

# BMS Cheerleading Try-Outs!

Clinic Dates: May 9 & 10

Tryout Date: May 13

4-6PM

BMS Gymnasium



- \*Current Physical
- \*Signed Understanding of by-laws
- \*Signed permission slip
- \* \$10 Check (made out to Bearden Middle School)
- \*Copy of current grades (must have C average)

Please place all of the above in a large envelope with cheer candidates name on the outside.

Return to BMS Main office or Room 243.



Dear Potential BMS Cheerleader and Cheer Parent,

Get excited for 2015-2016 BMS Cheerleading Tryouts! The following packet is full of information regarding upcoming tryouts, as well as an outlook on the upcoming season – please keep all of this in mind as **all camps and activities are mandatory for cheerleaders to attend.**

Tryouts will be **May 9, 10, and 13**. The 9<sup>th</sup> and 10<sup>th</sup> will be clinics in which cheer candidates will learn a dance, cheer, and two chants for tryouts. On May 13<sup>th</sup>, Candidates will try-out in front of three judges, showing all material they have learned from the clinic, as well as jumps and any tumbling they are capable of doing. The cost for tryouts is **\$10** – this cost will help to offset cost for judges and instructors during tryout week, as well as each candidate will receive a BMS T-Shirt (to be worn on the actual try-out day: Friday May 13<sup>th</sup>).

**Attire for tryouts:**

**May 9:** *Athletic Shorts and a PLAIN white T-Shirt. Hair must be completely tied back in a Pony Tail. White Ribbon. Tennis/Cheerleading Shoes. NO JEWELRY.*

**May 10:** *Athletic Shorts and a PLAIN white T-Shirt. Hair must be completely tied back in a Pony Tail. White ribbon. Tennis/Cheerleading Shoes. NO JEWELRY.*

**May 13:** *TRYOUT DAY! Black Shorts and BMS cheer tryout T-Shirt. Hair must be completely tied back in a Pony Tail. White Ribbon. Tennis/Cheerleading Shoes.*  
NO JEWELRY.

**Failure to wear the designated attire will result in dismissal of tryouts for that day.** Please come prepared! It is suggested that Candidates also bring water bottles.

BEST OF LUCK TO ALL!!

### **Competition:**

Bearden Middle School will **not** compete for the 2015/2016 school year. If a candidate is on a competition squad outside of BMS, the candidate must understand that **BMS Cheer comes first.**

This Means:

1. No cheerleader is permitted to leave BMS Cheer practices early due to another team practice. No exceptions.
2. No cheerleader is permitted to leave BMS Games early due to another team practice. No exceptions.

3. Cheerleaders must schedule their other team's events around BMS Cheer Events

4. Please note that BMS cheer may have weekend events planned; therefore, if a BMS cheerleader has a competition of some sort, they must make the coach aware TWO WEEKS in advance.

If any of the above rules become a continuous problem, the coach will meet with parents and cheerleader first. If the problems continue, the cheerleader will be dismissed from the BMS Squad.

**As you are compiling information together for tryouts, use this checklist to ensure you have completed all you need to tryout for BMS Cheerleading! Go Bruins!**

- Permission Slip                       Current Physical                       Signed Bylaws  
 \$10 check                               Copy of Current Grades

\*Checks made out to Bearden Middle School

The following is a list of dates to keep in mind as you begin planning your summer festivities. Additional dates will be added for fundraiser purposes.

- Tryouts May 9, 10, 13
- A parent meeting for all 2014/2015 cheerleaders will be held on **Monday, May 16<sup>th</sup> in the BMS Library at 5 pm**. Please plan to attend for additional information and a time to ask any questions to both the coach as well as the BMS Athletic Director.
- **Uniform Pick-Up/Attire Fitting: Monday, May 16 beginning at 3:45**. Please ensure at least one parent is present to "ok" the cheerleader's uniform. Cheerleaders are free to leave once their uniform(s) have been fitted and signed off.
- **Premier Cheerleading Camp: Summer: TBD**
- **UCA Camp: TBD**
- Weekly Two-Day practices will begin the week of August 15. Days/Times will be announced at a later time.
- **Week-Day PRACTICE #1:** Will take place at BMS from 4-5:30
- **Week-Day Practice #2:** Beginning in mid-August through October we will use space at Premier to practice tumbling, stunts, and routines. More info is to come.

Please remember we will participate in fundraising to help offset some of these cost.

Cheers!

Coach Walls

### **Bearden Middle School Cheerleading By-Laws**

The following articles make up the Bearden Middle School Cheerleading By-Laws. These are to be read and followed by those students selected to represent Bearden Middle School as cheerleaders. It is to be clearly understood that the following articles become effective immediately upon being selected as a cheerleader, and they will be strictly enforced.

Cheerleaders at BMS will strive to develop the following qualities as a member of the team:

- Leadership
- Emotional maturity and self-confidence
- Social Competence
- Mental, Moral, and Ethical Values
- Decision-making skills
- Cooperation
- Good Sportsmanship
- Character
- Self Discipline and Self Control

#### **ARTICLE I: Tryout Requirements/Procedures**

The following is required for students to be considered as a candidate to tryout for BMS Cheer.

- A. No student will be eligible to participate if he/she becomes fifteen years of age on or before August 1.
- B. Students must have promoted from the preceding grade the previous school year.

- C. Students shall have a medical examination by a licensed medical doctor prior to tryouts. Any known medical condition that may interfere with active participation should be recorded on the medical form.
- D. Cheerleading candidates must have a current GPA of at least a 2.0. A copy of the student's most recent grades must be submitted to the cheer coach prior to tryouts.
- E. **The principal does have the right to bar a student with questionable grades or conduct from tryouts.**

## **ARTICLE II: Tryout Requirements (continued)**

- A. All candidates must attend a three-day clinic **MAY 9<sup>th</sup>, 10<sup>th</sup>, and 13<sup>th</sup>** in the BMS gymnasium from 4-6:00pm.
- B. Tryout fees are **\$10 per person and are non-refundable.**
- C. Cheerleader By-Laws must be read, signed, and returned along with a sports medical form **BEFORE** the candidate may participate in the clinic.
- D. The 2-day clinic and tryout day is **CLOSED** to all persons except the candidate and the clinic personnel.
- E. A panel of judges made up of past and/or present cheerleading coaches will judge tryouts on Friday, May 13<sup>th</sup>.  
**Names of selected cheerleaders will be posted on the BMS back doors by 7PM on Friday, May 13<sup>th</sup>.**
- F. It is to be understood that a candidate who was part of the BMS Cheer Squad previously does **NOT** have a spot reserved.
- G. Candidates must be dressed appropriately (Refer to Page 1 of Tryout Packet) or they will be dismissed from clinic and/or tryouts. **NO** jewelry or glitter is to be worn during tryouts.
- H. Candidates will be scored on the following skills:
  - a. Motions
  - b. Spirit
  - c. Jumps
  - d. Individual Cheer
  - e. Group Dance
  - f. Group Chant
  - g. Tumbling
- I. In addition, candidates may be asked to run, do push-ups and/or crunches for warm ups and physical conditioning.

## **Article III: Duties of a BMS Cheerleader**

To maintain a part of the cheer squad at BMS, students must abide to the following:

- A. **MUST** attend mandatory Summer Premier Camp on June 29, June 30, July 1, 2015.

- B. Allow NO OTHER EXTRACULIAR ACTIVITES TO INTEREFERE WITH CHEERLEADING DUTIES, PRACTICES, and GAMES.
- C. Cheerleaders are to be at every basketball game for both the girls and boys games.
- D. One’s priority, after academics should be cheerleading, during season.
- E. Represent BMS in a manner of pride at all times. A cheerleader is a role model for the fans and must remain positive and display good sportsmanship toward other cheerleaders, teams, coaches, and officials at all times. A cheerleader is responsible for their actions on the floor at all times. Demerits will be issued if any of the above (E) become an issue.
- F. During games, there is NEVER to be negative comments toward the other team: no booing, nor cheering against the other team in a negative demeanor.
- G. Be on time and attend ALL practices held in the summer and during the school year. NO EXCEPTIONS.
- H. All practices will begin with warm ups to avoid injuries. Shoes and appropriate, assigned clothing should be worn to each practice.
- I. During games, there is NO TALKING while on sidelines. A cheerleader is to cheer, not socialize during game times.
- J. *Transportation:* Cheerleaders are expected to provide their own transportation from Bearden Middle School after games and practices. Transportation is the responsibility of the student’s parent/guardian. All team members must adhere to Knox County Board Policy on transportation. Busing will be provided for most away games with the exception of tournament play. Cheerleaders must be picked up in a timely manner – home games: parents need to be at BMS by 7PM – away games: parents need to be at BMS by 7:30PM. Failure to pick up cheerleader in a timely manner will result in a meeting with the coach and Athletic Director.
- K. An email must be sent to the coach notifying if a cheerleader will be absent from a game or practice. After missing a practice or game, a note from a parent must be given to the coach at the next practice or game. After seeing a doctor for an injury, a cheerleader must have a written note from the doctor to allow participation.
- L. Grades will be checked periodically throughout the grade periods – **any cheerleader who has a D or F will not be permitted to cheer until grades have risen to a C.** If on suspension due to grades, cheerleaders are still expected to attend games and practices.
- M. No practices will be held unless a coach or classified assistant is present. This includes afternoon or weekend practices at a squad member’s house.

#### **ARTICLE IV: SCHOOL CONDUCT/ACADEMIC EXPECTATIONS**

- A. To maintain the position of a cheerleader at Bearden Middle School, the student must behave in a personable manner at school and exhibit good sportsmanship at all times. Team members are expected to conduct themselves in a manner that reflects a positive image at Bearden Middle School. Smoking, drinking, using drugs, and/or vulgarity/cursing will not be tolerated. This will result in immediate dismissal.



- B. Cheerleaders must attend school the day of practice or game in order to cheer. Any cheerleader leaving school early because of illness will not cheer at the evening's game.
- C. If a team member receives a write up, office referral, ISS, or OSS he/she is subject to immediate dismissal from the squad. Cheerleaders are ambassadors of the school and must act as such at all times. Each case will be reviewed individually by the principal and coach to determine student consequence.
- D. Cheerleaders must refrain from fighting or classroom conflict with peers or teachers resulting in office action. This will result in immediate dismissal.
- E. Cheerleaders must have regular in-school attendance and be on time each day to school.
- F. Cheerleaders are expected to stay current on all classroom assignments. Academic sheets will be sent to each teacher throughout each 9-week grading period to assure cheerleaders are performing to class expectations. **If a cheerleader falls behind in any class, the cheerleader will sit out until assignments are made up.**

## ARTICLE V: UNIFORM AND APPEARANCE

Parents will be responsible for any lost or damaged uniforms. Parents will be responsible for the cost of the cheerleader's personal items, cheer camp, uniforms, clinics, shoes, warm-ups, socks, etc. An opportunity to participate in fundraising will be presented to help defer costs.

- A. All cheerleading uniforms are property of Bearden Middle School. You may wear them when given permission by the BMS cheer coach. While these uniforms are in your possession, they are YOUR responsibility. You must keep them clean. Repairs to uniforms are your responsibility --You may not alter your uniform in any way other than taking in the skirt or tops: No cutting the Material.
- B. Bring proper clothing and cheer accessories for practices and games. Cheerleaders must wear assigned clothing to each practice.
- C. Keep uniforms in good condition. Any damage or loss must be repaired before the next game or replaced as soon as possible. Your uniform must be clean for all games, and only a white sports bra will be permitted to wear under uniform (unless told otherwise).
- D. Wear complete uniform for game. (hair, bow, uniform, socks, shoes).
- E. Only official squad warm-ups or sweatshirts may be worn over or with BMS uniform.
- F. Camp wear may only be worn as specified by the cheer coach.
- G. Wear assigned clothing to school for game days.
- H. Hair must be worn in one high ponytail. No Sloppy ponies. Hair needs to be neat and secured, not needing attention during games/competitions (i.e. brushing, falling out of ponytail holder). Bangs and sides should be off the face and pulled back. Assigned ribbon must be worn for each game/competition.

- I. No jewelry (including small studs) or glitter should be worn at any time. This includes all types of earrings, necklaces, bracelets, rings, or watches. The excuse of “newly pierced” will not be accepted. Wait to have ears pierced until after season.
- J. No tattoos or body piercing may be visible while in uniform.
- K. Nails are to be trimmed so that they cannot be seen from the palm. Cheerleaders will not be permitted to cheer if you have the following on your fingernails: fake nails or press ons” or colored polish.
- L. No cheerleader is permitted to wear their uniform or practice clothes outside of games or events scheduled by the BMS cheer coach.
- M. Makeup should be worn natural, not excessively.

**ARTICLE VI: EXPENSES**

According to Knox County Policy, the cost of being a cheerleader should not keep any qualified student from being eligible. Every effort will be made to keep expenses reasonable. Opportunities for fundraising will be offered.

To be a part of the Bearden Cheerleading Squad, the following expenses need to be considered:

**These are APPROXIMATE expenses:**

*Instruction:*

Premier Summer Camp	\$200.00
Monthly Premier Use for practices	\$40.00

*Cheer Attire: ESTIMATED COSTS*

Camp Wear	-- Estimated:\$80-\$90
Shoes	--Estimated \$50
Bag	--Estimated \$30
Pom-Poms	-- Estimated \$20
Ribbons	-- Estimated \$20
Briefs	-- Estimated \$15
Warm-Ups	--Estimated \$120

Knox County requires each cheerleader to be covered by athletic insurance. This insurance, however, will not cover camp, clinics, or practices – only games.

Cost of insurance: \$20 (**PAID BY BEARDEN MIDDLE SCHOOL**)

#### **ARTICLE VII: POINT SYSTEM/DISCIPLINE**

### **Bearden Middle School Cheerleading Squad Rules and Consequences (Revised 2012)**

Cheerleaders have the responsibility of representing Bearden Middle School. In order to ensure that our school continues to be well represented, the following demerit policy will be enforced.

<b>During Practice</b>	<b># of demerits</b>
Not giving 100%	10
Missing practice (unexcused)	10
Disrespecting coach, parents, or teammates	15
Not properly dressed for practice (shorts, t-shirt, cheer shoes)	5
<b>Ballgames</b>	<b># of demerits</b>
Missing a game (unexcused)	15

Not giving 100%	10
Not properly dressed (wrong/dirty uniform, jewelry)	5
Not sitting with cheerleading squad	5
<b>Discipline</b>	<b># of demerits</b>
1 <sup>st</sup> Discipline Teacher Write-Up	5
2 <sup>nd</sup> Discipline Teacher Write-Up	5
3 <sup>rd</sup> Discipline Teacher Write-Up	Meeting with Coach and A.D.
Discipline Referral resulting in ISS or OSS	20
ISS	Sit out for 3 weeks
OSS	Dismissal from team

**Consequences: (Demerits are cumulative)**

20 Demerits	<b>Sit out one game</b> (must be present and dressed for game, but will not be allowed to cheer)	Cheerleader may perform “community service” to remove demerits and will be allowed to cheer the next game
Repeated offense (If a cheerleader accumulates 20 demerits a 2 <sup>nd</sup> time)	Cheerleader will be placed on probation. <b>Cheerleader must sit out 2 games</b> (must be present and dressed for game, but will not be allowed to cheer)	Cheerleader may perform “community service” to remove demerits and will be allowed to cheer when half of the accumulated demerits are erased.
Additional demerits while on probation	Conference with parents/principal	Dismissal from team

**How to Erase Demerits:**

- 30 minutes of Community Service (Served within BMS after or before school hours)  
*Must be signed off on by a teacher as well as Coach Walls.*
- Writing the BMS Cheer Philosophy five times (Below in Article IX)

**Each time one of the above two tasks are completed, 5 demerits will be deducted.**

Excused absences include the following:

1. Death in Family
2. Sickness with a doctor's note
3. Religious Holiday
4. Family Hardships
5. Three vacation Days during the summer

#### **Article VIII: FUNDRAISING**

- A. All cheerleaders will participate in ALL fundraising events throughout the year. All parents must also contribute to fundraising events – parent representatives will need to be present at each fundraising event.

#### **ARTICLE IX: Bearden Cheerleading Philosophy**

As a Bearden Middle School cheerleader, I have accepted many responsibilities. My purpose is to promote and uphold team spirit, to support good relations in the community and between teams and squads during events. The organizational goal is to work in harmony with the Bearden Middle School cheerleading team, coaches, administration, and other athletic teams and sporting organizations. I agree to represent my school by displaying good sportsmanship and by setting a positive example for Bearden Middle School fans and fans from outlying communities. I have taken on the responsibility to care for myself in such a way that will allow me to contribute to be a positive and valuable part of the Bearden Middle School cheerleading team. As an athlete, I must make every effort to attend practices, games, and events. I understand that cheerleading is a privilege and not a right. I agree to give 100% effort 100% of the time with a positive attitude. I understand that the Bearden Middle School cheerleading squad is a team and that I must always support my fellow squad members. In addition, I understand that I am an ambassador of Bearden Middle School and my conduct is held to higher level. I will not put myself in a position where I will represent Bearden Middle School in a negative light. I have accepted these responsibilities and duties and understand the privilege it is to be a Bearden Middle School Cheerleader.

**The By-Laws must be read and signed by both Cheerleader Candidate and Candidate's parents and/or guardian to verify complete agreement and understanding of BMS rules and policies.**

**This system is effective immediately upon becoming a cheerleader at Bearden Middle School.**

I have read the By-Laws in their entirety, and agree to them in the event my child is selected to be a BMS Cheerleader.

\_\_\_\_\_

Parent/Guardian Signature

\_\_\_\_\_

Date

I have read the By-Laws in their entirety, and agree to them in the event that I am selected to be a BMS Cheerleader.

\_\_\_\_\_

Candidate Signature

\_\_\_\_\_

Date

**Bearden Middle School  
Cheerleading Permission Form  
2016-2017**

**Cheerleader** \_\_\_\_\_

I give my child permission to participate in cheerleading at Bearden Middle School. I have read and understand the Rules and Consequences. I also understand that the administration has the right to make any changes if necessary.

Cheerleader signature \_\_\_\_\_

Parent/guardian signature \_\_\_\_\_

Each candidate trying out for cheerleading will receive a  
BMS T-Shirt.

Please circle the candidate's designated size.

Adult Sizes:    XS    S    M    L    XL

**Return by April 29\***

ALL Candidates will need to have a current physical BEFORE TRYOUTS. Please stop by Bearden Middle School if you need a Physical Form.

Thank You!

Ashley Walls  
BMS Cheerleading Coach

**Bearden Middle Cheerleading Tryouts**

<b>Subject</b>	<b>Grade</b>	<b>Comment(s)</b>	<b>Teacher Signature</b>
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**Grade sheet**

**Cheerleader Name** \_\_\_\_\_

I understand that I must have a 2.0 GPA to tryout, as well as keep my GPA at a 2.0 to fully participate as a BMS cheerleader throughout the season.

I also understand that during the school year if I have received a D or F in any class, I will sit out until my grade is brought up.



Language Arts			
Math			
Science			
Social Studies			
Related Arts #1			
Related Arts #2			

**Cheerleader Signature** \_\_\_\_\_