

## 7<sup>th</sup> GRADE CHEERLEADER CLINIC AND TRY-OUTS 2017-2018

### ➤ **When are clinic and tryouts**

- Clinic is February 28 – March 2 in the MBJH competition and practice gyms.
- Tryouts are Friday, March 3rd after school.

### ➤ **How are cheerleaders chosen**

- Independent judges are contracted and the judging is based on spirit, motions, jumps, dance performance and good citizenship.
- The squad size is determined by the natural break in the confidential scoring.

### ➤ **May I tumble?**

- Tumbling is not a requirement to be a cheerleader. A back handspring or a back tuck may be substituted for one of the toe touches in the cheer for additional points.

### ➤ **What are the practice and game obligations**

- All scheduled practices, camp, and games are required! Seventh grade cheerleaders cheer for the 7<sup>th</sup> grade football team and the 7<sup>th</sup> grade boys' and girls' basketball teams.
- The meeting for the girls who make the squad **and** a parent is Tuesday, March 7th
- Camp is required. Dates will be within the first two weeks after school is dismissed for the summer.
- Football practices and games are Monday, Wednesday, and Thursday.
- Basketball practices/games will be on Monday, Tuesday and Thursday.
- Cheerleaders are an athletic team. Please do NOT plan trips, recitals, etc. during practice or game times.

### ➤ **What do I wear?**

- To clinic girls should wear shorts and t-shirt. Please no dance or workout clothing.
- For tryouts wear plain black shorts similar to Soffees and a plain white t-shirt.

### ➤ **How do I sign up?**

- Complete the application form, the AHSAA physical form, \$20.00 tryout fee and turn in to MBJH office by **February 27<sup>th</sup>**. A child will NOT be allowed to participate at clinic without a **current AHSAA health form** correctly signed and dated by a physician so early turn-in is strongly encouraged.

- **Physical Form** – Every athlete must have a current physical form on file (**even to try out for a team**)
  - Make sure there is a parent signature/athlete signature and a DATE on the front page
  - On the back page – Make sure the doctor circles that the athlete IS CLEARED, then SIGNS and DATES the form.

### ➤ **Questions?**

- Contact Gail Magnus at 205-802-1635 or [magnusg@mtnbrook.k12.al.us](mailto:magnusg@mtnbrook.k12.al.us)

# MOUNTAIN BROOK JUNIOR HIGH SCHOOL CHEERLEADER CONSTITUTION

## **Name and Purpose:**

The name of this organization shall be the Mountain Brook Junior High School Cheerleaders. The purpose shall be to promote and uphold school spirit, to develop a sense of good sportsmanship among the student body, and to improve relationships between schools during all athletic events. As representatives and leaders of Mountain Brook Junior High School, the cheerleaders shall conduct themselves in a responsible and dignified manner, exemplifying strong character and leadership qualities at all times.

## **Membership:**

Any student who is enrolled in Mountain Brook Junior High and is interested in trying out for cheerleader must meet the following requirements:

1. written permission from parent or guardian.
2. an overall "C" academic average.
3. have a current AHSAA physical form on file at the school
3. may not have been suspended from school

## **Selection:**

1. Selection of the cheerleaders shall be during the second semester of each school year. The squad will serve from that point until a new squad is chosen.
2. Tryout dates shall be established by the coaches and administration.
3. Selection of cheerleaders shall be determined by a panel of judges (not associated with the school).
4. Cheerleaders must try out each year for selection.
5. Selection will be made on the basis of cheerleading skills, citizenship, and scholarship

## **Grades:**

1. *Any cheerleader receiving an overall academic average of less than 70% for a grading period shall be placed on probation. If during any subsequent grading period a cheerleader receives an overall academic average of less than 70%, that member will be suspended from the organization. A grading period shall consist of 4 1/2 weeks (i.e. may include a report card or progress report).*
2. *Any cheerleader receiving an average of 65% or less on her report card in any subject in a nine week grading period will be suspended from the organization until the next progress report. (Advanced points do not count until the end of the year.)*
3. Captains will be chosen for each game from a pool of girls who made 80% or above in all subjects on the previous **nine weeks** report card.

## **Games and Practice**

1. Attendance to designated cheerleading summer camp and stated summer practices is mandatory. Failure to attend could force the cheerleader to sit out one or more events or be replaced.
2. Cheerleaders shall attend after school practice on days designated by the sponsors. Appointments should not be made during practice hours.
3. After school practice will begin at 3:30 (correct dress is required).
4. Due to dance routines, building, and complex cheers it is necessary for everyone to be at every practice. If a practice is missed for any reason, the cheerleader may miss the next half time or pep rally.
5. It is the cheerleader's responsibility to arrange for another member of the squad to teach any missed material. This should be done outside of practice.
6. Gum chewing, candy, drinks in cups, and jewelry are not permitted. Snacks are not allowed inside the cheerleading room.
7. Hair must be pulled back completely in a pony-tail with correct ribbons at school and games.
8. NO JEWELRY except for stud earrings and NO painted nails (other than a natural pink).
9. No member of the squad should leave practice or a game without being dismissed by the sponsor.
10. A student must be at school in order to participate in a game or practice as defined by the Alabama High School Athletic Association.
11. If a student is too ill or hurt to participate in **PE** she is too ill or hurt to participate in cheerleading for that day.
12. Must arrive at promptly at games as noted on schedule.

13. Must wear the correct uniform or practice clothes at school, games, and practices.
14. If an emergency or illness prevents you from attending practice or an athletic event, the sponsor must be notified as soon as possible prior to the event.
15. Missing games for non-school-related events is not tolerated and could be punished by one or more game(s) suspension.
16. While visiting cheerleaders and /or dancers are performing, the squad shall exhibit behavior becoming a cheerleader such as spirit yells and applause. There is to be no talking while they are performing.
17. Cheerleaders uniforms shall be worn only to school, athletic events, or as designated by the sponsor. Uniforms and practice uniforms are not to be worn by anyone who is not a MBJH cheerleader.

**Pep Rallies:**

1. All cheerleaders should be willing to participate and share responsibilities associated with preparing for the pep rallies.
2. All cheerleaders should stay after all pep rallies until dismissed by the sponsor.

**Discipline:**

1. A member of this organization who is suspended from school for disciplinary reasons is automatically suspended from participation in this organization pending a final decision by the administration.
2. If a cheerleader is sent to Detention Hall for any reason, she will be suspended from the next event. Repeated offenses may result in suspension from the squad.
3. Any cheerleader whose actions disgrace the squad (in or out of school) will be subject to disciplinary review. The principal and sponsor will determine the penalty. The penalty will depend on the severity of the offense. Suspension is a possibility.

**Captain's Duties:**

1. Captain will begin practices on time and conduct them as approved by the sponsor.
2. The captain shall be prepared at all times by knowing the cheers being able to use appropriate cheers in all types of situations.
3. The captain shall be aware of games and practice times and communicate with all the cheerleaders concerning this information and the proper times to report.
4. The captain shall welcome the cheerleaders from the opposing school, coordinate half time and basketball time outs, and show them where the restrooms and concession stand are located. If we are the visiting team, the captain needs to get the same information for our squad.