

2022-2023 Hamilton Middle School Cheerleading Packet



Dear Parent/Guardian/Applicants,

Thank you for your interest in trying out for the 2022-2023 Hamilton Middle School Cheerleading Team. We at HT believe that cheerleading is a rewarding and exciting sport that teaches teamwork, dedication, sportsmanship, leadership, school spirit, and hard work. Being chosen to represent Hamilton Local Schools as a cheerleader is both an honor and a privilege.

As an HMS Cheerleader you will be in the forefront as a representative of our school and will be expected to adhere to a strict code of conduct and with honor at all times, both on campus and off, as well as on social media.

This year, HMS cheerleaders have the option to choose Football, Basketball, or Competition cheerleading. The HMS Competition program was created during the 2020-2021 school year to take cheerleading to a higher level. As a squad, you will work together to learn routines at an accelerated speed, increase physical fitness and athleticism, and your overall ability as a cheerleader.

Please consider ALL of these factors before deciding to try out for the HMS cheerleading squad. While deciding whether or not to be a part of our year long cheerleading program, please remember and consider the time and commitment this sport will require from both the student and parents. Your commitment will require active participation in after school practice (2x weekly minimum), pep rallies, summer camp, fundraisers, team bonding, weekly games (football and basketball). Due to the fact that cheerleading is a team sport, one person's inability to follow through on their commitment affects the entire squad.

In addition to the time commitment you will need to take into consideration your academic requirements and the considerable financial impact. Our cheerleaders have earned the right and respect to be considered athletes. In order to be treated like an athlete, one must work and act as an athlete. This means being committed to your team and to yourself.

We look forward to an exciting year!

Go Rangers!

Any questions?

Grace Yocum - HMS Cheerleading Coach - gyocum@hlsd.org

REQUIREMENTS

KEEPING YOUR COMMITMENT

- While deciding whether or not to be a part of the cheerleading program, please remember and consider the time and commitment this sport will require from both the student and parents. Your commitment will require active participation in after school practice and possible weekend practices (2 x weekly minimum), all sporting events on our calendar (football/basketball seasons), and all competitions required by coaches.
- Parents cannot remove athletes from the team during the season. If a parent chooses to do so, their child/ren will not be permitted back to the program the following season. **If you do not follow the requirements or choose to leave the team at any time during the season, you will not be able to tryout the following year for football, basketball, or competition cheerleading.**
- Cheerleaders must be willing to sacrifice personal time to increase skills. Coaches provide time at practice for stretching and fitness related activities, however, it is important these activities are conducted daily at home. Coaches provide classes and clinics to increase skills and recommend enrollment in our classes. If you choose to take classes to build skills elsewhere, you must provide proof to the coaches that you are still working on skills.
- In addition to the time commitment you will need to take into consideration your academic requirements and the considerable financial impact. At HT you are a student first and an athlete second.
- HMS Cheer works hard to keep a high level of respect and good reputation.

ATTENDANCE & SCHEDULE

- Everyone is given a schedule in advance. You must let the coaches know if there are any conflicts.
- Once this contract is signed and the season starts, all practices and competitions are MANDATORY with the exception of excused absences for illness or family emergencies. For an absence to be excused a note must be turned in and signed by the parent/guardian with the date of the occurrence. All other absences must be approved by the coach a minimum of 14 days in advance.
- Competition season - Athletes cannot miss a competition or competition related practice. Missed practices are unacceptable and if an absence needs to occur, it must be cleared by the coaching staff. When one person misses competition, it holds back the entire team from learning or working on material.
- 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.
- Any competition fees from missed competitions due to weather will not be reimbursed to individual families, they will be used toward future competitions.
- If you cannot comply with the rules of the coaching staff you will be asked to leave.

UNIFORM

- PRACTICE
 - You are required to show up in shorts and a t-shirt with hair pulled back, and outdoor shoes on. Do not put on your cheer shoes until you are inside or on the track for football games.
 - Failure to follow this rule will result in extra conditioning during/after practice.
- COMPETITION/GAME DAY
 - For competitions and game day, cheerleaders are expected to wear their normal uniform that is worn during the season, hair pulled back with your competition bow (provided by your coach), white cheer shoes and white socks unless instructed differently by coaches.
 - Keep your uniform in good condition and only wear it for performances or games.
 - Football season can take a toll on cheer shoes - please make sure to clean them off before competitions. (The best way to do this is typically with a magic eraser). **This year we will be discussing purchasing separate shoes for the competition team. **
 - For traveling to competitions/games, cheerleaders will be expected to wear their full warmup outfit until we are at the competition/game location. During warmer seasons, cheerleaders will travel in uniform.
 - Do not wear your cheer shoes while traveling, you will change into uniform and shoes when you get to the proper locations.
- HAIR/NAILS/ACCESSORIES
 - Hair and Makeup will follow coaches rules and standards
 - Do not dye your hair any color that is not natural; no pink, blue, green, etc.
 - No hair accessories that cannot be easily removed; no feathers, wraps, tinsel, beads, etc.
 - Nails will be kept short and unpolished or polished in a neutral color; fake nails must be cut to an appropriate length and approved by coaches.
 - NO JEWELRY WHATSOEVER, no piercings during the season.

ATTITUDE

- Come to practice on time with the proper attire and attitude
- Show good sportsmanship in all activities
- Do what you are told the first time
- No Drama!
- FAILURE TO FOLLOW THESE RULES WITH RESULT IN TEAM AND INDIVIDUAL CONDITIONING ON TOP OF ALREADY SCHEDULED CONDITIONING

STANDARD OF BEHAVIOR

- Each cheerleader is expected to maintain an attitude filled with enthusiasm and cooperation.
- Working together and doing what is best for the team means making personal sacrifices at times.
- Athletes will maintain respect for all team members, competitors, coaches, and the decisions made by authoritative figures. - You will treat everyone with respect. While venturing to outside venues you will show the utmost respect for their traditions, and code of conduct. **A good rule of thumb is to treat others the way you want to be treated.**
- Should any actions, videos, photos, social media posts, etc. that show athletes in questionable situations arise will be subject to the coaches digression as to whether she remains in the program.

SOCIAL MEDIA GUIDELINES FOR ATHLETES AND PARENTS

- Should any actions, videos, photos, social media posts, etc. that show athletes in questionable situations arise will be subject to the coaches digression as to whether he/she remains in the program.
- First warning will be a discussion with parents regarding the social media incident. Second mention of social media will result in removal of the team.

PARENTS/GUARDIANS

- Each parent/guardian is expected to maintain a positive attitude about individual athletes, the team, coaches, program, and competitors.
- The HT Cheer Coaching staff are expecting parents to have words of encouragement and help coaches teach/demonstrate good sportsmanship.
- Parents are expected to follow directions and rules 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.

COACHES

- Coaches will put time and energy into learning new rules, requirements, etc. to create the best opportunity to win. - Coaches make all decisions regarding the team, its members, their performances, behavior and attitudes. - The Director has the final say and holds responsibility for all final decisions.

Please tear off the bottom of this and return to the coaches.

CHEERLEADER - By signing this contract, I understand that I am responsible for but not limited to the terms

above. Cheerleader's Name: _____

Date: _____

Cheerleader's Signature: _____

PARENT/GUARDIAN - By signing this contract, I understand that I am responsible for but not limited to the terms

above. Parent's Name: _____

Date: _____

Parent's Signature: _____

CLINICS & TRYOUT DATES	
Clinics Tuesday & Wednesday April 12th & 13th 4pm - 6:30pm Intermediate Gym	Tryouts Thursday April 14th 4pm Intermediate Gym

Tryout Requirements:

- Online Application Submitted here: <https://forms.gle/L7XJaSpX4DCovq5C9>
- Release of Liability/Physical due the 1st day of clinics (attached to this form if you have not completed it) ○ If you have participated on the HMS cheerleading team before, you have a full year to turn in a new physical.
Coaches will be able to give you the date when you need to turn it in.
- Teachers or Coach evaluation must be sent to gyocum@hlsd.org by Wednesday, April 14th.
- Current list of grades must be turned in at the first clinic on Tuesday, April 12th. This will be your 3rd quarter report card.
- Tryout scores will be based on:
 - Basic Skills learned at Open Gym – motions, jumps, voice, spirit
 - Additional skills for points: Stunting and Tumbling. (not required, stunting will be taught at open gyms and during season)
 - Performance of a chant, cheer, and dance- this will be taught during clinics on 12th and 13th. If you cannot make these dates, please contact gyocum@hlsd.org to make other arrangements.

How clinics and the actual tryout date works:

- Clinics: You will receive a number on the first day of clinics, and as well as learning the material you will be constantly observed during the whole clinic/tryout process. We will also be doing a themed week to make things fun. Express yourself and your personality by participating.

Tryout theme days:

Tuesday, April 12th - NEON DAY!

- Warm up activity, Stretch, jumps, learn band dance, learn chant, learn cheer, stunt/ tumble.
- Please wear shorts, t-shirt, tennis shoes, hair pulled up (bangs out of face), NO JEWELRY OR GUM.

Wednesday, April 13th - FAVORITE SPORTS TEAM!

- Warm up activity, Stretch, jump, review material from yesterday, tumbling/stunt.
- Please wear shorts, t-shirt, tennis shoes, hair pulled up (bangs out of face), NO JEWELRY OR GUM. ●

Thursday, April 14th - TRYOUT DAY! GREEN AND GOLD DAY! Come **GAME DAY READY!

- Stretch and begin reviewing promptly at 3:30pm. You will be called in groups of 4 and asked to perform the cheer, chant, band dance, jumps, tumbling, and group stunt. YOU MAY LEAVE WHEN YOUR TRYOUT IS OVER.
- **** GAME DAY READY MEANS HAIR UP AND BOW IN, MAKEUP AND LIP COLOR, CLEAN AND PRESENTABLE.**

****Note – if you are in track or softball, please do not worry. We will work with you and your schedule – please notify us if you have any conflicts)***

Results will be EMAILED to each participant on Thursday, April 14th by 10:00pm. **All results are final. Please, no phone calls.**

For the girls who have made the squad, there will be a fitting on April 29th 4-5:30 for your cheer shoes and warmup for the season. There will be a **MANDATORY** parent meeting to follow at 5:30pm, at the Intermediate School Gym. We will also have a **MANDATORY** fundraising meeting on Monday, May 2nd at 5:30.

***We highly encourage at least one parent to come to the fittings. This will help ensure that your athlete is fitted**

properly for the season.

RELEASE OF LIABILITY

In consideration of being allowed to participate in any way with the Hamilton Township Cheerleading program and/or its related events and activities, I _____ (Your Name) the undersigned, acknowledge, appreciate, and agree that:

1. Risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis and death, and while particular skills, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and,

2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and,

3. I willingly agree to comply with the stated and customary terms and conditions for participation. If, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the school/gym immediately; and,

4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE, INDEMNIFY, AND HOLD HARMLESS the Hamilton Township Cheer Team, their officers, officials, agents, and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and if applicable and owners of premises used for the activity (Hamilton Township Cheer Team), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property associated with my presence or participation, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

Participant's Signature _____

Age (as of today) _____

Date

Signed _____

For Parents/Guardians of Participants of Minority Age (Under 18 at Age of Registration): This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above of all the Releases, and, for myself, my child and our heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releases from any and all liabilities incident to my minor child's involvement or participation in these programs as provided above, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES to the fullest extent permitted by law.

Parent/Guardian Signature _____

Print Name _____

Date Signed _____

FINANCIAL

****Please note that most items can be covered if you choose to fundraise****

SHOE PACKAGE - This includes cheer shoes, spankies, a white bow, green and gold poms, and socks. For returners this can be purchased separately.	\$98
Campwear - This will include shirts and shorts that will be worn during camp. The shirts will be worn throughout the season to school as well.	\$100 est
Warm Up - If you purchased a warm up last year, you are not required to purchase a new one unless you need to change sizes.	\$175.95
Backpack - If you purchased a backpack last year, you are not required to purchase a new one.	\$41.50
Tumbling - Not required for middle school, but highly recommended.	\$10 a week or \$40 per month

*****Camp Fee:** We are still determining a camp for MS. This can range anywhere from \$50 to \$210. Camp will be stunting based to prepare the team for the season. This fee can be covered by fundraising!

**** The shoe package** will be ordered in our team store **on your own**. Girls will be asked to show proof of order. Girls will NOT be permitted to cheer without items. There will be additional items available in the team store for purchase - these items are optional purchases.

****** There will be additional competition fees that will be discussed among the competition team and the parents/guardians of the competition participants.

******Competition bows, Green bows, and Pink bows have been purchased and are owned by the program. These will be loaned to the girls for each event/game we will use them for and collected and cleaned after the games.

Individual Fundraisers:

Century Resources
Flower Sales

Team Fundraisers:

Princess for a day
PeeWee Camp

HMS Cheer Tryouts
Previous Coach/Teacher Recommendation form

Coach/Teacher _____

Athlete _____

Thank you for your help and cooperation in evaluating this athlete for the HTHS Cheerleading Tryouts. We respectfully ask that you be as informative and clear as possible in answering the following questions and include any comments that you feel are relevant to this student's ability to be a successful leader in her position on the team. Please be advised that any and all score sheets and evaluations will be made available for review by parents and students after tryouts if they request. Forms can be given back to the athlete in a **sealed envelope**, or can be emailed to gyocum@hlsd.org.

Point system below 1-4

1. Below Average 2. Average 3. Above Average 4. Excellent

Punctuality and preparedness: 1 2 3 4

Comments: _____

Honesty, dependability, follow through with commitments: 1 2 3 4

Comments: _____

Practice/ Class Conduct: 1 2 3 4

Comments: _____

Ability to get along with others: 1 2 3 4

Comments: _____

Cooperative attitude: 1 2 3 4

Comments: _____

Any additional comments to include: _____
