**Mary G. Montgomery High School
Cheerleading Selection Information
2024-2025**

1. All candidates competing for cheerleader are required to attend a meeting and 4 day clinic beginning Monday, February 19th. There is a $25 nonrefundable clinic fee that must be paid before February 7th. The clinic fee along with the required documents must be paid **before** Monday February 19th. Late forms will not be accepted and we will not take forms after February 16th, at 12:00 PM. Please have the correct change or have checks payable to MGM. Included on the check must be a driver’s license and 2 phone numbers. Try-outs will begin at 3:30 P.M. on Friday February 23rd, in front of a panel of qualified judges.
2. The clinic will be conducted by the senior varsity cheerleaders and supervised by the advisors. During the clinic, the following areas will be covered: cheer, sideline chant, jumps, spirit, stunting, and gymnastics.
3. The clinic will be judged by a panel of qualified judges (not related in any manner to Mary G. Montgomery) and coaches score on February 23rd, 2024. Tryouts are held in the gym and are closed to the public. Parents, guardians, and friends are not allowed inside the school during clinic or try-outs.
4. Candidates must wear a white shirt and plain black shorts during the selection process. They may only wear black hair accessories, but this is not required. No one will be allowed to wear anything which will distinguish her as being a former cheerleader from any other school or organization.
5. **Schedule
Monday, Feb 19th:** Mandatory meeting with GIRLS ONLY. 3:00pm and clinic begins right after- 5:00pm

**Tuesday, Feb.** **20th:** Cheer Clinic 3:00-5:00

**Wednesday, Feb 21st:** Cheer Clinic 3:00-5:00

**Thursday, Feb 22nd:** Cheer Clinic 3:00 until 5:00

**Friday, Feb 23rd : Tryout at 3:30**

1. The following information must be turned in to Ms. Blackburn in the dance room Or to Blaine Hayaski in the Freshman quad.in order to participate in the clinic:
* Cheerleading Tryout Information Sheet
* Signed Tumbling Contract
* Copy of report card from 1st semester
* Signed Parental Permission Form
* Clinic fee of $25 (cash or check payable to MGM)
* Sign off sheet from an administrator at present school
1. The Following must be done on DragonflyMax.com:
* Create an account or update existing account

(If creating a new account or a middle schooler. Make sure to type in Mary G Montgomery to have it go to the correct Dragonfly)

* Alabama High School Physical Uploaded
* Birth Certificate
* Mobile County Public School Wavier and Insurance Form
1. All forms turned in on Monday, February 19th, must be given to Ms. Blackburn or Blaine Hayaski personally. Do not place forms in either coach’s box. Incoming freshmen must turn forms into the MGM office we can be reached at 251-221-3153 or eblackburn@mcpss.com.
2. You will not be able to participate in the clinic unless ALL COMPLETED forms and fees have been turned in by the designated times.
3. Senior cheerleaders are only allowed to help perspective cheerleaders during the specified clinic time. No senior cheerleader may work with perspective cheerleaders outside of this time. Please abide by these rules.

**Mary G Montgomery Team Expectation**

2024-2025

**Varsity**: This squad will be composed of the highest scoring individuals in grades 9th -12th that want to compete. The responsibilities of this team include the following:

* Summer Camp
* Choreography
* Summer Practices
* Varsity football/playoff games
* Football pep rallies
* Football Senior Night
* Competition Practices
* Weekly tumbling class
* Minimum of 4 Competitions\*\*
* Select Area Basketball games
* Fundraisers

\*\*\* There will be a possible 2-4 alternates on this team that will be alternates for the competition season.

**JV Squad**: This squad will be composed of individuals in grades 9-12th. The responsibilities of this team include the following.

* Summer Camp
* Summer Practices
* Homecoming game/pep rally
* Home Freshman and JV Football games
* All Varsity basketball games and select JV games
* Basketball pep rally
* Basketball Playoff games
* Fundraisers

**MGM CHEERLEADERS’**

**RULES AND REGULATIONS**

*Due to the high level of visibility of MGM cheerleaders, members are expected to demonstrate leadership, honor, and integrity both in and out of uniform. Because acceptance into the MGM cheer program is an honor, members will be held to a higher standard than those imposed on the general student body. Members may incur disciplinary consequences for behavior that does not constitute a violation of the Student Code of Conduct, and may also incur disciplinary consequences from both the appropriate administrator and his or her sponsor for conduct that does not constitute a violation of the Student Code of Conduct.*

*You are considered an MGM cheerleader from the first day of try-outs until the first day of try-outs the following year.*

PURPOSE:

1. Cheerleaders promote and uphold school spirit.
2. Cheerleaders are role models for the entire MGM student body, always conducting themselves in an exemplary manner both on and off the school campus.
3. Cheerleaders show good sportsmanship at all sporting events.
4. Cheerleaders promote unification of the crowd’s involvement at all games and functions.

MEMBERSHIP:

1. There will be one Varsity/ Competition squad composed of athletes grade 9-12.
2. There will be one Junior Varsity squad composed of athletes grades 9-12.
3. The squads may consist of one captain and co-captain.
4. All students, regardless of race, sex, 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 cheerleader activities. Otherwise, she will not be allowed to participate.

STANDARDS:

1. Squad members should be leaders within the school and set a good example at all times whether in or out of uniform.
2. Squad members should maintain good personal appearance and habits.
3. Squad members must be courteous and friendly to all other team members as well as the student body.
4. A squad member must be respectful and courteous to other teams and visitors.
5. A squad member must be respectful to the cheer sponsor and all school employees.
6. A squad member must be respectful in their use of technology, ie, SnapChat, Twitter, Instagram, etc.
7. All Coaches are privy to all social media accounts.
8. Squad members shall not engage in inappropriate behavior or social media use, including but not limited to fighting, public intoxication, possession or consumption of alcohol or illegal drugs, nudity on social media or other criminal activity excluding minor traffic offenses.
9. Squad members shall not engage in behavior that warrants a suspension from school or expulsion. Members who have been suspended or expelled from school may be removed from the squad for the remainder of the year and will be ineligible to try-out for the following year.

REQUIREMENTS:

1. Squad members must have a “C” average in the combined core classes one semester before tryouts. They must also maintain the “C” average while on the squad. The cheerleader’s year begins the moment she is selected for the squad. Failure to maintain these requirements will lead to probation from games or removal from squad.
2. Before tryouts all grades will be checked of all candidates for the semester prior to the date of tryouts. Along with the review of grades before try outs they will also be checked quarterly throughout the school year.
3. If a cheerleader drops below a “C” average at progress reports they will be placed on game probation.
4. Probation because of grades means a cheerleader will not be allowed to participate in squad activities (pep rallies, games, etc.). Even though she will not be allowed to participate the cheerleader does still have to attend all functions and is still responsible for all duties. However, she will not be permitted to dress in uniform.
5. Each cheerleader must remain in good standings with the school. 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 tuck, must be performed at every game, pep rally, or performance. A doctor’s note is the only exception.
7. Unless you have a doctor’s note or trainer saying that you may not tumble, you must participate.

PRACTICES:

1. ALL practices are required.
2. All practices are scheduled by the coach.
3. If for any reason a cheerleader is going to be tardy, leave early, or miss practice, she **MUST** notify the coach **24 hours** before practice begins. If not, the coach has the right to suspend the cheerleader from the following game, function, performance, etc.
4. One unexcused absence from a practice or game will automatically place the cheerleader on game suspension. Two unexcused absences will dismiss the cheerleader from the squad for the rest of the season.
5. Scheduled summer practices are required. This includes mandatory practices starting in July.
6. Camp is mandatory!

Transportation:

1. Each Cheerleader’s parent/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.

UNIFORMS AND APPERANCE

1. Cheerleading items (uniform, poms, bloomers, shoes, socks, camp gear, practice uniform, etc.) are to be purchased by the individual cheerleaders by June 1, 2024. All Competition uniforms will be purchased by September of 2024.
2. Each cheerleader is responsible for the care of their own uniform. It should be pressed and clean for every event.
3. Uniforms are to be worn to school on game days with designated pants under uniform.
4. Uniforms are to be worn **ONLY** in conjunction with school activates. (ex. No one is allowed to wear as a Halloween costume. This includes parents. The child will be asked to leave the squad if it is found out)
5. Hair should be kept clean, out of face, and may not fixed in public. ONLY natural hair colors are allowed during cheer season.
6. **NO JEWELRY** should be worn at any time with uniform. (Practice, game, functions, performances, ect.) If ears are newly pieced during the season I will have you remove them.
7. **ONLY nude or light pink nails are allowed.**
8. Sweatpants will not be worn with uniform at any time.
9. No part of the cheerleading uniform, practice clothes, camp gear, or outer wear will be worn by anyone besides the MGM cheerleader. If anyone, including parents, wear any piece of their clothes.

CAPTAIN AND CO-CAPTAIN

*Captains and co-captains will be assigned specific duties on the team based on their leadership qualities and individual abilities, skills, and interests recognized by their cheer sponsor (s) and teammates. These duties are vital and necessary to the program and team operation, but also require extra attention, delegation, and support.*

1. Selection of captain and co-captain is left up to the coach. The Varsity captain must have been on the squad the previous year.
2. The cheerleader chosen must be able to accept the responsibility and excel in a quality leadership role. The captain must be someone that everyone on the squad respects and gets along with. They must also be someone that is able to put differences aside to unify the squad at all times. This person is the backbone of the entire group. Should the captain be placed on probation for any reason she will give up her position for the rest of the season. The coach has the right to remove the captain and co-captain for inability for cooperates with the coach or squad.
3. The co-captain will help with the running of practice and is responsible for assuming all the responsibilities of the captain if for any reason she is not there. The co-captain must also have all of the same qualities as the captain and know all of the duties of the captain. If the co-captain is placed on probation for any reason she will give up her position for the rest of the season.
4. It is the captain and co-captain’s responsibility to inform the coach of any infractions of the rules by any member of the squad. Failure on the part of the captain or co-captain to abide by this requirement will result in removal of position.

GAMES

1. A cheerleader shall not miss any games during football and basketball season. If in a true emergency of an illness, a doctor’s note must be given to excuse the cheerleader. The coach is the only one who can give permission to miss a game for extenuating circumstances. Family vacations will not be excused and will be considered unexcused, and probation will be given.
2. If another school event is going on at the same time as a game the coach must be notified prior to the event and discussions/plans will be discussed between advisors.
3. Each cheerleader must arrive 30 minutes prior to the start of each football game and 15 minutes before each basketball game, unless told otherwise.
4. Each cheerleader must be present at school the day of a game, function, or performance to participate in the game or event.
5. A cheerleader must check with the coach before leaving school with an early dismissal on practice and game days.
6. Any cheerleader who is too sick to attend practice, school, or game is too sick to attend any other event occurring at the same time.

PROBATION AND DISMISSAL

1. If a cheerleader is on probation because of grades, she will still be responsible for any required duties for the period of time.
2. If a cheerleader is on probation for a game, she is not allowed to wear the uniform to school.
3. If a cheerleader drops below a “C” average she will be placed on probation.
4. Suspension from school will result in immediate dismissal from the squad.
5. The coach has the right to suspend a cheerleader from any game, function, or performance for reasons at her discretion.
6. Any cheerleader that quits during their term will not be eligible to tryout again.

**Estimated Cost for the 2024-2025 Season**

JV Squad:

|  |  |
| --- | --- |
| Camp | $300 |
| Empire ½ Season (Set and Paid to Empire) | $500^ |
| Apparel (camp clothes, Uniforms, accessories) | 900-1,200 |
| Stunt Clinic | $20 |

Varsity Squad:

|  |  |
| --- | --- |
| Masters Camp  | $430 |
| Empire Full Season (set and paid to Empire)  | $1,000^ |
| Apparel (camp clothes, Uniforms accessories)  | 1,000- 1,600 |
| Choreography and Clean up sessions | $200-$300 |
| Stunt Clinic | $20 |
| Competitions | $1,200 |

^This is estimate of price.

\*Both squads may have additional costs that arise throughout the year for special occasions. For example, there is a themed dress up night at camp or themed pep rallies.

\*\* Both Squads are responsible for team sponsorships.

Mary. G. Montgomery High School

Cheerleading Tryout Information Sheet 2024-2025

|  |
| --- |
| Student Name: Entering Grade Level:  |
| Students Phone Number: Students Birthday:  |
|  |
| Parent/ Guardian Name: Email Address:  |
| Work Phone: Cell Phone: |
| Parent/ Guardian Name: Email Address: |
| Work Phone: Cell Phone: |

|  |  |
| --- | --- |
| Emergency Contact: | Relationship: |
| Emergency Phone: | Emergency Cell phone: |
| Allergies/Health Problems/Medications: (please describe in detail) |

Please Circle the team you are interested in trying out for. If you choose Varsity and do not make the team please indicate if you would like to be considered the Junior Varsity Team.

**Team Choice:**  Varsity Junior Varsity

If you do not make Varsity, do you want to be considered for Junior Varsity: YES I NO

Are you interested in competing on the Traditional Competition Team: YES I NO

2024-2025 Mary G. Montgomery

Administrator Check Off List

Student’s name:

Grade Student is entering:

Student’s present school:

Administrator to initial and sign that the above student meets the following requirements:

\_\_\_\_\_\_\_\_\_\_\_\_\_ 1. The student has a “70” average combined in core classes

\_\_\_\_\_\_\_\_\_\_\_\_\_ 2. No more than one in school suspension.

\_\_\_\_\_\_\_\_\_\_\_\_\_ 3. No out of school suspension.

\_\_\_\_\_\_\_\_\_\_\_\_\_ 4. No behavioral issues

Administrator Signature Date

**Permission and Agreement**

You are making a commitment to Mary G. Montgomery High School, your coach, your teammates, and yourself for the entire season. You will be expected to consider cheerleading one of your top priorities. As a representative of not only the cheerleading squad but also Mary Montgomery High School, you must maintain proper behavior at all times. You must follow the cheerleading guidelines set forth in the Rules/Regulations/Guidelines/Policies. Students who break the rules will be given the proper punishment. By making this commitment to MGM cheerleading squad, you will receive many valuable and rewarding experiences.

**Student Agreement**

I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, have read and understood the 2024-2025 Rules/Regulations/Guidelines/Policies for cheerleaders. I agree to abide by the Rules/Regulations/Guidelines/Policies described if I am chosen as a member of the 2024-2025 squad. I am agreeing to the information in the packet and understand that failure to adhere to these Rules/Regulations/Guidelines/Policies could result in dismissal from the squad.

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

**Parent Agreement**

I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, the parent/guardian of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ have read and understand the 2024-2025 Rules/Regulations/Guidelines/Policies for cheerleaders. I agree to abide by these Rules/Regulations/Guidelines/Policies if my child is chosen as a member of the 2024-2025 squad. I also agree to the financial obligation as they are described in the information packet provided (see attachment). I understand that I am responsible for the additional tumbling cost for my child to attend a year of tumbling. I understand that failure by me or my child to adhere to these Rules/Regulations/Guidelines/Policies could result in his/her dismissal from the squad.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
Parent/ Guardian Signature Date

2024 - 2025 Mary G. Montgomery

Tumbling Contract

I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ agree to throw the same skills or more difficult skills at every game/cheerleading event unless under a presented doctor’s note. I understand that if I do not meet these requirements, I will be suspended from the following event (this could be game, pep rally, or appearance).

Student Signature Date

Parent Signature Date

Coaches Portion

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