**Prattville Jr. High School**

**Cheerleading Tryouts**

**2022-2023**

**Required** Parent Meeting: Tuesday, February 15th at 4:30 pm 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 28th (3:30-5:00 pm) PJHS Gym

 Day 2 – March 1st (3:30-5:00 pm) PJHS Gym

 Day 3 – March 2nd (3:30-5:00 pm) PJHS Gym

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

Day 5 – March 4th (3:30-until) TRYOUTS @ PJHS Gym

* **Participants 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 per person. 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 8th 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. It is required for a parent/guardian AND the cheerleader to be present at this meeting, otherwise the absence will result in removal from the squad roster.
* **MANDATORY Cheer Camp:** Week of May 31st or June 6th (TBD) More camp information will be given after try outs. We plan to travel away for UCA camp for squad skills and team bonding. Parents will be allowed to attend the last day of camp. The team will always be supervised by coaches and staff.

If you have any questions, please contact: Peyton Kelley or Alison Bridges

Peyton.Kelley@acboe.net – Allison.Bridges@acboe.net

**Prattville Junior High School**

**1089 Martin Luther King Drive**

**Prattville, AL 36067**

Dear Parents,

Your daughter has expressed an interest in trying out for the PJHS cheerleading squad. 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.

We are looking forward to working with you.

If you have any questions, please call (334) 365-6697.

Coach Kelley or Coach Bridges

1. Scoring factors will be determined by:
	1. Judges evaluation of group cheer/dance, 3 jumps (herky, toe touch, pike), and crowd appeal.
	2. Mascot will perform a skit/dance routine.
	3. Parent Meeting: A parent and the participant MUST be present.
	4. Students must have a G.P.A. of 2.0 to tryout; however, students’ grades will not be a scoring factor.
2. No spectators will be 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 3rd.
3. Try-outs Friday will be closed to the public.
4. Should your child make the squad, she will be required to participate in various fundraisers throughout the year. She will also need a physical examination before tryouts. Should your child make the squad, she must have a notarized medical release form. Your child will not be allowed to participate until this form is turned in.
5. The approximate cost of cheerleading is $1,600.00. The $600 (cash) team fee will be due at the first parent meeting on Tuesday, March 8th. 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.
6. **All registration information and the student physical form with a physician’s signature are due at the parent meeting on Tuesday, February 15. A signature MUST be from a MD or DO. NO EXCEPTIONS!**

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 the sponsor and/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 costs 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 of its personnel responsible in the case of accident or injury at any time.

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Parent/Guardian- Date 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.

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Parent Signature/ Date

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Student Signature/ Date

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Coach’s Signature/ Date