

# **TRI-CITIES HIGH SCHOOL**



## **2020 – 2021 CHEERLEADING PACKET**

**Cheer Tryouts:**

**When: July 21<sup>st</sup> and 22<sup>nd</sup>**

**Where: Tri-Cities High School Gym**

**Time: 11:00am – 1:00pm**

**Parent Meeting:**

**When: July 24<sup>th</sup>**

**Where: Microsoft Teams (Virtual)**

**Time: 7:00pm**

**TRI-CITIES HIGH SCHOOL CHEERLEADING TRYOUT PACKET**

Revised Fall 2020

Dear Prospective Cheerleaders and Parents,

Thank you for your interest in becoming a member of the Tri-Cities High School Cheerleading Program! We take pride in the cheer program at Tri-Cities High School and expect athletes to adhere to the rules. If you have any questions, please feel free to contact the coaches. Attendance is mandatory at all clinic dates. Please speak with a coach if an extenuating circumstance prevents you from being present. This is very important. Tryouts are closed to family and friends. This is for the safety of all concerned. No videotaping of routines will be allowed. This will give everyone the same advantage. Cheerleading candidates will be judged by a panel made up of cheer coaches and/or outside judge(s). At no time will the scores be presented to the candidates, parents, etc. The decisions are **final**. Tryouts can be stressful, so it is important that all candidates get plenty of sleep, eat regularly, and stay hydrated. Candidates should include a conditioning and stretching routine prior to and throughout tryouts to reduce incidence of injury.

It is an honor and privilege to become a Bulldogs Cheerleader, and your role in the squad should not be taken lightly. As a squad, we do much more than cheer at games. We take part in community service, pep rallies, and we are also considered role models and representatives of our school. Please consider the commitment and sacrifices that will be made to be a part of this elite family of cheerleaders.

Cheerfully,

Alexis Hill  
Competition/9<sup>th</sup> Grade Basketball

Malani Mitchell  
JV Football/Basketball

Cierra` Vickers  
Varsity Football/Basketball  
[VickersCI@FultonSchools.Org](mailto:VickersCI@FultonSchools.Org)

**2020-2021**  
**TRI – CITIES HIGH SCHOOL**  
**COMPETITION, VARSITY, JUNIOR VARSITY, & 9<sup>TH</sup> GRADE CHEERLEADING**

Thank you for your interest in trying out for the Tri-Cities High School Cheerleading Program!

The objective of the Tri-Cities High School Cheerleading Program is to effectively execute a school spirit program that supports the athletic teams and promotes the school itself while additionally developing the personal character of its athletes. Cheerleaders will serve as positive role models and leaders for TCHS and will promote sportsmanship within our school and among other schools. The highest priority will be to display and encourage spirit and pride for Tri-Cities High School. Please read over this packet carefully, as it contains important information regarding tryouts as well as information if you make the team. Please read and understand all the enclosed information before tryouts.

**(ALL PAPERWORK MUST BE TURNED IN BEFORE PARTICIPATING IN CHEER TRYOUTS)**

**ALL Paperwork is due by July 21st**

**\*\*\*\*\*Cheerleading Tryouts Are Closed\*\*\*\*\***

(Only cheer candidates and coaches are allowed in the tryout area)

📣 **Tryout Clinic (mandatory):**

- July 21<sup>st</sup>, 11:00 – 1:00 in the Auxiliary Gym

📣 **Tryout Day (mandatory):**

- July 22<sup>nd</sup> 11:00 – 1:00 in the Auxiliary Gym
- Results will be posted July 23<sup>rd</sup> on cheer website.

📣 **Mandatory Parent/Cheerleader Meeting:**

- July 24<sup>th</sup> @ 7:00pm
- Virtual meeting via Microsoft Teams

📣 **First Practice:**

- July 27<sup>th</sup> @ 11:00am in Auxiliary Gym

- **Eligibility:** To be eligible for the 2020-2021 season for cheerleading, a student must have the following
  - Been Promoted
  - Achieved at least a 2.5 grade point average for the previous semester
  - Been present 85% of the previous semester
  
- **The following MUST BE turned in BEFORE you can participate in clinics or tryouts:**
  - Athletic Physical (Current)
  - Insurance Verification
  - Concussion Awareness
  - Statement of Permission and Agreement
  - Unofficial Transcript

**Note:** The deadline for turning in this paperwork is **July 21<sup>st</sup>** however, forms may be submitted earlier. Participation in cheer clinics or try-out clinics **will be prohibited** if any of the forms are missing or incomplete.

- **Selection of the cheerleaders will be based on the following:**
  - 2 chants and 1 dance.
  - Jumps (A toe touch, a side herkie, and a front hurdler are required and will be taught.)
  
- **What do you wear to tryouts?**
  - During **clinic days** please wear comfortable, length appropriate shorts (at least 3-inches) and a t-shirt or tank top, **(solid white tops and black bottoms only)** and a sports bra.
    - No basketball, pajamas, or denim shorts, jewelry, or nails past skin length.
  - Hair must be worn off your shoulders and out of face in a secure high ponytail.
    - If you make the squad – hair is expected to be pulled into a HIGH ponytail for games/competitions.
  - On **official try-out day**, you will need to wear black shorts and a solid white t-shirt or tank top.
  - No jewelry of any kind on any portion of body is allowed
    - Can NOT be covered with tape, Band-Aid's, etc.
  - Nails should **NOT** exceed skin length (even with the skin of the finger).
    - No False Nails (nail tips)
      - Gel Polish & SNS is allowed
    - Natural Nail Colors Only
  - No previous cheerleading or dance attire during tryout week.
  - What to bring: WATER, WATER, WATER. Make sure you EAT BEFORE COMING.

## For those who make the squad:

Meeting for all cheerleaders and parents:  
1<sup>st</sup> Payment Due (\$200):

Monday, July 27<sup>th</sup>  
Monday, August 3<sup>rd</sup>

### Estimated Costs

We realize that Cheerleading in an expensive sport, however we try to cut the cost down as much as possible through fundraising. However, there are certain items that cannot be passed down from squad to squad and must be purchased by the individual. In addition, wear and tear requires replacement of uniforms, warm-ups, etc. (**Amount is subject to change**)

**\*\*\*Please be aware that all monies are NONREFUNDABLE\*\*\***

Warmup Jacket: \$100

Warmup Pants: \$60

Shoes: \$80

Bows (performance/practice): \$40

Bloomers: \$20

Poms: \$30

Uniform Rental: \$25

Game Bag: \$75

Practice Wear: \$150

Spirit Wear (scarf, gloves, head band, miscellaneous): \$100

\*Varsity Letterman Jacket: \$250 (only if new to Varsity/Competition)

#### Note:

Costs are subject to change.

These are estimated costs and do not include meals, snacks, etc.

**-Failure to pay by due dates will result in the cheerleader being unable to participate.**

**-If dues are not fully paid by 08/31/2020**

**the respective cheerleader will be dismissed from the team.**

**Be prepared to make first payment (\$200) on August 3, 2020**

Again, all paperwork must be submitted by July 21<sup>st</sup>

Paperwork must be uploaded into DragonFly Max and e-mailed to [tchscheerleading@fultonschools.org](mailto:tchscheerleading@fultonschools.org)

We look forward to seeing you at tryouts.

If you have any questions, please contact Cierrá Vickers at [VickersC1@fultonschools.org](mailto:VickersC1@fultonschools.org)

## 2020-2021

# Tri-Cities High School Cheerleading Constitution and By-Laws

### I. Purpose

The objective of the Tri-Cities High School Cheerleading Program is to effectively execute a school spirit program that supports the athletic teams and promotes the school itself while additionally developing the personal character of its athletes. Cheerleaders will serve as positive role models and leaders for TCHS and will promote sportsmanship within our school and among other schools. The highest priority will be to display and encourage spirit and pride for TCHS.

### II. Squad Members and Practices

#### a. 9<sup>th</sup> Grade Squad (Freshman)

- i. The 9<sup>th</sup> grade squad will consist of Cheerleaders who will cheer at 9<sup>th</sup> grade basketball games and participate in selected community events.

#### b. JV Squad (Juniors, Sophomores, Freshmen)

- i. This team will cheer JV Football and Basketball games.
- ii. Participate in selected pep rally and community events.

#### c. Varsity (All Grade Levels)

- i. This team will cheer at VARSITY Football & Basketball games.
- ii. Participate in all pep rally and community events

#### d. Competition (All Grade Levels)

- i. Compete at all competitions.
- ii. Participate in selected pep rally and community events.

### III. Practices and Games

- a. Squads will have practices each week. A tentative schedule will be given out at the beginning of each month. **All practices are mandatory, and other schedules should revolve around cheerleading practices.** Additional practices will be added as needed.
- b. During football season, games are usually held on Thursdays for JV and Fridays for Varsity. Monthly schedules will be provided. Cheerleaders will be expected to be present at all games and events. This is subject to change at the discretion of the Football program.
- c. During basketball season, games are normally held on Tuesdays, Wednesdays, Fridays, and/or Saturdays. Occasionally, games may be held on other days of the week (especially during inclement weather when games must be pushed to the next night). This is subject to change at the discretion of the Basketball program.
- d. The Competition Squad will have practice during the week and Saturday mornings.

- e. A VALID EXCUSE IS NEEDED **IN ADVANCE** FOR ALL MISSED PRACTICE/GAME DAYS. (i.e. doctors note)

#### IV. Attendance Requirements

- a. **ABSENCES CAN BE THE DOWNFALL OF A GREAT CHEERLEADING SQUAD!**  
If one or more squad members are absent from a practice or game, the other members are forced to make last minute changes. This can be both stressful and dangerous to squad members.
- b. Cheerleaders will be expected to be at ALL practices, games, and events. **Jobs, club activities, extracurricular activities, doctor's appointments, etc. must NOT interfere with cheerleading.**
- c. If you commit to cheerleading you are committing to attend every game. Unexcused absences are those caused by anything other than illness or family emergencies. In addition, the request of an excused absence is not always granted, unless deemed so by the Coaching Staff.
- d. If you are ill or have a family emergency, a coach needs to be notified by a parent or guardian for the absence to be excused. Please notify a coach before the absence or as soon after as possible; only under extreme circumstances will prior notice not be expected. Please call or text a coach's cell to notify the coach of any excused absences.
- e. If the coach is unavailable, please leave a message. (*cell numbers will be provided.*)
- f. As stated in the Guidelines for TCHS Athletes, students must be present half the school day (2 full class periods) to be eligible for practices, games, and events scheduled for that day.
- g. If a student is assigned to ISS/OSS.
  - i. ISS results in an immediate benching for the durations of the assigned OSS length.
  - ii. OSS results in the automatic dismissal from the cheer squad.

#### V. Grades

- a. A minimum of 2.5 GPA must be maintained throughout the cheering season.
- b. Because cheerleaders are students first and athletes second, monthly progress reports will be turned in for review. This allows the coaching staff to monitor academic progress.
- c. If at any time you are failing a class, you will be required to attend tutorial, and failure to attend tutorial will result in benching, suspension, or dismissal from the squad.

- d. From the time the F is recorded on the progress report, the Cheerleader will be suspended from all cheer practices, activities and games. The Cheerleader will be allowed two weeks to pull the F up before dismissal from the squad is considered.

## **VI. Tutoring**

- a. Cheerleaders are encouraged to attend tutoring on all none-practice/game and event days.

## **VII. Uniforms**

- a. Uniforms are issued by the school and are property of the TCHS Athletic Department. If for any reason a cheerleader quits or is dismissed, he/she is expected to return all uniforms/equipment within five days of the termination.
- b. There is a \$25 rental fee for all uniforms.
- c. All altered uniforms must be restored to their original size before being turned in at the end of the cheering season.
- d. Damaged or lost uniforms are the responsibility of the cheerleader and parent to fix/replace (at full cost).

## **VIII. Fund Raising**

- a. Every cheerleader will be expected to support & participate in ALL fundraising events.
- b. Failure to fully participate and meet your quota of fundraising will result in benching, suspension, or dismissal from the squad.
- c. Turning in fundraising money after the due date will result in being benched.

## **IX. Transportation**

- a. If a parent is going to pick up their cheerleader at an away game, communication between the parent and coach must take place.
- b. If the coach is unaware of a change in transportation, a cheerleader may get left behind.
- c. If parents do not communicate to the coach, cheerleaders are expected to ride the bus back to TCHS.
- d. Your parent/designated adult is the only person(s) a cheerleader can leave a game with; NOT friends.



X. **Expected Behavior**

- a. All Tri-Cities High School guidelines must be followed at all times.
- b. Benching, Suspension, or Dismissal will be enforced for misbehavior or poor conduct
- c. Promote a positive image for the school community—your peers, parents, teachers, and community members
- d. While representing TCHS, cheerleaders must not: (failure to comply can result in benching, suspension, or dismissal from the Cheer Program.)
  - i. Drink alcoholic beverages
  - ii. Use controlled substances
  - iii. Use tobacco products
  - iv. Show unsportsmanlike conduct
  - v. Use profanity
  - vi. Show displays of affection (including in/out of uniform, during & outside of Cheer events)
  - vii. Be academically dishonest
- e. Cheerleaders must wear the designated uniform/attire to school on the day of a game.
- f. Attend all practices and games.
- g. Exhibit a positive attitude and ability to work with other different personalities.
- h. Lying or fabricating the truth will not be tolerated and can result in immediate termination from the squad at the coach's discretion.
- i. Part of a coach's job is to know where you are at all times during practices, games, and special events. Consequences will be issued for failure to follow the coach's direction or to stay in assigned areas during events.
- j. While safety is our number one goal, please understand that you should expect bumps, bruises, and other occasional minor injuries. This is all a part of cheerleading and injuries may occur.
- k. Cheerleaders may not wear or let others borrow TCHS cheerleading uniforms/outfits when attending non-cheerleading activities.

- I. All official cheerleading decisions and activities will be made by the coaching staff. **All coaches and captains are always to be given respect and cooperation by cheerleaders and parents.** Lack of respect will not be tolerated and can be grounds for benching, suspension, or dismissal from the cheer squad.

XI. **Special Note:**

a. **Correct/Complete Uniform:**

- i. Cheer uniform (squad specific shell, skirt, and mid-drift), sports bra, bloomers, hair ribbon, socks, and shoes.
- ii. Hair pulled up in a **HIGH** ponytail off shoulders and out of face.
- iii. No jewelry, glitter, or none-natural fingernails, and no none-natural polish colors.
- iv. Nails must be trimmed short and should not exceed skin length.

XII. **Definitions:**

a. **Benching:**

- i. The Cheerleader will dress out in complete uniform and will not participate in designated practice(s), game(s), and/or event(s). The cheerleader will sit with the coach for the duration of the practice, game, and event/activity.

b. **Suspension:**

- i. The Cheerleader will NOT ATTEND the designated practice(s), game(s), and/or activity(s).

**Coaches reserve the right to make changes/additions to the rules as needed. In addition, if you have any questions or concerns, please respect the following chain of command:**

Squad Coaches  
Coach Cierra` Vickers - Assistant Athletic Director  
Coach Kenneth Miller - Athletic Director  
Mrs. Shateena Love - School Principal



## JUDGES AND FINAL SCORE AGREEMENT

I, \_\_\_\_\_, and my child \_\_\_\_\_, understand that he/she will be judged by a panel of qualified judges, and will be scored on the categories listed under the "Evaluation Procedure" headline. We understand at no time will my child's score nor any other cheerleader's score be discussed or provided to me as the parent, my child, or any other individual outside of school officials. We also understand that all decisions made by the judges are FINAL.

Student Name (Print): \_\_\_\_\_

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

Parent Name (Print): \_\_\_\_\_

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_