

Grady High School

Cheerleading Information Clinic Packet 2017-2018



**May 16, 2017 - May 18, 2017
4:30 p.m. – 6:30 p.m.**

**Final Tryout Day Thursday, May 18th
All attendees must be on time and present everyday!!!!**

Grady High School Gymnasium (Historic Gym)

Grady High School
Cheerleader Expenses 2017-2018

Items	Cost
Body Liner	75
*Uniform w/ Embrod.	250
Practice Clothes	75
Accessory Package(Poms, socks, briefs, bows gloves, ear warmer)	135
Rain Jacket	15
Warm up w/ Embrod.	183
Tumbling Classes	75
Backpack	35
Shoes	75
Shipping & Handling	50
Body Liner	75
*Uniform w/ Embrod.	250
TOTAL COSTS	968.00

\$400.00 due on June 15, 2017

\$400.00 due on July 15, 2017

\$168.00 due on Aug 1, 2017

****Fees may be paid in full prior to cheerleaders receiving any of the above items (No Exceptions)**

*****The fees are the same for football and/or basketball cheerleading.**

*****If cheerleader participates in competition there will be an estimated additional \$150.00 fee.**

*****Fees are subject to change**

***Uniform fee may be decreased pending APS Board Approval for District Uniforms. However a fee of \$100 will remain for rental and end of the year cleaning fees.**

Welcome!!

We are glad that you have decided to cheer for the Grady High School Knights! This packet will familiarize you with the different squads from which you may choose, as well as give you information about rules, fees, schedules and other necessary information to make an informative decision about joining our cheerleading family.

You may choose from the following squads:

Varsity Squad

This squad cheers at all football and basketball games. Advanced stunting and some tumbling are required of this squad.

Junior Varsity Squad

This squad will cheer at all Junior Varsity football and basketball games and at the varsity homecoming game. No experience is required. If you want to cheer this is a good place to learn the skills you will need to make varsity.

GRADY HIGH SCHOOL CHEERLEADER TRYOUTS

Attire: BLACK SHORTS AND PLAIN WHITE T-SHIRT (no exceptions) OR RED SPORTS BRA, TENNIS SHOES (attire must be neat at all times, no wrinkles or dirty shoes). No jewelry of any kind can be worn!!

Announcements: ***RESULTS** Of squad selections: Will be posted the Monday after Try-outs conclude*

The following information must be **COMPLETED** and turned in to the Coach **ON OR BEFORE May 15, 2017**. If you do not have a physical you cannot tryout.

1. Turn in a completed physical examination form filled out and signed by a medical doctor (good for a complete calendar year.)
2. Turn in a completed Guideline for Cheerleader Functions Form with all required signatures.
3. Turn in completed Parental Permission to Be a Cheerleader Form.
4. Give Teacher Recommendation Form to (8) of your current teachers. (All Teachers).

IMPORTANT: Falsifying information (signatures, dates, form content, etc.) will justify ineligibility for participation. If falsification of information is determined, selected cheerleaders will lose their position with NO refund of payments made. Students who are academically ineligible after Spring Semester lose their position with NO refund of payments made. Study hard and pass all classes—Grades come first!! _____ (Initial)

Good Luck Ladies!!

CHEERLEADER FUNCTIONS AND GUIDELINE ACCEPTANCE FORM

The following functions and guidelines will pertain to all cheerleaders at Grady High School. Please read carefully so that you can understand what is expected of you as a cheerleader.

- Cheerleaders are required to cheer at **All School Functions** as approved by the Principal and cheer coach. **Failure to be present is grounds for immediate dismissal.**
- Cheerleaders will attend cheer camp. (Camp times will be given at a later date)
- Cheerleaders will practice during the summer.
- Cheerleaders must adhere to the rules and regulations that are given in the Cheerleading Constitution. (See enclosed)
- Cheerleaders will make spirit signs and posters to help promote school spirit.
- Cheerleaders will serve as hosts or ambassadors for the school as needed.
- **CHEERLEADERS MAY NOT MISS PRACTICE OR GAMES BECAUSE OF A JOB.**

Fundraising Responsibilities

In order to prohibit the cost from going up any more than necessary, we endeavor to take care of some needs through Fundraising. *Please note if you do not wish to fundraise, you may opt out by paying additional fees. See the enclosed fundraising and non -fundraising payment options. **It is a personal choice to fundraise; however, if you choose to fundraise the following guidelines must be met.**

- Order form fundraisers. When cheerleaders have an order form or item fundraiser, the cheerleader must sell the minimum amount due or pay the monitorial difference.
- Car washes or other work related fundraisers. If a cheerleader misses a fundraiser, the amount raised will be taken and divided among the girls working to come up with the amount the cheerleader must pay.
- If it is determined that I am not meeting my fundraiser responsibilities I will be required to pay the difference between the fundraiser and non fundraiser option or be immediately dismissed from the squad. _____ (initial)
- I understand that I have five days from the fundraiser to make up the financial difference or I will be dismissed from the squad. _____.(initial)

I have read and understand the responsibilities of a cheerleader at Grady High School. I agree to follow all the guidelines as listed and give the squad my 100% cooperation.

Student Name (print)

Student's Signature and Date

I have read and understand the above guidelines and agree to help my child uphold his/her obligations upon selection to the squad. **I understand that if the above guidelines are not met, it is grounds for immediate dismissal from the squad.**

Parent Name (print)

Parent's Signature and Date

PARENTAL PERMISSION TO BE A CHEERLEADER

I, undersigned, have read and fully understand the rules and regulations which will govern my daughter/son if she/he is chosen to represent Grady High School as a cheerleader. I further understand that even though this is an extra-curricular activity, attendance at all practices, games, special functions, and summer camps is a requirement of the selected cheerleader.

I hereby give my consent for my child, _____, to tryout for cheerleader at Grady High School and I recognize her responsibilities and requirements as a leader of the school. I understand that, if selected, my child will be required to pay for rental fees and other items. I agree and give my consent for my child to participate in fundraisers or I will pay the additional fees required in lieu of fundraising. An estimate of the expenditures and the dates for payments are listed in your welcome packet.

(Initials) **I understand that the first payment of \$500.00 is due on June 15, 2017 and that my child will be replaced if the money is not paid on this day.**

(Initials) **I understand that any missed payment will cause my child to be dismissed from the squad.**

(Initials) **I further understand that if my child quits the squad or is dismissed, no refunds will be made.**

Please check one of the following options:

____ I plan to follow the fundraising fee schedule.

____ I plan to follow the non-fundraising fee schedule.

Parent's Signature

Date

Student's Signature

Date

CONTRACT TO CHEER

I, _____, AM TRYING
OUT FOR:

_____ VARSITY SQUAD

_____ JUNIOR VARSITY SQUAD

I understand that by signing, I agree to represent the school for the squad for which I have tried out. **I further understand that if I sign up for both squads and do not cheer both, that this is considered QUITTING a squad and I will not be permitted to cheer again at Grady High School without special permission from the Principal.**

Student's Signature

I am aware of the squads that my daughter/son is trying out for and I understand the consequences for not fulfilling an obligation to cheer.

Parent's Signature

Cheerleading Constitution
Grady High School

I. Purpose

- A. To Provide leaders for the student body who possess skill and enthusiasm who support the high school in all activities

II. Composition

Varsity Squad –This squad cheers at all football and basketball games. Advanced stunting and some tumbling are required for this squad.

Junior Varsity Squad – this squad will cheer at all junior varsity football and basketball games and at the varsity homecoming game. No experience is required.

III. Election

- A. Participation is voluntary. Though a volunteer organization, it is a fulltime responsibility. A girl must choose between cheerleading and other activities including jobs. A job cannot interfere with cheerleading in any capacity
- B. The coaching team of Grady High School will select cheerleaders.
- C. Participants with the highest scores will become next year’s cheerleaders. Tryout and selection will occur each year.
- D. Senior Varsity Cheerleaders, under the guidance of the coach, will conduct the clinic.

IV. Requirements

- A. Must Show spirit at all times. (When benched you are to sit with and support your squad)
- B. Must be able to cheer with sharp motions, have good voice quality and projection, and good Eye contact with the audience.
- C. Must have the physical ability to perform all cheer leading motions, jumps and stunts.
- D. Must have a good attitude and willingness to learn and get along with others.
- E. Must maintain eligibility as required by G.H.S.A
- F. Must not have previously quit any cheer leading squad. Note: any student who has been selected As a cheerleader and had quit any squad for any reason will be Ineligible to try out or participate In any cheerleading function including banquet. The cheerleader may however appeal this with The principal. Only a waiver from the principal will be invalidate this rule. **Cheerleaders who Quit are expelled from a squad will not receive any refund.**
- G. Must participate in fundraisers and sell the minimum amount required or pay the difference

V. Insurance and Physicals

- A. Each member of the squad must be insured or complete and insurance waiver form.
- B. Each participant must also have a physical exam each year. The health of a cheerleader must be as such that they are capable of participating in any strenuous cheerleading activity including but not limited to jumps and stunt building. **If it is determined that a cheerleader's health becomes a hindrance to the squad as a whole, they will be replaced upon approval of the principal.**
- C. If a physical expires during the season, a cheerleader may not practice or participate in any cheerleading function until a new and current physical is in file.

VI. Leadership

- A. The **captain** is to be selected by the coach. She will be chosen to serve for the entire season, unless she receives 5 demerits, whereupon she will be removed and replaced with the co-captain. _____
Initial
- B. The **co-captain** will also be selected by the coach and will be chosen to serve for the entire season, unless she receives 5 demerits, whereupon she will be removed and replaced with another cheerleader chosen by the coach. _____
Initial

VII. Duties of a Captain

- A. **Discuss with the coach immediately after school the goals for each day and helping to implement them throughout practice.**
- B. **The captain must be the first at practice and the last to leave every practice.**
- C. Assign housekeeping duties such as mat arrangement and etc.
- D. Keep and organize the cheerleading cabinet.
- E. Tell each member what the coach has decided will be worn at any pep rally, game, or other event in which the cheerleaders are attending as a group.
- F. Inform each member of the time that she is to be at the school to catch the bus or the time she is to meet for a game
- G. Greet the visiting squad before a game.
- H. Inform the visitors of floor courtesy.
- I. Serve as spokesman for the squad to the administration.
- J. Think of new ways to motivate the squad and the student body.
- K. Must have on the practice wear daily according to the schedule

VIII. Personal Appearance of the Squad

- A. **A complete cheerleading uniform** must be worn at performances unless otherwise directed. (This includes hair accessories, or other items added to the uniform by the coach.) _____ (initial)
- B. At the discretion of the coach, certain articles of clothing will be added or taken away from the regular uniform. In the event that something is added or taken away, **all cheerleaders must be uniform in its presentation.**
- C. In case of cold weather, cheerleading jackets and warm-ups are the ONLY covering for the uniforms
- D. **No jewelry shall be worn during practice or at games.** This includes but is not limited to **stud earrings**, nose rings, belly rings and tongue rings. Religious jewelry must be removed as per the G.H.S.A. guideline manual. _____ (initial)
- E. Fingernails must not be visible over the length of the finger, **clear polish only. G.H.S.A Guidelines.**
- F. All makeup must be similarly presented. Makeup must be worn at official functions. _____ (initial)
- G. Cheerleaders may not wear glitter as G.H.S.A guidelines.
- H. **Cheerleaders may have no visible tattoos. If a tattoo is in place where it can be seen it must be covered with makeup.** _____ (initial)
- I. Cheerleaders may have no gold teeth.
- J. Hair must be maintained neatly. **During official functions, Cheerleaders must have hair in official hairstyle (ponytail, bun).** Hair must be able to be put into a ponytail. Hair may not be dyed any artificial color such as blue, pink, purple, etc. **No Headbands. Bangs must not extend beyond the eyebrow.** _____ (initial)
- K. Cheerleaders who have an unkempt or un-neat appearance will not be allowed to perform with the squad.

IX. Practice Schedule

- A. Each member will practice Monday through Friday from 4:00 – 5:30 pm. End time may vary for special events or circumstances.
- B. Basketball practice will be determined according to the game schedule.
- C. Correct practice wear must be worn at ALL practices. Each member must be dressed and ready to practice at the designated time. **NO STREET CLOTHES ARE ALLOWED.** _____ (initial)
- D. **All practices are mandatory.** A written excuse must be submitted to the coach one day in advance by parents in order to get an excused absence from cheerleading practice.
 - 1. If a student is absent from school and that absence is excused, an excused absence from practice will be granted. If the student's absence from school is unexcused, the cheerleading absence will be unexcused as well.
 - 2. If a student is feeling unwell and plans to be checked out, it is her responsibility to notify the coach first before she leaves. **Otherwise the absence will be unexcused.**
 - 3. If a student is present at school, she must be present at practice unless it is approved by the coach. _____ (initial)

4. If you are benched twice for absences, you will be dismissed.

E. Excused Absence

The following constitute an excused absence:

1. illness (cheerleader has a limit of only two)
2. death in family
3. religious holiday
4. excused absence from school
5. prior parental permission for a family event (cheerleader has a limit on one)

*Note: As a cheerleading squad is made up of a limited number of individuals and the coach attempts to include everyone in some capacity; and absence may mean that the cheerleader will be removed from the 'stunt' or performance so that her absence will nit hinder the potherers from practicing.

- F. A cheerleader **will not** be excused early from practice to go to work.

X. Transportations to the Games

- A. Each member of the squad must ride the bus when a bus is provided. You may not drive your car to the game. _____
Initial
- B. Each child must have appropriate transportation home after a cheerleading event. Prior to arrival at the school, all cheerleaders will be giving an opportunity to call their parent or guardian. As courtesy to the coach and safety reasons, a parent is expected to have someone waiting to meet the bus to pick up their child. **Upon arrivals at school, a child must be picked up within 10 minutes of their back to school. Parents must make arrangements to pick up the child within these time limits or the child will be *suspended* for no less than one game.** After three instances, a conference will be held to determine if the cheerleader will be allowed to continue with the squad _____.
Initial
- C. For security reasons, if you plan to have another student or adult to pick up your child that is not known to the coach, please provide a written note one day in advance apprising the coach of the situation.

XI. Cheerleading procedures

- A. A cheerleader must do official warn up before games and practices.
- B. The captain and co-captain will call cheers and chants.
- C. Informal spirit yells can be started by anyone.
- D. Cheerleaders should show spirit and enthusiasm at all times.
- E. Cheerleaders should show courtesy at all times.
- F. No chants or cheers will malicious intent at other school or the referee will be permitted.
- G. Girls should maintain dignity and decorum at all times.
- H. When not cheering at games and not participating in sideline stunts. A cheerleader should be standing at attention. _____
Initial
- I. There will be no unnecessary conversation while performing.

- J. In the absence of the coach, the cheerleaders will follow the captain's directions.
- K. The coach will address any problems arises. **If a cheerleader has a problem with a direction given by the captain, that cheerleader will follow the direction as given and THEN address it with the coach upon her return.** _____
Initial
- L. No stunting is permitted except in the presence of the cheerleading coach
- M. If the coach is absent from school, there will be no practice on that day. If the coach has failed to give a uniform preference and the game is the next day; the captain will call the coach at home and then call each girl to inform then of what to wear.
- N. **If a cheerleader is confused at any time about uniform choice, game time etc. it is the cheerleader's responsibility to call the coach or captains at home to verify instruction.** _____
Initial
- O. Cheerleaders who are out of uniform will not be allowed to cheer with the squad.

XII. Conduct

It is very important that a cheerleader realizes that she is a leader of the school and representing Stone Mountain in all of her endeavors. Therefore, very strict adherence must be given to the rules of conduct.

- A. **The following offenses will cause a cheerleader to be automatically expelled from the squad:**
1. A cheerleader is not allowed to smoke, drink or use illegal substances.
 2. A cheerleader is not allowed to use inappropriate bodily contact while in uniform. Example: lewd or obscene gestures, explicit displays of attention.
 3. A cheerleader is not allowed to fight.
 4. A cheerleader is not allowed to participate in cyber bullying or posting inappropriate content on social media.
 5. Suspension. If the cheerleader is suspended, the offense will be evaluated by the coach and if it is deemed a serious offense, that cheerleader will be expelled.

Because of the serious nature of the above offenses, the coach will handle them with assistance from the principal.

B. The Demerit System:

1 Demerit will be given for the following infractions:

- Later for practice (Demerits will be given and further consequences from coach)
- Rude and disrespectful towards a teacher
- Jewelry at the games or practice
- Chewing gum at the practice or games

2. Demerits will be given for the following infractions:

- Late after half-time
- Unexcused absence from practice
- Goofing around at practice or games
- Talking to crowd or running off to side at a game
- Eating food at practice _____
Initial

3 Demerits will be given for the following infractions:

- Out of uniform (Demerits will be given and the cheerleader will sit out until appropriate wear is found).
- Insubordination to the Captain
- Not riding the bus provided.

- AI suspension
- 5 Demerits + Automatic suspension for one game for the following:**
- Refusal to follow instruction
 - Unexcused absence from game, pep rally or cheerleading event
 - Insubordination to Coach, any other school official, or adult
 - Suspension
 - Disagreement with another cheerleader in which any name-calling or profanity is used. _____
Initial

Upon receipt of 5 demerits the Captain or Co-captain is removed from office
Upon receipt of 5 demerits the cheerleader is suspended from the squad for one week
Upon receipt of 15 demerits the cheerleader is expelled from the squad

All cheerleaders may ask the coach at any time how many demerits they have. Every time a demerit given a written demerit sheet will be given to the cheerleader.

XIII. UNIFORMS

- A. Each cheerleader is responsible for the care of the uniforms rented from the school. If a cheerleader loses or damages a uniform, she will be charged the full cost of replacing the uniform.
- B. Tennis shoes and uniforms must be clean (no show socks must be worn)
- C. If a cheerleader quits a squad, or is expelled, all uniforms are to be returned within 5 days.**
- D. Uniforms must be turned in on the date they are due.
 - One day late--- \$5 dollar fine**
 - Two days late--- \$7 dollar fines**
 - Three days late--- \$10 dollar fine**
 - One week late--- \$25 dollar fine**

XIV. AWARDS

- A. A cheerleader must cheer at 90% of the games during the season in order to receive a letter. (only varsity cheerleaders are eligible for letters)**
- B. A cheerleader who has 8 demerits or more will not receive an award.**
- C. Any awards are given at the discretion of the coach. You are not entitled to a trophy-a trophy must be earned.**
- D. A cheerleader who quits or is removed from the squad for any reason will not receive an award. _____**
Initial

THE CONSTITUTION

The following constitution covers most of the situations that are required to maintain a smooth and constructive season. Should any other circumstance arise, the cheerleader is advised to look to the Coach or an administrator s to how to behave or the policy to follow.

I have read all rules and regulations, which govern the Cheerleading squad. As a representative of my school, I understand and agree to abide by them if selected as a cheerleader.

Student's Signature

I have read the cheerleading constitution and fully understand the rules and regulations, which will govern my daughter in cheerleading I agree to help my daughter to uphold her obligations with cheerleading. I also agree to support the coach by adhering to the rules and by making sure my daughter is aware of her responsibilities to the squad and the consequences there of.

Parent or Guardian Signature

PARENTS PLEASE MAKE SURE YOU READ THE PACKET!!!

Grady High School Teacher Recommendation & Progress Report

Name _____

Academic Report & Recommendations

TEACHER- Complete the following report accurately and honestly. Your candid evaluation of our prospective team members is vital to ensure that we select positive role models and ambassadors for the school. Please return the form to the student.

PARTICIPANT- Evaluation must be obtained from ALL current teachers from whom you will receive final grades during the spring semester of the 2017-18 school year. Provide an official copy of your schedule for 2nd semester. Notes: A CANDIDATE WILL BE DISQUALIFIED FROM THE SELECTION PROCESS FOR FALSIFYING OR PROVIDING INCOMPLETE DOCUMENTS.

PARENT- Verify the accuracy of the information provided and initial section 1 of the registration form.

TEACHER- Circle the letter and conduct grade that best describes the student's progress and behavior in your class. Then note a few comments and sign.

Class/ Course	Current Average or Final Grade	Conduct	Additional Comments	Teacher Signature
1	A B C D F	S N U		
2	A B C D F	S N U		
3	A B C D F	S N U		
4	A B C D F	S N U		
5	A B C D F	S N U		
6	A B C D F	S N U		
7	A B C D F	S N U		
8	A B C D F	S N U		