

Seymour Middle School
Cheerleading Tryouts
Football Season



March 29, 2018

Seymour Middle School Gym

5-8 p.m.

Cheer Clinic's

Monday, March 26, 2018 from 6-8

Tuesday, March 27, 2018 from 6-8

Wednesday, March 28, 2018 from 4-6

Seymour Middle School Gym

Seymour Middle School Cheerleading Tryouts

When: March 29, 2018

Where: Seymour Middle School Gym

Clinic times:

Monday, March 26, 2018, 6 p.m. – 8 p.m. SMS

Tuesday, March 27, 2018, 6 p.m. – 8 p.m. SMS

Wednesday, March 28, 2018, 4 p.m. – 6 p.m. SMS

Tryouts: Thursday, March 29, 2018, 5-8 p.m. SMS

Announcement of Team:

The new team will be announced **NO EARLIER** than Friday, March 30, 2018 by the end of the day.

How to apply:

Complete the **Application for Cheerleading, Cheerleading Rules and Expectations, and Teacher Recommendation**. Bring these with you to your cheerleading clinic.

You must not have any failing grades (an F) to be eligible to try out for the cheer team.

Attire for Tryouts: Seymour t-shirts and black/dark shorts. (NO spandex, sports bras, or tight fitting clothing can be worn for tryouts.) Wear athletic shoes in which you can easily jump, tumble, and dance. Gum or jewelry is not allowed during tryouts.

Hair: Wear your hair pulled back in a ponytail. Bows are allowed but not required.

Judging will consist of...

-Entrance/Spirit -Jump -Cheer -Chant -Dance or School Song -Tumbling

All tryout material will be presented at the tryout clinics on March 26, March 27 and March 28, 2018.

Judges will consist of individuals with cheerleading backgrounds.

***Cheerleading clinics and tryouts are closed events. No one will be allowed to watch these events except for candidates, judges, assistants, and the coaches. Anyone trying to intrude on events will be escorted out of the event and could impact your candidate's final scores for failure to follow information and directions given.**

Health Physicals

All candidates who are chosen for the SMS Cheer Team are required to complete and pass a sports physical. It is the parent's responsibility to provide transportation to secure these physicals. If unable to attend the free physical event at school on May 5, the parent or guardian must secure a physical from the candidate's physician. Physical forms are available in the back of this packet (or as a separate file if downloaded online) and must remain current for a calendar year. It is the parent/guardian and cheerleader's responsibility to ensure that the coach receives a copy of the most current physical on file to keep at all times. Any cheerleader that does not pass, secure a physical, or provide a copy of a current passed physical prior to the first practice will not be able to practice. All physicals are due before the week of July 22, 2018.

Brief Description of Seymour Owls Cheerleading

Mission: The Seymour Owls Cheerleaders develop positive school spirit and good sportsmanship at athletic events, provide channels for students to demonstrate school spirit, encourage attendance at school events, and perform at a level of excellence so as to be a source of pride to the school, the squad, and themselves.

All squads cheer at football games, basketball games, parades, clinics, and other events.

Candidate Information/Application/Parent Information

(Must be turned in with other forms at clinic)

Cheerleader Contact Information:

Name _____

Birthdate _____

2018 - 2019 Grade Level _____

Street _____

City/State/Zip Code _____

Home Phone _____

Cell Phone _____

E-mail _____

Parent(s) _____

Parent(s) Phone Number _____

Parent(s) Email _____

Parent(s) Address _____

Social media/other contact methods _____

Please check any skill you can complete **competently** with the understanding any item checked indicates **you are committed to performing that skill during the regular cheer season and for any Cheer performance regardless of performance surface.**

_____ Base (circle all that apply: SIDE MAIN BACK SINGLE BASE NONE)

_____ Flyer (circle all that apply: PREP EXTENSION LIBERTY FULL UP/DOWN STAIR-STEP SINGLE)

_____ Back handspring (without spot ONLY)

_____ Back tuck

_____ Series tumbling (running)

_____ Jumps (circle all that apply: TOE TOUCH HURDLER HERKIE PIKE TOE TOUCH SERIES Other _____)

PLEASE ANSWER THE FOLLOWING QUESTIONS IN THE SPACE PROVIDED.

1. If selected for the 2018 - 2019 Seymour Middle School Cheer Squad, what will you contribute to the squad?

2. What does "100% Commitment" mean to you?

3. Why do you want to be a cheerleader?

4. What does it mean to be a representative of Seymour Middle School?

5. Do you play any other sports? If so, what are they?

Cheerleader's Signature _____ Date _____

Parent/Guardian Signature _____ Date _____

Seymour Middle School Cheerleading

Team Rules & Expectations 2018-2019

Academics:

- Your role at Seymour Middle School is that of a student. Your school work comes first.
- Go to class. Be on time. Be respectful to your teachers, administrators and peers.
- An athlete must not have any failing grades (an F).
- If you are struggling to maintain good grades in any of your classes, please ask for help.

Coach-Cheerleader and Coach-Parent Relationship:

- It is our goal to teach you correct cheerleading technique and to help you become the best cheerleader you can be. As coaches, we are here to support your child to be successful in her/his journey as a cheerleader for Seymour Middle School. We will help you to grow as an athlete and achieve the goals you want to accomplish in your personal and academic life.
- Accept constructive criticism from the coach and your teammates with the understanding that it is for your benefit.
- There is **ZERO tolerance for drama**, egos or politics. If there is a problem, please let us know.
- Treat everyone (parents, coaches and teammates) how you would like others to treat you. If a coach contacts you, it is **YOUR** responsibility to communicate back to us within 24-48 hours.

Summer Camp:

- You don't want to miss this! UCA Overnight cheer camp this summer! We will be gone for 3 days and 2 nights.
- Please put it on your calendars now. Friday, July 13 through Sunday, July 15th. More info to follow!
- \$100 deposit is due by the first practice/meeting.

Financial Expectations:

- We realize that Cheerleading is an expensive sport, however we try to cut the cost down as much as possible through fund raising and taking care of what we have. Keep

in mind that we have 2 seasons and most everything has to be paid for by the first month of the season.

- Your uniforms belong to Seymour Middle School and should be treated with respect. If you lose or damage any uniform items it is your responsibility to replace them.
- We have made overnight Summer Camp a priority this year, as there are MANY benefits to us as a squad. The cost is \$329 per person! We are going to do the best we can to fundraise the majority of this.
- We have shopped around for shoes, practice gear, briefs, and socks to get them as low as we can while trying to maintain decent quality. While I can't give you an exact amount I can give you an estimate that should be fairly close.
- ALL the warm-up gear (if we decide to get them) and camp gear are optional. We hope to be able to fundraise for these but are NOT mandatory.
- We will not order items if they are not paid for first.
- Some items we maybe looking at getting that are not listed below include: bows, bags, socks, or any other items that might be needed.

Item	Estimated Cost	Due By
Summer Camp	\$329	May
Warm-ups	\$150	May
Camp Gear (shorts and shirts)	\$75	May
Shoes	\$50	May
Undergarments	\$15	May

Fundraising:

- We plan on doing 2-3 fundraisers at this point. More information to come.
- Fundraising Money will go towards paying the balance for our UCA camp first. Any additional money raised will go towards the costs mentioned above. The more you sell, the less out of pocket cost :)

Attendance Policy:

- All practices and games are required. Cheerleading is a **team** sport so if one person on the squad is missing, everyone is impacted.
- Practices and games will be excused if there is a death in the family or if there is a family emergency.
- The only other exception is if you participate in another SMS sport or event, you MUST notify your coach ASAP that you may miss due to another conflicting SMS sporting function.

- SMS Cheerleading practices & performances take priority over all **non-school** related sports & other extracurricular events.
- If school is cancelled or dismissed early due to inclement weather, practice will be cancelled.
- You will NOT be allowed to practice or cheer at games, until a Doctor's release has been given to a coach.
- If you miss the practice before a game you will have to sit out that game. You will be required to come support your team. Unless for the reasons stated above.
- If there are too many missed practices you could be removed from the squad.
- All missed practices and games will be considered unexcused unless you can provide a doctor's note.
 - You must communicate this absence with one of the coaches ASAP
 - If you CANNOT practice due to injury, you will be expected to show up for practice/games fully dressed and support your teammates. (IF you are sick and contagious, please do NOT show up to a practice and/or game, but let coaches know ASAP).

Practice Expectations:

- All practices are MANDATORY. Please do NOT schedule vacations, appointments or extra curricular activities during practice time.
- Practices will be excused in the event of a death in family or other emergency.
- We will have summer practices to teach sideline cheers, and school song. These are strongly encouraged!
- Our first **official** practices will begin in July.
- Depending on Game Schedule, Practices will be held 2-4 days a week after school from 3:45-5:30 or 6. We will begin stretching at 3:45 as a team. A designated member from the squad will be running our stretches. Practices can be outside this time as well.
- Some Saturday practices may be scheduled as needed. **Please arrive 15 minutes early to all Saturday practices.**
- Come to practice dressed in elected practice gear, hair up in ponytail w/ bow and ready to begin.
 - Please change into your cheer shoes once you get to practice.
- No jewelry or gum is allowed.
- All cell phones should be silenced and left in bag during practice.
- Tattoos need to be covered.
- Coaching staff will dismiss everyone at the end of practice.
- If you are late for practice there will be conditioning.

Game Day Expectations:

- On game days, we will wear matching team gear to school.
- Please eat and use the restroom **before** the games. You will not have time to eat during the game, halftime, etc. Restroom breaks will be allowed **before** the game and during halftime.
- On game day, arrive **fully dressed** 15 minutes before the time instructed by your coaches.
 - Have your hair and makeup done and bows in.
 - Make sure all jewelry is removed & tattoos are covered.
 - Please change into your cheer shoes upon arrival to the stadium or gym.
- Safety is a must. During games, do only the skills that have been approved by the coaching staff.
- **ALWAYS** sing the words to the Star Spangled Banner & School Song. As cheerleaders, you are the representation of SMS and its sports teams.
- **ALWAYS** remember that someone is watching you and your behaviors. Please always take pride in yourself and your position with SMS. Show respect, enthusiasm and support for both teams and their administration.
- Coaching staff will dismiss everyone after the game
- If you are late for a game you will be conditioning.

Uniform Care:

- After all games, you will need to change out of your uniform and put on street clothes before being dismissed. The uniforms are NOT to be worn after games for food runs, errands or hanging out.
- Instructions for proper care & washing of your uniforms will be handed out with uniforms.
- Cheer shoes are **ONLY** to be worn at practices & games.

Social Media:

- Social Media is a key factor in your overall appearance as an SMS Cheerleader. If inappropriate material is brought to our attention, it will be addressed one on one with coaches and could result in your dismissal from the team. You are being watched at all times by people in the community, fans, and other peers. Please make sure to be respectful when sharing/posting items on any social media. (Examples: foul language, nudity, inappropriate hand/bodily gestures, inappropriate comments – these apply not only to your personal content but anything you share, like or comment on).

****These rules and expectations are subject to change at any time (at the discretion of the coach) without any notice.****

Please read the team rules/expectations completely and sign below with your parents if you agree to abide by the teams rules/expectations and uphold all of them throughout the entire school year. Refusal to sign will automatically disqualify you from trying out.

I understand that the tryout schedule is as follows:

- March 26, 2018 – 6 p.m. – 8 p.m. – Clinic/Practice at Seymour Middle School.
 - March 27, 2018 6 p.m. -8 p.m. – Clinic/Practice at Seymour Middle School.
 - March 28, 2018 4 p.m. – 6 p.m. – Clinic/Practice at Seymour Middle School.
 - March 29, 2018 5 p.m. – 8 p.m. - Tryouts at Seymour Middle School.
-

Student Name: _____

Date: _____

Student Signature: _____

Parent Name: _____

Date: _____

Parent Signature: _____

CONFIDENTIAL

Teacher Recommendation Score Sheet

_____ is a candidate for the 2018 - 2019 Seymour Middle School Cheer Squad. Cheerleaders represent our school and community in several capacities, therefore it is important to choose members of the squad based on **ability, academic performance, and quality of character**. Please complete this recommendation form based on his / her performance in your class. Thank you for your help!!! Please be as honest as possible!

Please return to the candidate in a sealed envelope with your signature across the seal, on or before March 28, 2018.

Thank you in advance for your time.

Respectfully,

Seymour Middle School Cheer Coach

Please rate the candidate in the following areas using the following scale:

1=never, 3=rarely, 5=sometimes, 7=often, 10=always

The above mentioned candidate...

1. Displays a positive attitude towards the teacher and classmates: 1 3 5 7 10
2. Completes assignments on time and is on time to class: 1 3 5 7 10
3. Follows directions/instructions: 1 3 5 7 10
4. Works diligently to accomplish goals and objectives set for the class: 1 3 5 7 10
5. Follows classroom rules as well as the rules in the SMS Code of Conduct: 1 3 5 7 10
6. Is respectful to self and others/Works cooperatively with peers: 1 3 5 7 10
7. Motivates others and sets a good example/role model: 1 3 5 7 10

Please choose one:

_____ I DO recommend this candidate to represent SMS as a member of the 2018 – 2019 Seymour Middle School Cheer Squad.

_____ I Do Not recommend this candidate to represent SMS as a member of the 2018 – 2019 Seymour Middle School Cheer Squad.

Signature _____ Date _____

Additional comments may be written on the back and are very welcome.

CONFIDENTIAL

Teacher Recommendation Score Sheet

_____ is a candidate for the 2018 - 2019 Seymour Middle School Cheer Squad. Cheerleaders represent our school and community in several capacities, therefore it is important to choose members of the squad based on **ability, academic performance, and quality of character**. Please complete this recommendation form based on his / her performance in your class. Thank you for your help!!! Please be as honest as possible!

Please return to the candidate in a sealed envelope with your signature across the seal, on or before March 28, 2018.

Thank you in advance for your time.

Respectfully,

Seymour Middle School Cheer Coach

Please rate the candidate in the following areas using the following scale:

1=never, 3=rarely, 5=sometimes, 7=often, 10=always

The above mentioned candidate...

1. Displays a positive attitude towards the teacher and classmates: 1 3 5 7 10
2. Completes assignments on time and is on time to class: 1 3 5 7 10
3. Follows directions/instructions: 1 3 5 7 10
4. Works diligently to accomplish goals and objectives set for the class: 1 3 5 7 10
5. Follows classroom rules as well as the rules in the SMS Code of Conduct: 1 3 5 7 10
6. Is respectful to self and others/Works cooperatively with peers: 1 3 5 7 10
7. Motivates others and sets a good example/role model: 1 3 5 7 10

Please choose one:

_____ I DO recommend this candidate to represent SMS as a member of the 2018 - 2019 Seymour Middle School Cheer Squad.

_____ I Do Not recommend this candidate to represent SMS as a member of the 2018 – 2019 Seymour Middle School Cheer Squad.

Signature _____ Date _____

Additional comments may be written on the back and are very welcome.