

GRIZZELL MIDDLE SCHOOL

2019-2020 CHEER PROGRAM INFO

Tryouts: Thursday, May 17th 8th Grade: 4:00 pm 7th Grade: 5:30 pm

Place: GMS Gym

Attire: White shirt, dark shorts, tennis shoes and hair pulled back. **NO JEWELRY!**

Clinics: (attendance encouraged, but NOT required)

Tuesday, May 14th 4:00 - 5:30

Wednesday, May 15th 3:30 - 5:00

Thursday, May 16th 4:00 - 5:30

*Videos of the tryout material will be posted at www.djhscheer.com/gms on 5/14/19.

Tryout Information

- This program does not cut athletes. Everyone who participates in tryouts will be placed on (at least) one team.
- Athletes must be currently enrolled as a GMS student on the date of tryouts to be eligible to tryout.
- In order to participate in CLINICS and TRYOUTS, athletes must have a physical that will cover through March 2020.
- The DJHS/GMS cheerleading coaches will choose teams with the assistance of independent judges. These judges will have at least one of the following qualifications: from a known cheerleading organization, coached middle, high school, or collegiate level athletes, or have prior cheerleading experience.
- The decisions of the coaches and judges are final. If there are questions concerning the procedures for tryouts please ask the coaches prior to the date of tryouts.
- There will be stations in which athletes will be required to demonstrate a variety of skills. The scores from these stations will be combined for an overall score.
- For safety and liability reasons, the coaching staff reserves the opportunity to disqualify candidates who score 65% or less of the total points.
- Cheerleading tryouts are closed. Athletes must be present for tryouts.
- Athletes making the team will need to practice and exhibit the same skills displayed at tryouts throughout the season in which they cheer. (On the track and/or basketball court). If the cheerleader cannot practice and exhibit the skills performed at tryouts, he/she may be ineligible to cheer.
- All skills must be performed unaided and without a spotter.
- Athletes may repeat a skill if they make a mistake.
- Each athlete trying out will be contacted in the evening after selections have been made at the phone number provided on the team preference sheet.
- He/She will be told which team(s) they have made and asked if they are willing to cheer for the team for which they have been selected.

Practices / Games / Events

- Practices and camp are held during the first and second week of August for ALL Grizzell cheerleaders at Dublin Jerome High School. If a cheerleader is participating in another fall sport, he/she will need to meet with their coach to make arrangements regarding these cheerleading practices.
- During the year, there are three to five practices per week, and one to three games/events.
- As of 1/1/19, the coaches plan on having practices Monday – Thursday from 3:45-5:30 during the fall and winter seasons. This schedule may change!
- There may be additional practices/games/events added as needed.
- We may participate in community service/volunteerism activities throughout the year. More information will be provided at a later date.
- If athletes are unable to attend practice for any reason (including illness) please email/text the coaches to let them know.
- For the updated calendar of events, visit www.djhscheer.com/gms. The calendar will be kept up to date with any times/dates/events.
- The cheer teams will be asked to support school spirit by participating in other activities throughout the year.

Season Information

- Decisions of which teams/cheerleaders cheer for what games/events will be decided by the coach.
- Fall Cheerleaders will cheer home and away football games until approximately October 15.
- Fall Cheerleaders may also be required attend other home fall sports games/matches to support other Grizzell teams.
- GMS will provide transportation to away football games.
- Fall Cheerleaders are encouraged to attend home football games and cheer on their teammates.
- Winter Cheerleaders will cheer home boys and girls basketball games until approximately mid-February.
- Winter Cheerleaders will also cheer tournament games (schedule TBA).
- Winter Cheerleaders may also be required attend other home winter sports games/matches to support other teams.
- At basketball games, 7th and 8th grade cheerleaders must be present for both games.. When they are not cheering on the sidelines, they will sit in the first 2 rows of the bleachers and actively participate in cheering.
- Cheerleaders must be in the gym/track with 2:00 minutes left on the clock during half time and between games (basketball season).
- Cheerleaders must be in their chant lines ready to cheer with 1:00 minute remaining on the clock during half time at (basketball) games.
- Cheerleaders will not leave the chant lines without permission from the coach.

Expectations

- Participants in co-curricular programs are held to a higher standard of responsibility and conduct. They are representatives of their school, the Dublin City School District and the Dublin community.
- By being part of the GMS cheer team, athletes are visible in the community. Athletes' actions are more prominent than those not associated with such an activity. Because of this, exemplary behavior is mandatory at all times, anywhere in the community and at all school functions. Not only do athletes represent themselves, they represent the team, the coaches, GMS, the Dublin City School District, and cheerleaders everywhere.
- Missing one game, a reason other than a death in the family or personal illness, or by permission of the coach, may result in a one game suspension.
- Cheerleaders will be expected to FULLY participate in each practice, game, and activity through the conclusion of their season. This includes wearing the correct practice wear, uniform to school, uniform to a game, having poms, hair pulled back, having rain gear, etc. Failure to do so may be cause and be the reason for the cheerleader to sit out of games, up to being dismissed from the team.
- Being late to an event, game, practice, without prior permission from the coaches, may result in not participating in a game/event up to being dismissed from the team.
- Cheerleaders who do not meet the coaches' expectations for knowing and performing material may result in not participating in an event up to being dismissed from the team.
- Cheerleaders must follow instructions from coaches, teachers, administrators, bus drivers, etc. Not doing so may result in not participating in a game/event up to being dismissed from the team.
- Cheerleaders are asked to leave practice space, locker rooms, performance areas, etc. in the same condition (or better) than when they arrive. They are expected to pick up the area before they leave. Not doing so will result in extra conditioning.
- Inappropriate photos or activity on social media will not be tolerated. Cheerleaders are representatives of the school at all times, and should be setting a good example both during and after school hours.
- Cell phones are not permitted at practice or games/events. If parents need their child during these times, please contact the coaches.
- There is no chewing gum or eating during practices or games/events.
- Promoting good sportsmanship by way of example is required at all times.
- Athletes are expected to work as a team, respecting each other's differences and unique abilities.
- Cheerleaders may be required to participate in mandatory study sessions after school before practices/games begin. Each athlete will need a quiet activity during these times.

Eligibility

- In order to maintain eligibility, a cheerleader must have/do the following:
 - Have passing grade in five academic subjects (based on nine weeks grades).
 - Dublin Schools also has a 2.0 GPA requirement that must be met.
 - Perform the same skills during practices and games, as was performed at tryouts.
 - If the three points above are not attained, the athlete may be required to sit out, or may be asked to leave the team. This includes injury related issues that prevent a cheerleader to perform, just as it would in other sport at GMS.
- Cheerleaders must attend school in order to participate in a game/event (at least ½ day). 1. If the attendance requirement is not met, athletes may not attend the game/event.

Attendance Policy

- A system of being benched will be used to deal with minor infractions throughout the year (year is defined as the moment an athlete makes the team through the following year's tryouts).
- Late to practice: 10 jumps for every minute late (to be done after practice).
- Unexcused absence from practice: not allowed to participate at next game/event.
- Missing part of uniform for event (shoes, bow, skirt etc.): not allowed to participate.
- Social Media Infraction: Not allowed to participate at next game/event and team probation throughout remainder of the season.
- Any cheerleader benched from a game/event or part of a game/event must sit with the coach (and no-one else) in full uniform.
- If a cheerleader is benched at practice, they will be benched an equal amount of time at the following game/event.
- If a cheerleader is benched on MORE THAN 3 OCCASIONS, he/she may be removed from the team.
- Severity of, or repeated offenses may dictate harsher action.
- Athletes must also uphold the criteria in the Dublin Schools Co-Curricular Activity Code and the Dublin Schools Handbook.
- Every attempt will be made to discipline fairly, and to make consequences of actions known ahead of time. Parents will be kept informed of problem situations.

Competition Information

- Football and Basketball Cheerleaders may choose to be part of the competition team at a few competitions during the year.
- Cheerleaders who decide to participate, will be expected to fulfill the commitment to compete and to additional practices. These athletes are held to a higher standard for attendance, and work ethic. They should be pushing themselves to be better at each performance (and practice).
- The competition team was formed to prepare the girls for high school competition. The program at Jerome is very demanding. Much of this preparation includes the practice and experience of performing.
- Many of the events we attend are strictly performance opportunities and not 'competitions' where we will be ranked against other teams.

Uniforms

- Size and fit of the uniform and warm-ups will be determined by the coaches. All athletes must have the same uniform look.
- Athletes will not loan out any piece of their uniform to anyone. Warmups and uniforms are considered part of the cheer wardrobe and should not be worn by anyone other than the cheerleader or for anything other than cheer activities.
- Uniforms are to be kept in good condition and clean at all times. Uniforms or warm-ups ruined, lost, or stolen will be replaced by the individual at their own expense.
- Wash uniforms in cold water, dry flat. DO NOT DRY CLEAN!
- During games, cheerleaders must wear their uniform or warm-up.
- Sweatpants, UGG boots, sandals and other non-cheer clothing may NOT be worn with uniforms.
- Cheerleaders are required to change out of their uniform after each game/event before leaving the school.
- Cheerleaders will wear uniforms to school the day of games unless specified differently by the coach.

Team Meals

- Cheerleaders may participate in team meals after school before each game.
- Cheerleaders will clean up the tables they use during these meals (including wiping the tables and sweeping the floor).
- The coach will dismiss the athletes when everyone is done eating and the area is clean.
- If any athlete leaves before being dismissed or without cleaning, they will clean the tables for the other sport teams at the remaining games.

Tumbling

- Cheerleaders are encouraged to attend optional tumbling classes.
- Grizzell has secured a team tumbling class at The Cheer Combine at discounted rate throughout the year.
- Registration information will be distributed at the beginning of each season.
- Optional summer conditioning and tumbling will be every Tuesday and Thursday at 8:00, 9:00, and 10:00. (Times are determined by tumbling level). More information will be provided at tryouts.

Cost Information

- Cheerleading is both time consuming and expensive. Cheerleaders are responsible for their own shoes, socks, uniform shorts, poms, and body suits, etc. Please see price list.
- If athletes are selected to be a member of the team and are in financial need, please contact the coach as soon as possible in order to make arrangements.
- Those on the competition team, will have more fees associated with competition and choreography.

Pricing Information

Prices are estimates and subject to change. Many items can be used for several years and need not be purchased each year. We have made an attempt to keep costs down after the first year by re-using practice wear and other items.

Yearly Expenses

Pay-to-participate (per season)	\$ 30.00
Shoes (must be new for year)	\$ 85.00
Summer Camp	\$110.00
Bow	\$ 15.00

One Time expenses (based upon normal wear and tear)

Uniform	\$165.00
T-Shirts	\$ 25.00
Body Suit	\$ 30.00
Poms	\$ 30.00
Warmup	\$ 65.00

Optional Expenses

Bag	\$40.00
-----	---------

Competition Expenses \$300.00 (approximately)

2019-2020 TEAM PREFERENCE SHEET

Please feel free to ask questions at clinics about the options.

Turn in to coaches (at clinics) by May 15th, 2019.

Name: _____

Cell Phone: _____ 2019-2020 Grade: _____

Number options in order of 1st preference and 2nd.

_____ Fall _____ Winter

Read and MARK the following choices below:

I would like to cheer BOTH fall and winter seasons:

_____ Yes _____ No

I would like to be considered for the competition team:

_____ Yes _____ No

Information I want the coaches to know about my schedule, my choices, and potential conflicts:

I have read and understand the rules and regulations governing the Grizzell Middle School Cheer Team. I will abide by the rules and policies to the best of my ability. I understand that I may be removed from the team if I do not maintain the high standards expected of a team member. I understand that though I may wish to be on a certain team, I may not have a high enough score to be a part of that team.

Athlete Signature _____ **Date** _____

Email (not school email) _____

I, the undersigned parent/guardian agree and hereby consent to my child's participation on Grizzell Middle School Cheer Team. I have read the Grizzell Middle School cheerleading rules and policies and accept these guidelines. I understand that failure to follow the cheerleading rules and policies can mean dismissal from the team.

Parent/Guardian Signature _____ **Date** _____

Email _____