

2020-2021

Student Name: _____

SOUTH-DOYLE HIGH SCHOOL
CHEERLEADING PACKET



HEAD COACH: LYNDA MORSE

REMIND101

LYNDA.MORSE@KNOXSCHOOLS.ORG

OFFICE: 865-577-4475

CELL: 865-323-3539 (EMERGENCY)

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Checklist and Due dates

- Signed Tryout Permission Form (Aug 12th)
- \$35 Tryout fee (Aug 12th)
- Tryout Permission Form (Aug 12th)
- Emergency Contact Form (Aug 12th)
- Code of Conduct (Aug 17)
- Demerit System (Aug 17th)
- Athletic Insurance Fee and Waiver (Aug 17th)
- Cheerleader Profile (Aug 17th)
- Media Release (Aug 17th)
- Fee Sheet (Aug 17th)
-

*You will not be able to participate in tryouts if fee and forms are not turned in Day 1 of tryout clinics.

Check the calendar on the cheerleading website for dates.

You can even download the calendar to your phone from the website!

Checklist for things to be signed and returned Monday after tryouts to Ms. Lynda

Requirements to Try Out:

- \$35 Tryout Fee Paid
- Cheer Tryout Forms Signed and turned in
- Current Physical
- Mask & Water
- Earned at least 6 credits last year
- Ability to participate in all practices, fundraisers, clinic, games, classes, jamborees, pep rallies, practices, volunteer activities & team bonding activities

On Aug 14th (TRYOUT DAY) students are required to wear:

- NO logos on shirts/shorts
- White shirt with short sleeves (NO tanks)
- Navy or black shorts
- Athletic shoes
- **Wear mask - We will follow all COVID-19 requirements**
- **All hair** pulled up in ponytail
- NO jewelry
- Nails at fingertip length

Tryout Clinic August 12th-13th

(4:30 check in) 5:00-7:00 pm

- 12th - Clinic
- 13th - Mock Tryouts

Tryout Day is Friday August 14th

5:00 pm

***Pick will be immediately following your cheerleader's tryout.**

NO Socializing following

Estimated Cost:

(These prices are estimates that are liable to change & do not include taxes and shipping)

SDHS Cheerleading Tryouts Permission Form

I give _____ permission to attend the clinic and tryout for cheerleading at South-Doyle High School for the 2020-2021 season. I have read all the included information and fully understand all the activities in which my daughter/son is participating.

I am also aware that if there are any issues such as injury, physical/vocal disruption, that SDHS and its employees cannot be held liable. Lack of following the tryout expectations (appropriate shoes, appropriate clothing, following directions, no cellphones, & other things per coach's discretion), can cause my daughter/son can be excused from the remainder of the clinic by the coach and will need to be picked up immediately (upon receipt of a phone call). My signature states that my child has no medical issues currently or possibility to have old injury/illness recurrence, that could prevent him/her from completing **all** the tasks necessary to cheer (stunt, tumble, yell, conditioning, etc...), in any way. There are no physical impairments to require accommodation or modification of aforementioned skills.

I understand that my daughter/son will be evaluated by qualified judges and I agree to abide by the decision of the judges. I am also aware that my child will not be allowed to try out if he/she doesn't meet the TSSAA/school/admin/coach criteria.

I understand that there will be no refunds for any reason if I decided not to try out once I have made my commitment and paid the tryout fee of \$35.00.

Parent Name (printed): _____

Parent Signature: _____ **Date:** _____

Student Name (printed): _____

Student Signature: _____ **Date:** _____

HIGH SCHOOL CHEERLEADER JUDGING FORM

Student's Number _____

Judge # _____

I. Entrance

- a. Jumps and Gymnastics _____ 0-10
- b. Spirit and Enthusiasm _____ 0-10

II. Jumps

- a. Required _____ 0-10
- b. Required _____ 0-10
- c. Optional _____ 0-15

III. Chant

- a. Projection _____ 0-10
- b. Poise and Confidence _____ 0-10
- c. Sharpness / Motion _____ 0-20
- d. Synchronization _____ 0-10

IV. Dance (female)

- a. Synchronization _____ 0-10
- b. Sharpness / Motions _____ 0-20
- c. Knowledge of Routine _____ 0-10
- d. Eye Contact – Facial Expression _____ 0-10
- e. Incorporation of Jump _____ 0-10
- f. Overall Performance of Dance _____ 0-10

V. Cheer

- a. Appearance _____ 0-10
- b. Eye Contact / Expression / Confidence _____ 0-10
- c. Projection / Voice Clarity _____ 0-10
- d. Sharpness / Motions _____ 0-20
- e. Jump _____ 0-10
- f. Incorporation _____ 0-15

VI. Stunts (male)

- a. _____ 0-35
- b. _____ 0-35

TOTAL _____

Judge's Signature on File

Judge's Number _____

Date _____

For clinics, wear:

- *Athletic shoes*
- *Hair up*
- *No nails*
- *No jewelry*
- *Bring your own water*
- ***Wear mask - we will follow all COVID-19 guidelines***

Day 1 **Doors open at 4:30 for check-in**

(30)	Check-In & Stretch	4:30- 5:00
(10)	Jumps & Motions	5:00- 5:10
(5)	Break	5:15- 5:20
(30)	Rotation 1	5:10- 5:50
(30)	Rotation 2	5:50- 6:20
(5)	Break	6:20- 6:25
(30)	Rotation 3	6:25- 6:55
(5)	Debrief	6:55- 7:00

Day 2 **Doors open at 5:00**

(15)	Check-In & Stretch	5:00- 5:15
(30)	Review	5:15- 5:45
(5)	Break	5:45- 5:55
	Mock Tryouts	5:55- 7:00

For TRYOUT DAY on Friday, wear:

- *NO logos on shirt/shorts*
- *White shirt with short sleeves*
- *Black or navy shorts*
- *Athletic shoes*
- *All hair up in low pony*
- *No jewelry*
- *Bring your own water*
- ***Wear mask - we will follow all COVID-19 guidelines***
- *Nail at fingertip length*

Emergency Contact Information

Emergency Contact #1: _____

Phone Number : _____

Second Ph. #: _____

Address : _____

City, State Zip: _____

Emergency Contact #2: _____

Phone Number : _____

Second Ph. #: _____

Address : _____

City, State Zip: _____

Please list any allergies _____

Please list any medical issues: _____

Cheerleading Guidelines and Rules

(We will follow KCS Criteria for Cheerleading, TSSAA Rules and Regulations and CDC Covid-19 guidelines)

Grades & School Attendance

- Cheerleaders must maintain a “C” average each nine weeks grading period to be eligible to participate.
- Any grade of “D” or “F” may result in additional conditioning/demerits/required tutoring schedule each quarter until the grade is brought up.
- Cheerleaders should and are encouraged to be present for at least a ½ day of school (3 hours and 45 minutes) or attend a school sanctioned event in order to participate in practice/games. Must be checked in or out by 11:45 am.
- If a cheerleader is absent or leaves early from school the coach must be notified by ONLY the cheerleader or cheerleader parent, not another cheerleader.

Game/Practice

- The time spent for cheerleading is quite extensive. **Cheerleaders must attend all practice, both during the school year, during summer, and during the school holiday breaks as scheduled.**
- There will be many times where the priority must be the cheerleading squad.
- A squad cannot practice or perform without its member’s and practice/games can not be rescheduled around each member’s personal schedule.
- If you're involved in a competitive cheer squad, please remember that the SDHS squad must come 1st.
- Practice schedules do vary and will be scheduled as deemed necessary by the coach.
- Any clinic that is scheduled will be required to attend.
- After school practices require the cheerleader fully dressed and ready by 3:45.
- Cheerleaders must be at the game at least 1 hour before.
- Cheerleaders are expected to cheer the entire game appropriately (at attention, smiling, agreeable, in uniform/accessories, showing spirit)
- Cell Phones are not allowed out after practice/games begin and while on the court/field. Phones are to be put in backpacks and can be checked during breaks/halftimes.
- If a cheerleader is absent or leaves early from school the coach must be notified by ONLY the cheerleader or cheerleader parent, not another cheerleader.

- Cheerleaders are required to stay after school for practice on home games unless announced
 - A minimum of 5 days prior notice is required
 - All appointments (including therapy & doctor's appointments must be made to avoid all home games so that the cheerleader may practice).
- Must have appropriate shoes, hair up, nails fingertip length, and clothes that cover appropriately for practice.
 - Athletes who are not cheering for injury/consequence/etc.... must also abide by these rules
 - If you are unable to follow the uniform guidelines, a doctor's note is required.
 - Practice attire will be a requirement (but will be determined after tryouts)
- We prefer closed practices. But if you would like to attend, please make arrangements with the coach.
- Inability to comply with requests, or to do so without comment, attitude, or complaint may result in being asked to leave the practice/games and will result in consequences.
- If your child has an injury and is still able to attend practice/games, but not able to participate, they are still required to be with the team. They will be able to sit with the coach on the sidelines. They are not allowed to sit in stands with family or friends. WE ARE STILL A TEAM!
- If they are not allowed to be at practice or on the sideline due to an injury, then they are required to stay home and not attend until a doctor has released them. Safety comes first!

Fall Practices and games:

- TBA after school during football season
- The practice before a home game is required in order to cheer that home game.
- **Please plan and be aware that football season may continue until December with the playoffs and we could play on Thanksgiving,** according to placement.
 - Do not plan events during this time. These games are also mandatory.

Basketball Schedules TBA

- Practice will vary with Basketball Schedule and may change per coach's discretion.
- **Please plan and be aware that basketball season may continue until well into March** according to tournament placement.
 - Do not plan events during this time. These games are also mandatory.

Communication

- Remind101 and SDHS website will be the main form of communications.
- Ideas or complaints should be brought to the attention of the coach, so that problems or suggestions may be handled and dealt with in a timely manner.
- If a cheerleader is absent or leaves early from school the coach must be notified by **ONLY** the cheerleader or cheerleader parent, not another cheerleader.

Excuses

- 3 Parent Notes are allowed, outside of any medical or death of family members.
- Coach should be notified of any absences, prior to practice/games
- “No Show” without communication, may result in consequences.

Expectations:

- **#1 HAVE FUN!**
- **#2 HAVE PRIDE IN OUR SCHOOL!**
- **#3 BE POSITIVE, BE RESPECTFUL, BE RESPONSIBLE!**
- **Disrespectful behavior** will not be tolerated **at any time!** You are representing SDHS at ALL times! (with or without your uniform).
 - Any disrespect (as defined by the coach) will **NOT** be tolerated and may be grounds for dismissal at the coach's discretion (This includes social media and out of school activities)
 - Taunting and Negative comments or gestures toward other squads during games will not be tolerated.
 - Posting inappropriate items or comments on any social media or social networking site is **NOT ACCEPTABLE** behavior.
- Smoking, drinking, drugs, obscene gestures or inappropriate language will not be tolerated. **These actions could result in DISMISSAL FROM THE SQUAD.**
- Any instances of bullying/inequalities/major issues/arguments about cheer/school/coaches amongst teammates must be communicated to the coach immediately.
- Cheerleader must comply to coach's requests immediately without argument/comment/attitude gestures.
- No Public Display of Affections (PDA) while in uniform (apart from holding hands or *short* hug), on school property, or during cheer activities.
- Any cheerleader who has the intention of not performing 100% when asked, messes up intentionally, or purposefully does not perform the stunts as asked by the coaches or captain, may have consciences

Injuries

- **ANY and ALL INJURIES MUST BE REPORTED TO THE COACH and TRAINER**
- Any injuries must be communicated to the coach prior to a practice to avoid re-injuring.
- Any injuries that impair your ability to participate require a doctor or trainer's recommendation.
 - Injured cheerleaders are still required to attend practices and games in full uniform and sit with the coach.
- Injuries lasting longer than 2-3 weeks may require uniform forfeit and possibility of someone else to step in. **Your signature is your unconditional consent that you are aware that if you have any recurring/chronic illnesses/injuries that may inhibit you from cheering multiple times during the season, that you understand the risks involved, choose to accept that you may have to forfeit your uniform according to coach's discretion.**
- In no way can the coach, staff, trainer, or school be held accountable in any way for injuries exacerbating your previous condition or injuries resulting from a cheerleading activity, if the choice is made to tryout. You must understand that cheerleading is a leading sport for injury, and you are accepting any and all risks involved regardless of the situation including but not limited to breaks, sprains, concussions, ligaments injury/tears, tendon injury/tear, or even death.
- Out of an abundance of caution, you are advised that if there is a possibility of, or if your child has recurring/chronic injuries/issues that can interfere with your ability to perform all duties as a cheerleader are not advised to try out. While school sports are fun and important, your choice to allow your child to tryout grants your acknowledgement that many injuries may occur in cheerleading and accept responsibility for those injuries/exacerbations of injury associated with the activity.
- It is the responsibility of the student and parent to communicate BEFORE tryouts any and all inhibitory injuries/issues/previous conditions with the practitioner for their physical examination for approval and recommendation to participate. Any medical issues omitted for the physical in order to tryout are unacceptable and may forfeit their position on the team.
- If your child has a medical issue, such as an asthma inhaler, requires a brace, or taping, it is the parent/cheerleader's responsibility to bring those items to EVERY practice/games/etc....
- You must understand that cheerleaders are required to purchase their own pre-wrap and tape, these are not provided by the trainer. Any injury required taping more than three times, is recommended to buy a brace instead, per the trainer.

Dismissals from Squad

- Quitting/dismissal from the team makes a cheerleader ineligible to tryout the next 1 year.
- Any cheerleader who has accrued at least 20 demerits or had at least 3 coach conferences is also ineligible to tryout the next year.
- Any cheerleader who quits/is dismissed is still responsible for paying their fees (all costs are non-refundable).
- **There does not have to be a warning to students or parents, nor a demerit total reached, to dismiss if the coach deems so.**

Uniforms

- Are property of South Doyle High School
- Each Cheerleader is responsible for keeping the uniform you received in good conditions. Any damages, losses, etc. must be repaired or replaced at the cheerleader's own expense.
- Uniforms must be cleaned and pressed for each game.
- Uniforms should be inspected upon receipt by the parent and any problems reported immediately to the coach.
- **NO ONE SHOULD ALTER UNIFORMS WITHOUT THE COACHES KNOWLEDGE AND APPROVAL.**
- If during the year, a cheerleader outgrows the uniform, the cheerleader is responsible for purchasing a new one or paying for alterations.
- Alteration can only be done with the approval of the coach and by the seamstress the coach chooses.
- **DO NOT** loan your cheerleading uniforms or other "official" cheerleading clothing to anyone not associated with the cheerleading squad.
- Cheerleaders will be required to have all uniforms and cheer gear with them at all games.
- Coach will decide uniform attire for all games.
- Cheerleader will wear matching clothes for all practices.

South-Doyle High School

2020-2021

Cheerleading Guidelines & Rules

August 17th, 2020

I have completely read and understand all of the above information. I understand that inability/refusal to adhere to any/& all of these terms (for parent or student) is grounds for immediate termination upon coach's discretion without prior warning/demerit. I understand that by allowing my child to tryout and sign these documents, I am giving my unconditional consent to any and all terms including the coach's discretion. I hereby agree to all the above terms, unconditionally, with my signature:

Parent Name (printed): _____

Parent Signature: _____ **Date:** _____

Student Name (printed): _____

Student Signature: _____ **Date:** _____

SDHS Cheerleading Consequences & Demerit System

Demerit will be a last resort.

Cheerleaders will be required extra conditioning before practice, before demerit is given, this is also at coach's digression

Demerit Points

Attendance

- | | |
|--|-------|
| 1. Unexcused absence from practice (not illness or school sponsored) | 5 |
| 2. Late to practice/ a home game or late for away departure time without communication | 1-5 |
| 3. No show for required fundraiser or an unexcused absence for a game | 10-15 |
| 4. Leaving early from practice (no more than 30 minutes early) | 1-2 |

Appearance

- | | |
|--|---|
| 5. Minor appearance issue not in compliance after request (nail color, etc...) | 2 |
| 6. Not completely uniform at school on gameday | 3 |

Behavior

- | | |
|--|------|
| 7. Using inappropriate language/gestures during games or practice (includes taunting/name calling) | 1-15 |
| 8. Showing disrespect to squad member/school/teachers/coaches/peers/school | 1-15 |
| 9. Violation of school rules (including dress code) | 1-15 |
| 10. ISS | 5-15 |
| 11. Staying after-school before games without coach's consent | 5-15 |
| 12. Not staying with team/asking coach permission to go anywhere besides locker room before game | 5-10 |
| 13. Social media/messaging misconduct (negative talk about squad, coaches, team, or teammates). | 5-15 |

NOTE: Excused absences from practice or a game include **illness** or attending another **school-sponsored**, pre-approved by coach, event (field trips, participation in other athletic contests, etc.). The cheerleader must turn in a doctor's note/parent note (up to 3 per season) or note from another school activity sponsor the following school day for the absence to be counted as "excused." Failure to do so will result in an "unexcused" absence. Injured cheerleaders are still required to attend all practices and learn all missed skills, cheers, etc... If a cheerleader is not able to perform/be professional on the sidelines/games/activities to the coach's standards, they may be asked to sit by the coach until the coach's discretion. This is a working document that is liable to change at coach's discretion without prior notice. You are allowed 3 parent notes (vacation, family, etc...).

Parent Name (printed): _____

Parent Signature: _____ **Date:** _____

Student Name (printed): _____

Student Signature: _____ **Date:** _____



Insurance Coverage Statement

- I understand that the athletic insurance carried by the school system is a secondary coverage policy meaning it pays only after the parents' primary coverage pays.
- I understand that the responsibility to file the proper forms for payment is the parent's responsibility.
- I understand that medical expenses **ARE MY RESPONSIBILITY** in connection with my child playing voluntary sports.
- I understand that I accept financial responsibility for any injury not covered by my hospitalization insurance or KCS sport accident insurance.

Parent/Legal Guardian Signature

Date

Cheerleader Profile

Name: _____

Grade Level: _____

DOB: _____

Circle one of each size below, these will be used when ordering cheer items, so please be sure they are accurate:

Shirt Size: XS S M L XL XXL

Skirt Size: XS S M L XL XXL

Shoe Size: _____

Legging Size: XS S M L XL XXL

Warm-up jacket size: XS S M L XL XXL
XXL

Warm-up pant size: XS S M L XL

Years of Cheering for Middle

Years of High School Cheer:

School: _____

Years of Competitive Cheer:

Years of Gymnastics:

Photo Release for Promotional Material

Social Media/Website/Newspaper

For valuable consideration received, I grant to South-Doyle High School Cheerleading the absolute and irrevocable right and unrestricted permission concerning any photographs that he/she has taken or may take of me or in which I may be included with others, to use, reuse, publish, and re-publish the photographs in whole or in part, individually or in connection with other material, in any and all media now or hereafter known, including the internet, and for any purpose whatsoever, specifically including illustration, promotion, art, editorial, advertising, without restriction as to alteration; and to use my name in connection with any use if he/she so chooses. I release and discharge South-Doyle High School from any and all claims and demands that may arise out of or in connection with the use of the photographs, including without limitation any and all claims for libel or violation of any right of publicity or privacy. This authorization and release shall also insure to the benefit of the heirs, legal representatives, licensees, and assigns of South-Doyle High School Cheerleading, as well as the person(s) for whom he/she took the photographs. I am a legally competent parent/guardian and have the right to contract in my own name/in the name of my child. I have read this document and fully understand its contents. This release shall be binding upon me and my heirs, legal representatives, and assigns.

Parent Name (printed): _____

Parent Signature: _____ **Date:** _____

Student Name (printed): _____

Student Signature: _____ **Date:** _____

The \$60 insurance fee (not covered by fundraiser) due Monday after tryouts

Cheerleader Gear: \$250-500

- Shoes
- Briefs
- Poms
- Bow
- Shirt
- Ear warmers
- Gloves
- Sweats/rain gear

Fundraisers: (possible)

- Selling banners
- There are other options that are being explored.

Optional Gym

- *Stunt/Tumble Classes are estimated (\$55/month) in addition to fees.*

Due date for all fundraising money AND/OR cheer fees is due on
Sept 1st

IF THE INSURANCE FEE IS NOT RECEIVED BY **the first practice**,
the cheerleader may not cheer or participate in practices/activities.
They are not considered an official member of the squad without fees paid.

(Please note these prices/items are an estimate that are subject to change & are not including shipping fees/taxes)

I understand that fundraisers will be used for the team, as stated by the coach, and that I am responsible for payments listed above.

My signature is my agreement to pay by the aforementioned dates. I understand that there will be no refunds for any reason. I also understand that fees not paid by the aforementioned date may forfeit position on the team.

Parent Name (printed): _____

Parent Signature: _____ **Date:** _____

Student Name (printed): _____

Student Signature: _____ **Date:** _____

