



Piney Grove Middle School Cheerleading 2020-2021

Dear Parents/Guardians,

Your child has expressed interest in becoming a member of the Piney Grove Middle School Cheerleading program for the 2020-2021 season. Becoming a member of the squad will have many rewards, such as learning teamwork, leadership, dedication, and spirit. This will be a valuable experience that your child will remember for a lifetime. Parents/Guardians and students should be aware that there are certain prerequisites that must be fulfilled before any student is allowed to tryout.

- 1. The student must be passing five or more of their classes.**
- 2. The student must read and be aware of all bylaws.**
- 3. The student must return the PGMS Cheerleading Application signed by their parents/guardians.**
- 4. The student must have a current physical examination. (Physicals are good for 1 year and must extend through the entire cheerleading season.) Forsyth County has specific physical forms, which are located on the Forsyth County Athletics web page. All other forms are invalid.**
- 5. All paperwork should be completed and brought to tryouts on July 20, 2020. Students will not be able to participate in the clinic or tryouts without all paperwork and signatures being completed.**

If selected, there are certain personal and financial obligations, which will be required of your child in order to qualify and remain a member. The potential member will be expected to abide by the rules of the school, the school district, and those of the team at all times, as they are not only representing themselves, but also PGMS. They also need to be aware of, and assume the financial costs to participate, and these estimated costs are included in the packet. Finally, potential members need to attend all practices and games. A schedule will be given out at the beginning of the season and located on the cheerleading page of the PGMS athletic website.

If you have any questions, please feel free to contact us at school. If you wish to give your child consent to participate in the cheerleading tryouts, carefully read the following pages with your child and sign the required pages. We are looking forward to a successful and exciting season.

Sincerely,

Brittany Zilske
Cheerleading Coach
bzilske@forsyth.k12.ga.us

Mauricio Buzeta
Athletic Director

Pam Pajerski
Principal



Piney Grove Middle School
Cheerleading Application 2020-2021
Please Print Clearly

Name: _____

Date of Birth: _____ Grade you will be in next year: _____

Address: _____

City: _____ Zip: _____

Home Phone: _____

Parent/Guardian Name(s): _____

Parent/Guardian relationship to student: _____

Parent/Guardian email: (*Very Important!*) _____

Parent/Guardian Cell Phone Number: _____

Parent/ Guardian Work Number: _____

*I have read all the information in this packet in regards to Piney Grove Middle School cheerleading. I understand that he/she must abide by the rules and regulations set forth by the sponsor and the principal of PGMS, and be present for all practices and games. I have read the rules and regulations and understand that the violation of any of these rules may lead to temporary or permanent suspension from the team. I understand that all forms attached must be completed by **July 20, 2020**, or my child will not be allowed to tryout. I understand that my child must attend all practice (unless excused by the coach) and tryout sessions, or my child will not be considered for a cheerleading position. I understand that my daughter/son will be evaluated by qualified judges, and we agree to abide by the decision of the judges. I understand by the very nature of the activity, cheerleading and gymnastics carry a risk of physical injury. No matter how careful the participant and coach are, how many spotters are used, or what landing surfaces is used, the risk cannot be eliminated. The risk of injury includes minor injuries such as muscle pulls, dislocation and broken bones. 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 PGMS or any of its personnel responsible in the case of accident or injury at any time. Finally, I understand all costs involved as stated in this packet.*

Parent/ Guardian Signature: _____

I am interested in being a cheerleader at Piney Grove Middle School. If selected, I promise to abide by the rules and regulations set forth by the coaches and the principal of PGMS. I promise to cooperate and follow the instructions of the cheerleading coach.

Student Signature: _____



Piney Grove Middle School Cheerleading 2020-2021 Bylaws

PURPOSE:

1. Cheerleaders shall promote and uphold school spirit.
2. Cheerleaders shall promote good sportsmanship among all students.
3. Cheerleaders shall strive to uphold the highest personal standards as students, cheerleaders, and representatives of Piney Grove Middle School
4. Cheerleaders shall recognize that being a cheerleader is a privilege. Their behavior both inside and outside of school should be influenced by the knowledge of this privilege.
5. Cheerleaders shall strive to build a good relationship between Piney Grove Middle School and all other schools.

MEMBERSHIP:

1. Membership on the Piney Grove Middle School Football/Basketball Cheerleading Teams are open to all students who will be in the 7th and 8th grade for the 2020-2021 school year.

PREREQUISITES:

1. All candidates must have written permission from their parents/guardians before tryouts.
2. All candidates must have a physician's statement of physical fitness prior to the clinic and tryouts. The physical form must be a Forsyth County physical form.
3. All candidates must have and maintain passing grades in at least five out of the seven classes.
4. All candidates must attend ALL clinic sessions.
5. Parents/Guardians are expected to pick up their child in a timely manner at the end of each clinic and tryout sessions.
6. All candidates must have school insurance or insurance of adequate medical coverage from parent/guardian.

TRYOUTS:

1. All candidates will perform required skills for a panel of qualified judges.
2. Candidates will be evaluated on skill, talent, attitude, and dedication.
3. Tryout skills should exemplify cheering, dancing, jumping and tumbling fundamentals.
4. Candidates and parents/guardian will abide by the decision of the judges.
5. Detailed instructions will be given prior to tryouts.
6. Practice sessions and tryouts are closed to parents/guardians and friends of the candidates.

UNIFORMS:

1. All uniforms are property of Piney Grove Middle School
2. Each cheerleader shall be responsible for the care of the uniform (CLEANED and PRESSED for each event).
3. Uniforms shall not be altered in any way without the permission of the coach.

4. Uniforms may be worn **ONLY** in conjunction with school events. Uniforms will not be worn outside of these unless the entire team is together.
5. Jewelry of any kind may not be worn during practices or games. This is for safety reasons and is a National Cheerleading Rule. (Medical alert charms and religious medals are exceptions but must be taped to the body.)
6. Hair must be pulled back during all practices and games.
7. Make-up and hairspray must be kept to a minimum and is subject to the approval of the coach.
8. Cheerleaders may not have nails that can be seen over the fingertips. Also, no nail polish except clear, and there should be no writing on the hands, legs, or body.
9. Team members shall remain in uniform during the entire event.
10. Lost or damaged uniforms are the responsibility of the cheerleader. Therefore, they must incur the cost of replacing the uniform.
11. Even if benched or not cheering in a game, cheerleaders must wear their uniform.

PRACTICES:

1. **Attendance at all practices is mandatory.** Practices will be regularly scheduled, and an advance notification of these events will be given. It is crucial that they be worked into the cheerleader's schedule. If extenuating circumstances arise please contact the coach immediately, but please note it may be seen as unexcused.
2. All cheerleaders must be on time.
3. The coaches will decide all practice dates and times.
4. Parents/Guardians are responsible for transporting their student to and from all practices.
5. Practices are closed to outside visitors, unless approved by the coach.
6. If a cheerleader is absent from school or practice, the coaches are to be notified promptly.

GAMES:

1. Attendance at all games is mandatory. Cheerleaders may not leave games early unless it is due to an extenuating circumstance. Cheerleaders may leave a game only once and if it is approved by the coach to be extenuating.

TRANSPORTATION:

1. All cheerleaders must travel with assigned personnel (no exceptions) when traveling to away events. The coach and/or principal must approve any deviation to this procedure.
2. Transportation to away games will be provided by school bus.
3. Cheerleaders should arrange **PROMPT** transportation to and from practices and/or activities.

FUNDRAISING:

1. There will be fund-raisers to help with athletic costs. All cheerleaders must participate in all of the fundraisers.

CONDUCT AND RESPONSIBILITIES:

1. A cheerleader shall conduct herself/himself properly at all times and in accordance with the PGMS Student Handbook and the Forsyth County Code of Conduct, for he/she is an official student representative of PGMS. He/she must not smoke, drink alcohol, use drugs, or improper language. Cheerleaders should not display inappropriate affection towards anyone. These requirements apply to cheerleading behavior inside and outside of school.
2. A cheerleader should promote good sportsmanship and school spirit. Cheerleaders should work with each other and fellow classmates in order to accomplish this.

3. A cheerleader shall cooperate with coaches, teachers, school administration, other team members and game officials.
4. A cheerleader may not eat, drink (except water), or chew gum during games. Exceptions made only by the coach.
5. Cheerleaders must remain with team members during the game. They are not to leave their assigned area to talk with other students.
6. Cheerleaders will be expected to cheer at all games and activities as requested by the coach and school.
7. During games, cheerleaders should be enthusiastic, well groomed, and in command of any situation that may arise.
8. Cheerleaders are responsible for planning pep rallies, contributing spirit ideas, preparing materials, and helping to control the attitude of the crowd as much as possible.
9. Cheerleaders must be present at school on a game day for at least half of the school day. If not, the student will not be allowed to cheer that night, and instead will be sidelined. The coach must approve any exceptions.
10. If a cheerleader is absent from the last scheduled practice before an event or scheduled game without a prior excuse, that cheerleader shall not be able to cheer at that event or game.
11. Cheerleaders are expected to follow safe practices of physical activity as required by coaches and county policies.
12. Parents/Guardians may not approach coaches during the game or practices unless it is a medical or family emergency.

DISCIPLINE POLICY:

1. INFRINGEMENT OF THE FOLLOWING RULES WILL RESULT IN POSSIBLE SUSPENSION FROM GAMES, THE TEAM, OR SIDELINED FOR THE NIGHT.
 - a. Failing two or more subjects
 - b. Two or more Unexcused absences
 - c. Tardiness
 - d. Unnecessary conversation (during games, to spectators, during national anthem, silent time, while a player is injured, or during instruction)
 - e. Failure to notify coach of absence or tardiness
 - f. Behavior unbecoming of a PGMS student (smoking, drinking, profane language, uncooperative at school or at games with teachers, the principal and other administrators, team members, and coaches etc.)
 - g. Failure to arrange dependable and punctual transportation to and from practices and games. (must be on time and picked up on time)
 - h. Insufficient knowledge of cheer and dance material
 - i. Incorrect Uniform (includes hair not in ponytail, polish, poms etc.)
 - j. Leaving game without permission
 - k. Sidelined more than 3 times
 - l. Disrespect to administration, faculty, staff, coaches, or other members of the team.
2. Excused absences are explained as:
 - a. Illness with doctor's note or planned doctor/dentist visit with note
 - b. Death in the family
 - c. Extenuating circumstances as deemed by the coach
3. The coach shall have the authority and discretion to assign sidelines, penalties including extra conditioning, and/or suspension as deemed necessary in any and all circumstances.

**PGMS 2020-2021 CHEERLEADING
BY-LAWS SIGNATURE PAGE**

THESE RULES AND REGULATIONS OF THE BYLAWS ARE EFFECTIVE THE DAY A CHEERLEADER IS SELECTED AND WILL CONTINUE AS LONG AS SHE/HE IS ON THE TEAM.

Parent Signature: _____ **Date:** _____

Student Signature: _____ **Date:** _____

Football Cheerleading Costs & Camp Info



Cost Estimate

- 2020-2021 Football Cheerleading cost estimate of \$300
- This estimate includes: cheer camp, season apparel, transportation & banquet fees.
- A detailed list of expenses will be given to team members after tryouts.

- **Cheer Camp: July 22nd-24th from 9am-12pm**
 - ✓ The team will learn halftime routine for the season.
 - ✓ A partial fee payment of \$200.00 is required at this time.
 - *Please make checks payable to Piney Grove Middle School Cheer*

*If there are any circumstances regarding the financial obligations, please contact Coach Zilske: bzilske@forsyth.k12.ga.us

Piney Grove Middle School Cheerleading Tryouts 2020-2021

- A clinic will be held July 20th – 21st from 9:00am – 12:00pm. Potential members will learn a dance and cheer for their tryout. They will also have the opportunity to practice jumps and any tumbling skills they may have.
- All participants must be dressed out and ready to go by 9:00am. Participants should wear appropriate athletic attire.
- During the clinic, coaches will be looking for punctuality, cooperation, respect for coaches and others, and skill level.
- Tryouts will be held Tuesday, July 21st beginning at 11:00am and will be judged by highly qualified judges.
- For tryouts, ALL participants must wear a plain white shirt or tank top, black shorts, white cheer bow and athletic shoes.
- Teams will be chosen based on eligibility and overall scores from the day of tryouts.

Areas of judging:

- **Cheer (motions, voice projection, spirit, memory)**
- **Dance (rhythm, memory, showmanship, precision)**
- **Jumps (2 required - one must be a toe-touch)**
- **Tumbling (this is *not* required, but will add points to overall score)**
- Clinic and tryouts are closed to **ALL** spectators.
- Parents/Guardians are expected to pick up their child at the end of the clinic each day and after tryouts in a timely manner.