

East Hamilton School – Middle School Cheerleading Tryouts

Tuesday, March 19, 2024 through Friday, March 22, 2024

Tryouts for the 2024 - 2025 East Hamilton Middle School cheerleading team will begin on Tuesday, March 19th. All students interested in trying out **MUST** be present on Tuesday, 3/19, and have turned in the following forms for middle school cheer:

1. EHMS Parent Informed Consent
2. Photocopy of 3rd Quarter grade report—can be printed off PowerSchool
3. Photocopy of current medical insurance card
4. Sports physical form signed by a doctor, including the TSSAA Consent Form*, signed Concussion Form* and Sudden Cardiac Arrest Form* (You can use a physical from 2023 - 2024 school year. If you make the team, you **must renew physicals in May** – all physical forms must be dated after April 15, 2024 to be used in 2024 - 2025 school year) * These forms can be located on the Hamilton County Schools website. Select “Students and Families” tab, then choose the “Athletics” tab. The needed forms can be downloaded from this location.
5. Signed Rules and Regulations page
6. \$25 tryout fee (CASH ONLY)
8. Completed and signed recommendations from TWO current or recent teachers and ONE recent coach. If a student does not have a current/recent coach, an additional teacher recommendation may be used. (These recommendations may NOT be a parent or sibling.)

Times for tryouts:

Middle School Clinic – upcoming 6th through 8th grades

4:00-5:30 Tuesday through Thursday in the auxiliary high school gym (March 19 – March 21)

Middle School Tryouts - Friday ONLY

- Tryouts will start between 4:00 and 4:30 (arrive before 4:00)
- All tryouts are tentatively expected to be finished by 6:00 p.m. on Friday, March 22.

A MANDATORY parent meeting will be held Wednesday, March 27th at 6:00 PM, at which point the first payment of \$300 will be due.

Results will be posted on the school website on Friday by 8 p.m. following the tryouts that afternoon.

During the clinic, participants must wear tennis shoes, socks, shorts and a top that allows for free movement. Hair must be in a ponytail. For tryouts, all participants must wear black shorts and a plain white t-shirt and have their hair in a ponytail with a bow. Former cheerleaders are **NOT ALLOWED TO WEAR ANY CHEER SOCKS, SHIRTS, BOWS, etc. WITH ANY CHEER LOGO** to tryouts. This is to prevent any bias.

All practices and tryouts will be closed sessions, including the final judging. This means no one other than the girls trying out, coordinating current seniors, the coach and any supervising teachers or administration will be allowed to observe. Please comply with this request since violation will jeopardize your child's eligibility. We expect the girls to keep parents informed at all times.

Requirements for cheerleading tryouts will include a selected cheer, chant, sideline dance, jumps, evaluations/recommendations, and any tumbling/stunting seen throughout the week. Please discourage

your child from attempting any skill that they are not completely comfortable in doing by themselves without a spotter.

In order for the clinic and tryouts to be conducted fairly, judges' decisions are final and the score sheets will not be open for inspection. The number of cheerleaders on the squad has not been predetermined, and no member has been preselected. Current squad members are not guaranteed a place on the squad. If your child does not make any squad, they may try out again next year as long as they are eligible. If your child makes a squad that he/she would rather not continue to cheer on and quits, then he/she will NOT be eligible to try out for cheer the next year.

Please know that being a part of a cheerleading squad has financial obligations. Payments can be divided up over the year so that your child can participate.

Cheerleading has the longest season of any sport. We cheer for football and girls/boys basketball.

A calendar with practice dates and clothes schedule will be provided after tryouts.

Once you have read the information contained in this packet and you wish for your child to participate in tryouts, please completely fill out the attached forms and sign. Forms may be turned in early. Please bring in an envelope addressed to Tressa Manning to the EHMS front office. If you do not send them in early, your child MUST have all forms IN HAND at the beginning of tryouts on Tuesday; otherwise, the child will not be able to participate in tryouts.

Sincerely,

Tressa Manning & Madison Reeves – East Hamilton Middle School – 24-25 Middle School Cheer Coaches

- Students must bring all forms completed and signed to the appropriate cheer sponsor by Tuesday at the beginning of the cheer clinic (these may be turned in sooner).
- Students must have no failing grades on the third quarter report card.
- Students must be in good standing in the office in regard to overall deportment (behavior/conduct). Any student who has received a suspension for any reason during the 2023 - 2024 school year will have their request reviewed by coaches and administration to determine eligibility.
- Students must be covered by medical insurance.
- If a student has ever been on a EHMS squad and has quit or been dismissed, the student is not eligible to try out the following year.
- Students who try out must be zoned for EHMS or have a pre-approved hardship/school choice application.

Rules for Clinic/Tryouts

- You must be dressed out and sitting in the designated area of the gym by 4:00 for middle school tryouts
- No jewelry (except medical bracelets; this includes **ALL** piercings)
- Long hair must be pulled back in a ponytail
- Student must be picked up no later than 6:00 for middle school and are to wait out front
- Tryouts will be held on Friday, March 22. Sometimes a group or member of a group will be called back for various reasons—do not leave until you have been dismissed by one of the coaches
- **NO ONE** other than the participants, judges, and supervising teachers or administration will be allowed in the gym or the gym hallway
- After being dismissed, all participants are to leave the building.
- The names of the cheerleaders who make the squad will be posted on the East Hamilton Middle School website (www. <http://ehms.hcde.org>) by 8 p.m., March 22.
- **The judges' decisions are final and not available for discussion. There will be a mandatory parent meeting for all new cheerleaders set at a later date.**
- Familiarize yourself with the end of year calendar.

Rules for East Hamilton Cheerleaders

(Keep this copy for your records and return the signed portion)

Cheerleaders are representatives of their school at all times and are recognized as school and class leaders. As a result, each member is expected to present himself/herself in a manner that is above reproach from classmates, teachers, parents, and other persons in the community. Therefore, the following rules have been set up to address these expectations. Failure to comply with the rules will result in suspension or removal from the squad.

1. Smoking, drinking alcohol, or using illegal drugs will result in immediate disciplinary action and removal from the squad. This applies during AND outside of school hours. If a cheerleader is punished by the law enforcement, the cheerleader will be immediately removed from the squad.
2. Cheerleaders **must attend** all assigned athletic events and practices. Any absence that is not previously cleared and approved by the coach is considered an unexcused absence. It is the responsibility of the cheerleader to notify the coach of illness or family emergencies. Simply notifying another cheerleader is **not** acceptable. Following an unexcused absence, girls will attend the next game in uniform and sit in the stands with the coach/sponsor. **Cheerleaders will be removed from the squad after the second unexcused absence.** If a cheerleader misses an event or practice to go to the doctor, a doctor's note will be required. If you have a dentist or doctor appointment the day of a game or practice, **please call and reschedule**. A parent note will only be accepted for one absence. After that, cheerleaders must bring a doctor's note.

***Whether an absence is excused or unexcused will be at the coach's discretion. Just because the coach is notified does NOT make an absence excused.

3. Cheerleaders are expected to be punctual to all assigned events and practices. The coach will determine excused and unexcused tardiness. **Three unexcused tardies will equal one unexcused absence and the above rule will apply.**
4. Cheerleaders are expected to comply with all school rules. A member's eligibility will be reviewed by coaches and admin if he/she is suspended from school.
5. **Cheerleaders must pass all classes. Cheerleaders must have no grade less than a "C".** Failure to do so will result in a probationary period to make up the grade/conduct mark. Failure to bring the grade/improve conduct will result in removal from the squad by the next school wide grade progress report or report card.

6. **The choice to cheer on an all-star squad will remain a choice made by the cheerleader.** The students may not miss any event or practice due to all-star obligations. The EHMS squad should be considered the primary obligation, and no exceptions will be made.
7. **Cheerleaders will cooperate with the coach, the captains, other squad members, administrators, and game officials at all times. TMSAA holds the school responsible for the actions of the cheerleaders, athletes, and students. Cheerleaders will behave appropriately at all times. Cheerleaders must adhere to the Hamilton County Code of Acceptable Behavior for Secondary Schools.**
8. Cheerleaders will not eat, drink, or chew gum during a game. All refreshments will be left in the stands with the parents or with other belongings.
9. Cheerleaders will not sit in the stands or leave the squad until the end of the game except during halftime. They will be expected to be back in lineup and standing at attention as soon as halftime is over. Attention will be devoted to the game at all times. Cheerleaders should not leave the track or court before the team has left the field/court.
10. Transportation to all events is the responsibility of the parents. Coaches are unable to provide transport to games and practices.
11. Cheerleaders must be in full uniform when assigned. This includes correct uniform (generally assigned by captain), bloomers, shoes, socks, poms, and hair bows. Rings, earrings (whether in the ears, eyebrows, or nose), or belly rings may not be worn. Nail polish must be clear and nails must be worn at a reasonable length. Per TSSAA rules, no artificial nails are allowed. This is necessary for the safety of all cheerleaders. It applies to practices and events. No exceptions will be made.
12. All financial obligations will be the responsibility of the parents/guardians..
13. Uniforms are purchased through the fund-raising and the participation fee. These are property of the East Hamilton Middle School.. Cheerleaders are responsible for replacing lost, stolen, or damaged uniforms. If uniforms need to be altered, please make sure it can be returned to its original size. Uniforms may not be cut during alterations.
14. It is imperative for all cheerleaders to use their summer for preparing and training for next year. You are encouraged to take your vacation during “dead period”. One week of vacation outside of “dead period” is allowed. The dead time is June 25th – July 9th.

15. Messages, photos, videos, and responses which are posted on social network sites, cell phones, and other electronic devices that exemplify inappropriate behavior or misconduct will result in disciplinary action and removal from the squad. As a representative of East Hamilton Middle School, cheerleaders will be held to the expectations detailed in the Hamilton County Code of Acceptable Behavior.
16. Any cheerleader who quits or is removed by a coach/administrator during the year will not be eligible for a school letter nor will he/she be allowed to tryout for the team the following year. All money collected remains with the school and there will be **NO REFUNDS**.
17. A cheerleader is required to attend summer practices, camps, and choreography to help prepare and train for the following school year. The absence policy applies to both summer practices and events as well as during the school year.
18. Attitude and conduct are very important for a successful year. Any event not covered above will be dealt with at the discretion of the coaches and administration.
19. If a cheerleader chooses to apply for the captain position, the choice rests solely with the coaches. There will be no changes or additions made to this final decision.
20. Contact with the coaches should be limited to the student-athlete except in emergency situations such as illness, injury, or family emergency. In other situations, contact between the parent and the coach should be maintained through school email or through the Band App.

I have read these rules and I understand that I must abide by them to remain a member of the EHMS cheerleading squad. I promise to do my best to be a good representative for East Hamilton Middle School.

Student Name (print)_____ Date_____

Student Signature_____

Parent/Guardian Name (print) _____ Date_____

Parent/Guardian Signature _____

Commitment Contract for East Hamilton Middle Cheerleading

Skill *requirements* for Cheerleading:

SCHOOL SPIRIT AND PRIDE

Toe touch, hurdler, and pike jumps (in connection)

Sharp motions/correct motion placement

RECOMMENDED standing back-handspring

PREFERRED standing tuck/running tumbling (series, tucks, layouts, etc.)

By signing below, the cheerleader and parent agree to the terms listed above. Again, if a cheerleader fails to comply with the above, he/she will be removed from the squad and unable to try out the following year. Participation on any team will require a substantial time commitment but will also be a great opportunity to represent East Hamilton School.

Student Name (print)_____ Date_____

Student Signature_____

Parent/Guardian Name (print) _____ Date_____

Parent/Guardian Signature _____

East Hamilton Middle School Cheerleading 2024 - 2025

Parent/Guardian Informed Consent Form

I have discussed the attached information with my child and I, _____ give permission for my child, _____ to try out for the 2024 - 2025 cheerleading squad at East Hamilton Middle School. Furthermore, if my child qualifies, I give my permission for her to be on the squad and I agree to support him/her in all areas.

Student Name: _____ Current Grade: _____

Age: _____ Birthdate: _____

Address: _____

Home Phone: _____ Cell Phone: _____

Insurance Company: _____

Policy Number: _____

Mother's Name: _____

Mother's Home: Home _____ Cell _____ Work _____

Email: _____

Father's Name _____

Father's Home: Home _____ Cell _____ Work _____

Email: _____

Emergency Contact Name: _____ Phone: _____

Hospital Preference (emergency): _____

Physician: _____ Phone: _____

Please list any known medical/physical issues/concerns:

I give permission for my child to participate in EHMS cheerleading tryouts with full knowledge of the inherent risks associated with any athletic endeavor. Although safety precautions are being observed for the participant's protection, this does not guarantee that a participant will be free from injuries. Consequently, the risk of injury may be severe, and could include abrasions, fractures, brain damage, paralysis, or even death.

Student Name: _____ Date _____

Student Signature _____

Parent/Guardian Name: _____ Date _____

Signature _____

East Hamilton Middle School
Cheerleading Teacher Evaluation Form 2024-2025

Student Name_____

Teachers:

The above student has expressed interest in trying out for the EHMS cheerleading squad for the 2024 - 2025 school year. Your opinions and recommendations are appreciated and valued. Please keep these forms confidential. When complete, please return the form to the mailbox of Tressa Manning at EHMS. Please be honest in your evaluations. Recommendations may be sent via Hamilton County Pony to East Hamilton Middle School: Attention Tressa Manning

Thank you for your time and input.

EHMS Cheer Staff

Teacher Name_____ Date_____

Teacher Signature_____

Note:

	1=unsatisfactory	2=poor	3=average	4=good	5=excellent
Attendance					
Behavior					
Cooperation					
Dependability					
Willingness to take direction					
Attitude					
Attitude toward others					
Total Score					
Comments:					

East Hamilton Middle School
Cheerleading Teacher Evaluation Form 2024 - 2025

Student Name_____

Teachers:

The above student has expressed interest in trying out for the EHMS cheerleading squad for the 2024 - 2025 school year. Your opinions and recommendations are appreciated and valued. Please keep these forms confidential. When complete, please return the form to the mailbox of Tressa Manning at EHMS. Please be honest in your evaluations. Recommendations may be sent via Hamilton County Pony to East Hamilton Middle School: Attention Tressa Manning

Thank you for your time and input.

EHMS Cheer Staff

Teacher Name_____ Date_____

Teacher Signature_____

Note:

	1=unsatisfactory	2=poor	3=average	4=good	5=excellent
Attendance					
Behavior					
Cooperation					
Dependability					
Willingness to take direction					
Attitude					
Attitude toward others					
Total Score					
Comments:					

East Hamilton Middle School
Cheerleading Coach Evaluation Form 2024 - 2025

Student Name_____

Coaches:

The above student has expressed interest in trying out for the EHMS cheerleading squad for the 2024 - 2025 school year. Your opinions and recommendations are appreciated and valued. Please keep these forms confidential. When complete, please return the form to the mailbox of Tressa Manning at EHMS. Please be honest in your evaluations and thank you so much for your time and input.

Thanks,

EHMS Cheer Staff

Coach Name_____ Date_____

Coach Signature_____

Note:

	1=unsatisfactory	2=poor	3=average	4=good	5=excellent
Attendance					
Behavior					
Cooperation					
Dependability					
Willingness to take direction					
Attitude					
Attitude toward others					
Total Score					
Comments:					

Estimated Cost Breakdown:

Camp: \$410

Camp Clothes: \$300

EHS Quarter Zip: \$120

Backpack: \$100

Shoes: \$80

Pompoms: \$40

Bloomers: \$30

Bows: \$30

East Hamilton Athletic Participation Fee: \$25

Miscellaneous: \$100

****Please note that these are ESTIMATED costs based on years past. The exact amount could be slightly more or less. The cost will NOT exceed \$1500.**

***Also note that if you are a RETURNING cheerleader your overall cost will be lower. This is due to certain items being purchased by you the previous year.**