

2012 - 2013 Independence Charter M.S. Cheerleading Tryouts Information

Required parent meeting:

The meeting is March 16th at 6:00, in the ICMS cafeteria.

Note:

All girls interested in cheerleading are encouraged to participate in the clinic even if they are not ready to try out (as a training opportunity). They can participate in the clinic and do not have to do the actual tryout. To participate in the clinic the participant only needs to turn in the Cheerleading Clinic/Tryout Application & Waiver Form and the \$15.00 clinic fee.

Forms & Fee required to tryout are due by March 30th by 3:00:

No late forms will be accepted. The forms are to be turned in to the front office. They are included in this packet.

Cheerleader Essay

Parent/Student Signature Page

Four Teacher Recommendations

Cheerleading Clinic/Tryout Application & Waiver Form

\$15.00 Clinic Fee – Payable to ICMS

Inherent Risk Form

Grade Check:

A grade check for all ICMS applicants will be run on April 2nd. Grade checks for all 5th grade applicants will be included on the teacher recommendation forms. Also Mrs. Baker and/or the sponsor may contact the elementary school to check grades. All applicants must have a C or above to continue tryout.

Cheer Clinic/Tryout Dates:

Tuesday April 3rd – Learn Required Material, 3:30 – 4:45

Wednesday April 4th – Learn Required Material 3:30 – 4:45

Thursday April 5th – Mock/Practice Tryout (open to spectators), 3:30 – 4:45 (estimated time frame).

Friday April 6th – Cheer Tryout, 3:30 – 5:00 (estimated time frame). Cheer tryouts are closed.

Unless the construction changes our plan, **rides need to wait outside the building (at the west side door). The girls will exit the west door as they complete their tryout.**

Parent Meeting:

First parent meeting for the new team will be April 9th at 4:00.

Notes & Forms Due for the New Team:

The forms due for the new team are due by the first practice (TBA). All forms must be turned in for the cheerleader to participate.

Copy of Insurance

OSSAA Physical Form - Physicals will be scheduled (TBA).

Each cheerleader needs \$10.00 **cash** to pay for the physical.

Medical Release Form

Cheerleaders Pledge

➡ **Clinic Guidelines**

- Each candidate is required to attend all clinic sessions. Clinic scores are combined with the skill portion of tryouts (see sample judges rubric to see how clinic and tryouts are scored).
- Wear appropriate athletic practice clothing (it is not necessary to purchase new clothing for clinic). Wear hair up and out of the face. Do not wear jewelry to clinic (wearing jewelry will result in point deductions).
- Clinic is closed to spectators until the mock tryout.
 - During mock tryouts please enter the cafeteria before the mock tryout begins or between performances. Please turn off cell phones. Please feel free to clap and show support for the girls.
- No talking, goofing off, or disruptions will be allowed during the teaching process. No stunts will be allowed during the clinic process. Participants may be asked to leave if violating any of the subsequent rules. There will be no refunds on the clinic fee.
- Note: Tumbling is a part of the tryout but it will not be a training feature in the clinic. The clinic teachers' are not allowed to spot tumbling skills. Participants' should use tumbling skills that they have already mastered or that they can throw without the help of a spot. They will not have a spot during the tryout. Also participants' are not allowed to spot each other during the clinic process.

➡ **Tryout Guidelines**

- The 2012-2013 ICMS cheer team will consist of 16 members (the number of team members may change at the discretion of ICMS staff)
- Wear appropriate clothing, hair up and out of the face, and no jewelry.
- See the sample judges' rubric for details on categories the judges will be scoring.
- After each candidate completes the tryout they will be dismissed through the west exit (next to the cafeteria). The participants need to leave belongings in the hall at the west door so they can exit as soon as they finish tryout. As soon as the scores are tabulated the results will be sent by email.

- ➡ **Questions** - Please feel free to ask any questions. If you think of anything during the tryout process you may contact Mrs. Baker (841-3130 school office) or the sponsor.

**INDEPENDENCE CHARTER MIDDLE SCHOOL
PARENT & CHEERLEADER CONSTITUTION & CODE OF CONDUCT**

Cheer Expectations, Guidelines, & Rules:

Cheerleaders should:

1. **Follow safety rules!!**
2. Follow the rules as listed in the ICMS Parent & Cheerleader Constitution & Code of Conduct.
3. Strive to uphold the highest personal, as well as cheerleading, standards.
4. Strive toward achieving goals of leadership, responsibility, self-confidence, cooperation, respect, self-control and sportsmanship.
5. Cheer for 7th and 8th grade football and basketball games.
6. Lead the crowd by moving off the sidelines to the front of the crowd during basketball time-outs and quarters.
7. Use halftimes to perform for the crowd.
8. Display a cooperative attitude towards ICMS staff, students, game officials, other schools, parents, each other, and visitors at all times.
9. Be enthusiastic, yell loud, and do moves full out.
10. Know the cheers, chants and routines for all games and performances.
11. Promote good sportsmanship and school spirit through cooperation with other students, faculty, parents, and administrators.
12. Plan pep rallies, contribute spirit ideas, and help control attitudes of the crowd.
13. Maintain a grade of C or above.
14. Attend all games scheduled. When absence is necessary, the school, Mrs. Baker, or the sponsor should be contacted by a parent.
15. Not sit in the stands or leave the squad until the end of the game, unless the sponsor gives permission.
16. Stay in cheer formation, not eat, drink or chew gum, or lean on the wall, while on the field or court.
17. Not use cell phones while cheering.
18. Focus on the game and keep private conversations to a minimum while on the field or court.
19. Inform the sponsor or adult in charge that their ride is present at the end of a cheer event.
20. Take care of your cheer responsibilities, listen to instructions, check email, give your parents messages, and keep up with your stuff.
21. Not email the team captains for answers to questions that need to be addressed to the cheer coach or sponsor, or to ask them to repeat information that you should already know, or to gossip. Emailing the captains should not be abused.
22. Follow the request of the team captains.

All team members are expected to follow the guidelines but the upper class team members will be held to the strictest compliance of the guidelines and are expected to set an example for the team and the entire school.

Squad Membership:

- ✓ One alternate will be chosen at the time of tryouts. The alternate will join the squad only at the discretion of Mrs. Baker (principal), the sponsor, and Mrs. Rosenau (coach).
- ✓ The alternate's identity will remain concealed.
- ✓ The alternate will not participate unless called up to the team.

