



Stockbridge High School

Cheerleading tryout packet

2021-2022



Dear Parents and Students:

Cheerleading is a very important part of Stockbridge High School. Holding this job is a responsibility. Being a Cheerleader is hard work, and requires constant dedication to self, squad/team, school, and the community.

Cheerleaders should ask themselves, "Why do I want to be a cheerleader?" Individuals should remember that in being a member of the cheerleading team and a representative of SHS, it is expected that he/she display a positive leadership image at all times. The most important element of high school is a student's academic progress. **Therefore, cheer squad members/mascot are required to have a 2.5 cumulative GPA.**

There is a **huge time commitment** involved in being a cheerleader. Some of the many commitments are: fundraisers, camp, summer practices, and many hours during and after school. **Cheer commitment comes before other activities!** Candidates should understand that only illness and special family circumstances are legitimate reasons to miss a cheer activity. Because this has caused some conflict in the past, this standard is now being tightly maintained. Many times practices go longer than planned or the squad is asked to perform at an unscheduled event. This is why it is important to be able and willing to go the extra mile. **Cheer Squad members are required to attend all scheduled practices, meetings and performances in their entirety.**

A detailed schedule for the whole year is provided in the program guide. Make sure to check this for conflicts before you tryout.

Cheerleading can be expensive. The school doesn't help with any cost. Again, a detailed cost sheet is in the program guide. Fundraising opportunities will also be available. **Returning members must have a \$0.00 balance on their cheer account to tryout.**

Being a part of the cheerleading team can be some of the best memories and times of your life. Cheerleaders will get to know each other in such a way that it cannot be compared to that of any other team. We wish all of you the best at tryouts; enjoy the experience and GOOD LUCK TO YOU!

Altineka Golphin
Stockbridge High School Cheerleading Program Head
Varsity Football/Basketball/

Jazmyn Jones
Varsity and JV Competition Coach

Ms. Everett
JV Football/Competition Basketball Coach

2021-2022 Cheer Squads



There will be 4 cheer squads for the 2021-2022 school year. Candidates will be able to state whether they want to try out for one or more squads on their application. *Because cheer teams function as one unit, it is essential that all members be present at all events. Please keep in mind SHS cheerleaders will be expected to participate in all of the sports listed within the squad. There will be NO exceptions. If you have a commitment that prevents you from cheering for one of the listed sports, you will not be able to cheer for that squad.

Varsity Football Spirit and Competition Squad (this functions as ONE team)

- ✚ Varsity is open to candidates of rising freshmen to seniors
- ✚ Candidates will be expected to cheer for both home and away spirit AND competitions, including play-off games
- ✚ up to 20 cheerleaders will be chosen for varsity; some will compete for competition, and some will serve as alternates for competition season and continue to cheer spirit
- ✚ Tumbling not required but highly recommended to make the varsity spirit/competition squad

Junior Varsity Football/Competition and Basketball Spirit

- ✚ Junior varsity is open to candidates of rising freshmen to seniors
- ✚ 16 cheerleaders will be chosen.
- ✚ Cheerleaders will cheer at all football and basketball games; home and away.

Varsity Basketball Spirit Varsity is open to candidates of rising freshmen to seniors

- ✚ Candidates will be expected to cheer for both home and away spirit
- ✚ up to 20 cheerleaders will be chosen for varsity

****NEW** 9th Grade Football and Basketball Spirit**

- ✚ Candidates will be expected to cheer for both home
- ✚ up to 10 cheerleaders will be chosen for the 9th grade team

**Number of cheerleaders making each squad is subject to change based on number of skilled candidates, at the discretion of the respective coaches.

SHS CHEERLEADING

2021-2022 TRYOUT APPLICATION

PARENTS & POTENTIAL CHEERLEADERS: Please read over this ENTIRE packet from start to finish! It is extremely important that you both understand the expectations and responsibilities of being a cheerleader at Stockbridge High School. Once you have read through all of the information and completely understand the commitment required of you should you make a team, you will then need to complete this page and return it to the coaches on **Thursday, April 15th**. You cannot tryout without turning in this and all other required forms! **NO EXCEPTIONS!**

CHEERLEADER INFORMATION

Name: _____

Street Address: _____ City: _____ Zip Code: _____

Email: _____

Birthday: _____

Home #: _____ Cell #: _____

Grade Level for the 2021-2022 School Year (Please circle): 9 10 11 12

PARENT/GUARDIAN INFORMATION- Please note next to contact info (father, mother)

Name: _____ Relationship to

Student: _____

Address (if different from above): _____

Email: _____

Cell #: _____ Work #: _____

Name: _____ Relationship to

Student: _____

Address (if different from above): _____

Email: _____

Cell #: _____ Work #: _____

PARENT MEETING

- **Tuesday April 1st - 6:00-7:00 PM** Virtual Parent meeting - All students wishing to tryout must attend with one parent or guardian in order to tryout.

TRYOUT DATES

- **Thursday April 15th – 3:00 pm** Tryout packet information is due. (List below)
- **Monday April 19th -April 28th 4:00-6:00 Clinic** (Dance, cheer and tumbling)
- **Friday April 29th 4:00-7:00** Tryouts (Wear dark bottoms and tryout shirt)

TRYOUT PACKET INFORMATION

The following forms are to be completed and handed in to the cheer coach on Thursday, April 15th

Application (with attached picture of cheer candidate – The picture is used for judges to identify candidates more easily)

ALL AT ONCE! PUT YOUR NAME ON EVERYTHING



- ___ Cheerleader Application
- ___ Stockbridge High School Cheerleader Tryout Information Sheet
- ___ Permission Slip of Cheerleader Tryouts- signed by parent and participant
- ___ \$20.00 non-refundable tryout fee (clinic) – cash or money order made payable to Stockbridge High School. Place in a sealed envelope
- ___ Constitution agreement signed by parent and participant
- ___ Physical
- ___ Code of Conduct
- ___ District Consent Form
- ___ Concussion
- ___ 2 Letters of Recommendation sealed and signed (from two current teachers)
- ___ A copy of 1st semester grades (GPA must be calculated)

All tryouts and clinics are closed to the public

TRYOUT GUIDELINES

- Hair pulled back, we must see your face (pony tails)
- No gum, acrylic nails, or jewelry
- Candidates must have stomachs covered
- Comfortable lace up shoes should be worn at all times
- Wear dark bottoms and tryout t-shirt the day of the Tryout (April 29th)

TRYOUT CLINICS, PROCEDURES AND OBJECTIVES

- Candidates will go over: Stunting, Jumps, Cheer, Tumbling and a Dance.
- A panel of judges, as well as the cheer coaches, and those teaching the clinic are present at the tryouts.
- We are looking to select squad members that demonstrate strong skills in the following areas:

Being Coachable	Running and Standing Tumbling	Motion Technique	Jumps	Stunting
Dance	Vocal	Flexibility	Attitude	Spirit
			Energy / Enthusiasm	

ELIGIBILITY

- Candidates must have all required documents signed by a parent/guardian in order to participate.
- All cheerleaders trying out must have a 2.5 GPA
- Candidates must be in good health and must work to maintain good health in order to cheer. If there are injuries that will keep the athletes from performing abilities, consider your tryout.

COMMITMENT

Participating in cheerleading is an exciting and fun experience. However, it requires a HUGE amount of time and commitment by all members, not only during the school year but the summer as well. As a member of the cheer squad you will be required to support the athletic teams at Stockbridge High School throughout the entire school year. This means in addition to practices you will be cheering 1 to 3 nights per week. Cheerleaders do more than cheer at games; they help with assemblies, make gifts for teams and have other various responsibilities as they support the athletic teams at SHS. You will also be required to attend training camps and practices during the summer as well as all fundraisers. Any long term or recurring situations that are holding a cheerleader from these responsibilities may cause dismissal from the squad. If you are going to participate on the cheer squad it is important to know that SHS cheer comes first. Cheerleading is a team sport and we plan to stunt a lot. If there is just one person missing from practice it prevents the whole team from being able to stunt.

FINANCIAL COMMITMENT

****At this time we are unsure of the exact financial commitment. Timing of tryouts will impact uniform orders, camp involvement, fundraising and so on. All of these factors will impact the financial responsibility of team members. We do know that our cost will not exceed what is noted below. Once decisions are made and details are figured out, we will know more about the financial commitment for the 2021-2022 season and will be updated before the new team parent meeting.**

Please understand that being a part of the SHS cheer team will include a substantial financial commitment. You will be required to make four payments, during the first five months of our season (May-September). Late payments will result in restrictions in regards to cheerleader participation.

Cost Includes: Varsity and JV

***Uniform (top, liner, skirt) *Camp gear *Pompoms *Cheer Bag *Choreography Camp *Megaphone
*Socks *Shoes *Bows *Sweatshirt *Pink out Gear *Winter Gear *Sport Fee *Competition Fees
*Briefs *Uniform Rental Fee *Shipping**

***New Squad Members will pay \$1500 and Returning Members cost is LOWER (who already have the items), with the expectation that all will participate in fundraising to cover the additional costs. All students will receive the benefit of fundraising.**

Cost Includes: 9th Cheer Team is estimated cost is \$550

***Uniform (top, liner, skirt) *Camp gear *Pompoms *Cheer Bag *Camp *Socks *Shoes *Bows
*Sweatshirt *Pink out Gear *Sport Fee *Briefs *Uniform Rental Fee *Shipping**

****Fundraising helps keep your cost low! (Every cheerleader must participate in fundraising events)**

SHS CHEERLEADING

2021-2022 PARENT / CHEERLEADER PERMISSION FORMS

Complete & Return This Packet



STOCKBRIDGE HIGH SCHOOL CHEERLEADING CONSITITION

Stockbridge High School (SHS) cheer team members should demonstrate high standards, good sportsmanship and promote the development of good character. All team members are expected to carry themselves in a manner which brings pride to SHS. Cheerleading is a privilege and it's important that cheerleaders and their parents be aware of the necessary rules, expectations and goals it takes to be a SHS Cheerleader.

- 1) **PURPOSE** The PRIMARY FUNCTION of the cheerleading squad is to support interscholastic athletics and to promote school spirit in a positive way. Throughout the year the cheerleaders support events in the following sports: Football games (JV/Varsity), girls' and boys' basketball etc. Cheerleaders will also be in charge of support during pep rallies, and other needed activities.
- 2) **ACADEMICS** A cheerleader's first responsibility is to his/her academics. Participating in cheerleading should not compromise the education process. All cheerleaders must maintain a 2.5 GPA with no more than one F's or N every semester. Failure to meet grades will result in dismissal from the team. Grades will be checked every progress to keep cheerleaders aware of their grades. There can be no F's or N's allowed or you will not be allowed to cheer but will be required to come to all practices and games to support the team.
- 3) **RESPECT** Cheerleaders will be expected to respect coaches and team members at all times. Team members are also required to respect all religions, races, disabilities and backgrounds. There will be no swearing, obscene gestures, and inappropriate behavior at any cheerleading activities. Cheerleaders will be required to follow all cheer accounts so their social media can be monitored. A high level of respect and class on all social media sites must be maintained at all times. Bullying (cyber or otherwise) is not allowed. Cheerleaders will be positive leaders, set good examples, display a positive attitude and work to develop a sense of pride at all times.
- 4) **EFFORT/TUMBLING/STUNTING** Cheerleaders will engage in cheering, dancing, tumbling, and stunting while on the squad. The SHS cheer squad adopts and executes a comprehensive safety program including conditioning and effective-spotting techniques at all times. All cheerleaders are expected to stunt. Tumbling skills performed at tryouts must be maintained throughout the year.
- 5) **COMPETITION** is secondary to promoting school activities and is made up of the Varsity team. Cheerleaders should strive for excellence in cheerleading, dance, tumbling, and stunting techniques. All cheerleaders involved will be expected to give 100% effort to become their personal best.
- 6) **WORK** We realize that some students must maintain employment to participate in this organization, but their first obligation must be to cheer. Practices, fundraisers and performances may not be missed because of work.
- 7) **OTHER COMMITMENTS** Coaches strongly encourage athletes not be a part of another sport/activity/team. Students desiring to participate in other SHS activities/groups must know that cheer practices are every day after school. During competition season, early morning or weekends practices may be required. Cheer practices are not allowed to be missed. The only exception to this rule is if your SHS event is a game. Missing practices, performances, fundraisers, etc. for outside SHS groups are not allowed.
- 8) **ABSENCES/TARDIES** All excused absences must be cleared with coaches. Excused absences consist of: extreme illness, death or funeral, weddings or school excused activity. If a cheerleader is sick and cannot attend to practices/games the cheerleader and their parents must inform coaches. If a cheerleader is well enough to be at school, they are well enough to be at practice and they will participate at the coach's discretion. Doctors' appointments need to be scheduled around practices and games. Unexcused absences: work, social events, parties, etc. Cheerleaders are to be on time to events, practices and games.

9) **AUTOMATIC DISMISSAL** The following is a list of things that will not be tolerated and will result in dismissal:

- The involvement in illegal/criminal activity (drugs, alcohol etc.)
- Cheating in school
- Sexual harassment, hazing and bullying

10) **TRANSPORATION** Cheerleaders are required to take the school bus when one is provided and can be released to their own parent only. Cheerleaders are not permitted to drive themselves. When buses are not provided, parents and coached will have to drive. Please sign the attached Driving Consent permission form for travel.

11) **PRACTICES/GAMES/ATTIRE** Practices will take place every day 3:45-6:00, and some Friday's before or after school when needed. All practices/games will be set on a monthly calendar and are mandatory. Cheerleaders represent Stockbridge High School and will be done with class. Cheerleaders must come to practices with hair up, lace up shoes on and no jewelry or long nails. All clothing must cover stomachs and behinds. Game attire (hair and bows) will be determined on the monthly calendars. No bra straps should be seen when wearing your cheer uniform. Socks must be white ankle socks and assigned spankies.

12) **INJURY** When a cheerleader is injured and is ascertaining by a coach and trainer unable to perform, the cheerleader must obtain a doctors release to return to activities. Cheerleaders must attend all practices and games while injured unless arrangements have been made with coaches. Cheerleaders may or may not be put back into performances or routines once cleared.

13) **APPERANCE**

Hair must be worn off the shoulders and away from the face at all times. Only soft hairbands may be used - No hard barrettes. Bobby pins may be used during practice but must be securely fastened. Cheerleaders will be required to wear hear in a "high ponytail" on top of the head at all events. Please keep this in mind when getting hair done. Members of the Varsity team are not allow to wear braids of any sort. Hair color must be natural shades of brown, autumn or red (No blue, green, bright red, bright blond or orange). There will be no exceptions. Nails must be kept trimmed and filed to a length no longer than the fingertips. NO false nails allowed at practice or events. Fingernail polish is prohibited at events. No glitter is to be worn on face, body, hair or uniform at any time.

14) **FINANCIAL COMMITMENT** Each cheerleader will be responsible for expenses for being selected for the cheerleading squad. If a cheerleader is dismissed from cheer or quits, no cost will be refunded and the remaining balance in the account must be paid in full.

My child, _____, has my permission to be on the cheerleading/competition team at Stockbridge High School. I understand that he/she must abide by the rules and regulations set forth for all sports and activities at Stockbridge High School and the *Stockbridge High School Cheerleading Constitution*. I understand, if chosen, my child will be required to attend all safety/stunt camps. I understand that there will be expenses for being selected for the cheerleading squad that I must pay.

*I understand by the very nature of the activity, cheerleading and stunting carry a risk of physical injury. No matter how careful the participant and coach are, or what landing surface is used, the risk cannot be totally eliminated. The risk also includes catastrophic injuries such as permanent paralysis or even death from landing or falls on the back, neck, or head. I understand these risks and will not hold Stockbridge High School or any of its personnel responsible in the case of accident or injury at any time.

Parent/Guardian Name: _____

Parent/guardian Signature: _____ Date: _____

I am interested in being on the cheerleading/stunt team at Stockbridge High School. I understand the risks stated above. I promise to abide by the 2021-2022 Stockbridge High School Cheerleading Constitution and rules set forth by the coach (es) and the administration of Stockbridge High School.

Student Name: _____

Student Signature: _____ Date: _____

Teacher Evaluation for SHS Cheerleading Tryouts

Please complete the following form as soon as possible. Teacher evaluations will count for a portion of each candidate's score. The only teacher who is currently teaching the candidate will participate in the evaluation process. (has to be a student's teacher) Therefore, it is very important to give an honest rating based on your knowledge of student and how YOU feel they perform in YOUR class or classes. Please be realistic as well as fair.

Please return this form to your student both **sealed** and **signed envelope** by Thursday **April 15th**. Thank you for your time and cooperation. If you have any questions, please feel free to contact me.

Sincerely,

A. Golphin
agolphin@henry.k12.ga.us

Name of Candidate

Relation to Candidate

Is this student frequently absent or tardy? If so, how many days has she he/she or have they missed?

Did this student ever need to be disciplined by you, and if so, what was the offense?

On a scale of 1 to 5 (5 being excellent), please rate the applicant in each of the areas listed below. You may use half-points to give an accurate rating.

_____ Ability to get along with others (further comments if needed) _____

_____ Attitude _____

_____ Gets assignments/work done _____

_____ Attendance and punctuality _____

_____ Dependability _____

Is there anything else that we need to know to get an accurate picture of this student's ability to be a role model, and representative of Stockbridge High School?

Teacher Signature_____ Date_____

School_____

Teacher Evaluation for SHS Cheerleading Tryouts

Please complete the following form as soon as possible, so that we will have time to tally prior to the tryout date. Evaluations will count for a portion of each candidate's score. Therefore, it is very important to give an honest rating based on your knowledge of student and how YOU feel they perform. Please be realistic as well as fair.

Please return this form to your student both **sealed** and **signed envelope** by Thursday **April 15th**. Thank you for your time and cooperation. If you have any questions, please feel free to contact me.

Sincerely,

A.Golphin
agolphin@henry.k12.ga.us

Name of Candidate

Relation to Candidate

Is this student frequently late? _____

Did this student ever need to be disciplined by you, and if so, what was the offense?

On a scale of 1 to 5 (5 being excellent), please rate the applicant in each of the areas listed below. You may use half-points to give an accurate rating.

_____ Ability to get along with others (further comments if needed) _____

_____ Attitude _____

_____ Gets assignments/work done _____

_____ Attendance and punctuality _____

_____ Dependability _____

Is there anything else that we need to know to get an accurate picture of this student's ability to be a role model, and representative of Stockbridge High School?

MEDICAL INFORMATION: Each of the undersigned certifies that the medical history on the attached form entitled **GHSA's PPE-4** concerning the above-named student is complete and accurate. Each of the undersigned understands that this will serve as the basis for determining whether the above-named student is eligible to compete in middle/high school athletics or other extra-curricular activities within the Henry County Schools. Each of the undersigned also understands any evaluation or review conducted by the Henry County School District concerning any student's medical history is only to determine whether a student meets eligibility requirements concerning participation in athletics or other extra-curricular activities. Any such evaluation or review by the Henry County School District is not a certification or guarantee of any nature concerning the health, well being, medical status, or fitness of any student to participate in any middle/high school athletics or extra-curricular activity and is not to take the place of regular medical examinations. In case of an emergency or accident on school grounds, during or related to any school, athletic, or extra-curricular activity involving the above-named student, if in the

opinion of any school authorities present immediate medical or surgical attention is advisable, each of the undersigned hereby grants permission to said school authorities to obtain the services of a physician or other medical provider and to transport the above-named student to the (see next page)

hospital or other medical facility if it is deemed advisable by any school authorities. Each of the undersigned hereby grants permission, also, to any physician or other medical provider to treat said condition unless an undersigned parent or guardian of the above-named student is present and requests otherwise or until each of the undersigned request otherwise in writing. Each of the undersigned also hereby grants permission for any personnel of the Henry County School District to render any preventative medical treatment, first aid, emergency medical care, rehabilitative medical treatment or other assistance believed by such personnel to be advisable to protect the health and well-being of the above named student. Each of the undersigned understands and agrees that the terms hereof apply to any injury, accident, illness, or medical problem or emergency that arises as a result of or in connection with any aspect of Henry County School District athletic or extra-curricular participation or any activities in any way related or incidental thereto, including but not limited to tryouts, practice, conditioning, meetings, games, and travel. Each of the undersigned also understands that reasonable efforts will be made to contact a parent (or legal guardian) of the above-named student concerning any serious or involved medical treatment.

TRANSPORTATION PERMISSION: The Henry County School District does not provide transportation to students for extra-curricular events unless required by law. As such, it is the responsibility of the parent/guardian to make arrangements for transportation to any extra-curricular events in which the above-named student may wish to participate. The Henry County School District strongly discourages students from riding with other students to and from extra-curricular events. Please be advised that the Henry County School District is not responsible for monitoring or supervising the transportation used or sought by students with respect to any athletic or other extra-curricular activities. Each of the undersigned hereby further consents on behalf of the student named above to participate in school-sponsored trips.

INSURANCE INFORMATION: Each of the undersigned hereby authorizes the release of any and all information relating to the extra-curricular or athletic participation of the above named student to the media and to all college recruiters, including any medical information concerning injury or illness, any biographical information, and any other information related to the extra-curricular or athletic participation of such student, including ability, attitude and conduct.

Please have the parent/guardian INITIAL one of the following statements regarding insurance coverage for the above-named student for the **2020-2021** school year:

_____ The above-named student is adequately and currently covered by accident insurance that will cover injuries sustained while participating in any school authorized activity (including, but not limited to, Varsity or Junior Varsity Football).

_____ Company Providing Insurance

_____ Name of insured

_____ Policy Number

_____ One or more of the undersigned has purchased the Benefit Plan for the above-named student provided by the Henry County School District.

Policy Number _____

If any insurance coverage for the above-named student expires, is terminated, cancelled, revoked, or suspended, the undersigned agree to immediately notify the Henry County School District and to immediately obtain replacement accident insurance coverage for the above-named student and provide the Henry County School District with the name of the insurance company, the name of the insured, and the policy number of such replacement insurance coverage, or alternatively, will purchase the Benefit Plan provided by the Henry County School District.

By signing this Form, each of the undersigned acknowledge and agree that each of the undersigned has read and understands this Form and agrees to all the terms set forth in this Form and that all the information contained in this Form or otherwise provided to the Henry County School District is true and correct. Each of the undersigned hereby acknowledge and agree that they have the authority and right to sign this Form on behalf of the above-named student and on behalf of all of said student's parents and guardians, and further hereby release and agree to indemnify and hold the Henry County School District and its employees, members, agents, officers, and directors, and the Henry County Board of Education and its members, and all of the successors and assigns of all of such persons and entities, harmless from any and all claims, damages, liability, and causes of action, whether known or unknown, whether now, previously, or in the future existing or arising, in any way directly or indirectly related to the above-named student's participation in any sport, extra-curricular activity, or any other activity in any way related or incidental thereto, or in any way related to any rendering, attempt to render, or failure to render any medical, health care, or other treatment of any nature to the above-named student.

This Form and all consents, acknowledgments, and agreements contained herein shall remain in effect until the specific portion of this Form that a parent or guardian wishes to revoke is identified in writing and such revocation is delivered to the Henry County School District at least three (3) days prior to the effective date such consent is terminated.

_____ Signature(s) of Parent(s) or Guardian(s)

_____ Date

_____ Signature(s) of Parent(s) or Guardian(s)

_____ Date

_____ Signature of Student

_____ Date

Edited and Updated 4-16-15 (Date Corrected for 20-21)

