated, dedicated members! We are counting on you to ensure that our new members are leaders in the classroom. Please rank this candidate according to the following criteria:

5 = Outstanding 4 = Excellent 3 = Good 2 = Fair 1 = Poor

Printed Name: _____

Teacher Signature: _____

Models good attitude and behavior: 5 4 3 2 1

Respectful to the teacher and peers: 5 4 3 2 1

Self-motivated/Hard worker: 5 4 3 2 1

Works well with others: 5 4 3 2 1

Additional comments: _____

LANGUAGE ARTS

Teacher Recommendation Form

CMS Cheer Candidate

Candidate's Name: _____

Dear Teachers,

Causey cheer needs motivated, dedicated members! We are counting on you to ensure that our new members are leaders in the classroom. Please rank this candidate according to the following criteria:

5 = Outstanding 4 = Excellent 3 = Good 2 = Fair 1 = Poor

Printed Name: _____

Teacher Signature: _____

Models good attitude and behavior: 5 4 3 2 1

Respectful to the teacher and peers: 5 4 3 2 1

Self-motivated/Hard worker: 5 4 3 2 1

Works well with others: 5 4 3 2 1

Additional comments: _____

HISTORY

Teacher Recommendation Form
CMS Cheer Candidate

Candidate's Name: _____

Dear Teachers,

Causey cheer needs motivated, dedicated members! We are counting on you to ensure that our new members are leaders in the classroom. Please rank this candidate according to the following criteria:

5 = Outstanding 4 = Excellent 3 = Good 2 = Fair 1 = Poor

Printed Name: _____

Teacher Signature: _____

Models good attitude and behavior: 5 4 3 2 1

Respectful to the teacher and peers: 5 4 3 2 1

Self-motivated/Hard worker: 5 4 3 2 1

Works well with others: 5 4 3 2 1

Additional comments: _____

