

FMS 2022-2023
CHEERLEADING TRY-OUTS



CLINIC DATES

April 19 – 20 from 3:45-5:30 PM

TRYOUT DATE

April 21 from 3:45-6:30 PM

Location

FMS GYMNASIUM

**Required Documents and tryout fee are due to the FMS
Front Office or emailed to
abby.cali@knoxschools.org by: Friday, April 14th with
ATTN: Mrs. Abby Cali**

****Please place all required documents in a large envelope with the cheer candidate's name on it****

Required Documents:

1. Registration Form (must be completed online):
https://docs.google.com/forms/d/1_cdZu9lvmDVNyCW12Z5IL9HE-ADaTfdZ1hnEvCt1kKc/edit
2. Current Physical
3. Signed Understanding of by-laws
4. Signed permission slip
5. \$20 Check or Cash
6. Copy of current grades (must have C average)

Dear Potential FMS Cheerleader and Cheer Parent,

Get excited for 2022-2023 FMS 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.

- April 19 – 20 will be a clinic in which cheer candidates will learn a dance, cheer, and chant for tryouts.
- April 21 candidates will try-out in front of a panel of qualified judges, showing all material they have learned from the clinic, as well as jumps and tumbling they are capable of performing. The cost for tryouts will be \$20.

Attire for tryouts:

April 19 & 20: *Athletic Shorts and a T-Shirt. Hair must be completely tied back in a Ponytail. Tennis/Cheerleading Shoes.*

April 21: TRYOUT DAY! *Navy Shorts and Plain White T-Shirt. Hair must be completely tied back in a Ponytail, White Ribbon or bow, and Tennis/Cheerleading Shoes.*

There is to be **NO jewelry** worn during tryouts. **Failure to wear the designated attire will result in dismissal of tryouts for that day.** Please come prepared! It is suggested that candidates bring water bottles.

BEST OF LUCK TO ALL!

Competitive Team Participation

If a candidate is on a competition squad outside of FMS, the candidate must understand that **FMS Cheer comes first.**

This Means:

- **No cheerleader is permitted to leave FMS Cheer practices early due to another team practice.**
- **No cheerleader is permitted to leave FMS Games early due to another team practice.**
- Cheerleaders must schedule their other team's events around FMS Cheer Events
- Please note that FMS cheer may have weekend events planned, therefore if an FMS cheerleader has a competition of some sort, they must make the FMS 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 FMS Squad.

Please note: Our schedule becomes quite rigorous during basketball season.

Tentative Schedule:

- Summer practice schedule is still to be determined.
- Regular practices begin late August or early September.
- Mandatory pre-season overnight summer camp in June 17 – 19
- August 29th: Beginning of basketball practice season (every Monday and Thursday from 3:45-5:15 in FMS upper gym)
- A fundraiser will be held in early December. Everyone will be expected to participate, including parents. Other fundraising efforts will be planned to assist with cheer team's plans to attend competitions.
- **Most** basketball games are on Mondays and Thursdays after school until approximately 7:00 p.m.
- Games start early November and can go all the way into late-January or even mid-February (sectionals and state).
- Tournament Games start in January. Games are NOT ALWAYS on Mondays or Thursdays. Be prepared for different game day nights and potential Saturday games.

The following is a list of dates to keep in mind as you begin planning for the year:

- Pre-Tryout Parent Meeting will be **Tuesday, March 29th**, at 5:30 p.m.
One parent/guardian per cheerleader is encouraged to attend.
 - ****Link to meeting and FMS cheer registration packet are available on the school website.***
- REQUIRED Uniform/team wear fitting will be held for all 2021-2022 cheerleaders
 - **Location:** RED Pod A – 124
 - **Date/Time:** Monday, April 25 (4:00-5:00 p.m.)
- *No Parents (per KCS policy of limiting outside visitors)*
- The intent of the new weekday summer practice schedule is to prepare for a regional competition in late Fall. Summer practice dates are being finalized by coaches and administration. Summer practices would NOT occur during the weeks of June 27 and July 3. Summer practices are imperative to the squad's success and will be **mandatory**. Absences due to pre-planned vacation must be approved by a Coach upon making the squad. Once school

begins, **mandatory** basketball cheer season practice will be every Monday and Thursday.

- **Mandatory** Pre-Season Camp: 3 days in June (17 - 19)
- **Mandatory** choreography practice: Dates being determined by choreographer, but has been requested for June 13 – 16 OR June 6 – 9
- A fundraiser will be held in **early December**, and everyone will be expected to participate, including parents. Other fundraisers will be required to support our plans.

Farragut Middle School Cheerleading By-Laws

The following articles make up the Farragut Middle School Cheerleading By-Laws. These are to be read and followed by those students selected to represent Farragut 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 FMS 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

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

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

- 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.
- Cheerleading candidates must have a current GPA of at least a 2.0. A copy of the student's most recent report must be submitted to the cheer coach prior to tryouts.
- The principal does have the right to bar a student with questionable grades or conduct from tryouts.

ARTICLE II: Tryout Process

- All candidates must attend all three days. Tryout fees are \$20 per person and are non-refundable.
- Cheerleader By-Laws and demerit system must be read, signed, and returned along with a sports medical form BEFORE the candidate may participate in the clinic.
- *The 3-day clinic and tryout day is CLOSED to all persons except the coach, candidates, and the clinic personnel.*
- A panel of judges made up of past and/or present cheerleading coaches will judge tryouts on Thursday, April 21.
- Numbers of selected cheerleaders will be posted on the FMS school website by 8PM on Thursday, April 21.
- It is to be understood that a candidate who was part of the FMS Cheer Squad previously does NOT have a spot reserved.
- Candidates must be dressed appropriately (Refer to Page 1 of Tryout Packet) or they will be dismissed from the clinic and/or tryouts. NO jewelry or glitter is to be worn during tryouts.
- Candidates will be scored on the following skills:
 - Motions
 - Spirit
 - Jumps
 - Individual Cheer
 - Group Dance
 - Group Chant
 - Tumbling
- • 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 FMS Cheerleader

To maintain a part of the cheer squad at FMS, students must abide by the following:

- MUST attend mandatory day camp in June
- Allow NO OTHER EXTRACURRICULAR ACTIVITIES TO INTERFERE WITH CHEERLEADING DUTIES, PRACTICES, and GAMES.
- Cheerleaders are to be at every basketball game (Girls and Boys Games)
- Represent FMS 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 becomes an issue.
- 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.
- Be on time and attend ALL practices held. NO EXCEPTIONS.
- All practices will begin with warm ups to avoid injuries. Shoes and appropriate, assigned clothing should be worn to each practice. Hair should be up – no jewelry!
- During games, there is NO TALKING while on the sidelines. A cheerleader is to cheer, not socialize during game times.
- *Transportation:* Cheerleaders are expected to provide their own transportation from Farragut 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. Cheerleader must be picked up in a timely manner – home games: parents need to be at FMS by 7PM – away games: parents need to be at FMS by 7:30PM. Failure to pick up cheerleader in a timely manner will result in a meeting with the coach and Athletic Director.
- An email or text message must be sent to the coach notifying if a cheerleader will be absent from a game or practice. After seeing a doctor for an injury, a cheerleader must have a written note from the doctor to allow participation.
- Grades will be checked periodically throughout the grade periods – any cheerleader who does not maintain a C average 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.
- No practices will be held unless a coach is present. This includes afternoon or weekend practices at a squad member's house.

ARTICLE IV: SCHOOL CONDUCT/ACADEMIC EXPECTATIONS/SOCIAL MEDIA

- To maintain the position of a cheerleader at Farragut Middle School, the student must behave in a personable manner at school, games, and outside of school exhibiting good sportsmanship at all times. Team members are expected to conduct themselves in a manner that reflects a positive image at Farragut Middle School. Smoking, drinking, using drugs, vulgarity, cursing, and bullying will not be tolerated. This will result in immediate dismissal.
- Cheerleaders must exhibit appropriate behavior online and on all social media accounts. The coach reserves the right to ask the cheerleader to remove any content that is inappropriate or does not represent the team in a positive way or follow school rules. Cheerleaders are to treat everyone with respect and kindness online.
- 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.
- 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 consequences.
- Cheerleaders must refrain from fighting or classroom conflict with peers or teachers resulting in office action. This will result in immediate dismissal. • Cheerleaders must have regular school attendance and be on time each day to classes.
- 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 fully responsible for the cost of the cheerleader's personal items, cheer camp, uniforms, clinics, shoes, warm-ups, socks, etc.

- All cheerleading uniforms are property of Farragut Middle School. You may wear them when given permission by the FMS 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.
- Bring proper clothing and cheer accessories for practices and games.

- Cheerleaders must wear assigned clothing to each practice – including shoes.
- 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.
- Wear a complete uniform for games (hair, bow, uniform, socks, shoes).
- Only official squad warm-ups or sweatshirts may be worn over or with FMS uniform.
- Camp wear may only be worn as specified by the cheer coach.
- Wear assigned clothing to school for game days.
- Hair must be worn specified by the coach and/or captains (high pony, low pony, or ½ up ½ down). No Sloppy ponies. Hair needs to be neat and secured, not needing attention during games (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.
- 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.
- No cheerleader is permitted to wear their uniform or practice clothes outside of games or events scheduled by the FMS cheer coach.
- Lost items (such as poms, bows, etc.) must be replaced at the parent’s expense immediately.

ARTICLE VI: EXPENSES

According to Knox County Policy, the cost of cheerleading should not keep any qualified student from being eligible. Every effort will be made to keep expenses reasonable. To be part of the Farragut Cheerleading Squad, the following expenses need to be considered:

These are APPROXIMATE expenses

Instruction & Attire:

- Overnight Mini Camp June 17 – 19: \$357
- Cheer Camp Wear: \$132.52
- Warm-Up: \$100
- Accessories Package (required for 1st year cheerleaders): \$195
- School Team Fee: \$60
- School Insurance Fee: \$60

A la carte Varsity pricing:
Navy and White bows: \$9.95
Grey bow: \$12.95
Charge Shoe: \$63.95
Sock: \$7.95
Backpack: \$57.95
Poms: \$30.50
Briefs: \$14.95
Bodyliner: \$22.95

Returning Cheerleader Season approximate total: \$830
1st year cheerleaders Season approximate total: \$1,025

*Knox County requires each cheerleader to be covered by athletic insurance (included in school team fee). This insurance, however, will not cover camp, clinics, or practices – only games.

****Parents- All school fees and Varsity orders are due by Friday, May 6th, in order to ensure that uniforms and practice-wear are delivered in time. Please plan ahead and budget accordingly.**

*****Please note: If there are school cancellations FMS can't guarantee refunds for cheerleading team fees or expenses. If school is canceled, certain activities might not be able to be rescheduled.**

Article VII: Farragut Cheerleading Philosophy

As a Farragut 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 Farragut Middle School cheerleading team, coach, 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 Farragut 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 Farragut 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 Farragut 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 Farragut Middle School and my conduct is held to higher level. I will not put myself in a position where I will represent Farragut Middle School in a negative light. I have accepted these responsibilities and duties and understand the privilege it is to be a Farragut Middle School Cheerleader.

The By-Laws must be read and signed by Cheerleader Candidate and Candidate's parents and/or guardian to verify complete agreement and understanding of FMS rules and policies. This system is effective immediately upon becoming a cheerleader at Farragut Middle School.

MIDDLE SCHOOL CHEERLEADER JUDGING FORM
Candidate's Number _____ **Judge #** _____

Scoring: 1 (low) to 5 (high)

I. Individual Cheer

a.	Entrance – Enthusiasm – Spirit - Gymnastics	0	1	2	3	4	5
b.	Appearance and Smile	0	1	2	3	4	5
c.	Incorporation of Jump	0	1	2	3	4	5
d.	Projection - Voice Clarity	0	1	2	3	4	5
e.	Poise and Confidence	0	1	2	3	4	5
f.	Sharpness	0	1	2	3	4	5
g.	Gymnastics	0	1	2	3	4	5

SUBTOTAL _____

II. Jumps

a.	Required	0	1	2	3	4	5
b.	Required	0	1	2	3	4	5
c.	Optional	0	1	2	3	4	5

SUBTOTAL _____

III. Dance

a.	Synchronization	0	1	2	3	4	5
b.	Motions	0	1	2	3	4	5
c.	Knowledge of Routine	0	1	2	3	4	5
d.	Eye Contact – Facial Expression	0	1	2	3	4	5
e.	Incorporation of Jump	0	1	2	3	4	5
f.	Overall Performance of Dance	0	1	2	3	4	5

SUBTOTAL _____

IV. Group Chant

a.	Projection	0	1	2	3	4	5
b.	Poise and Confidence	0	1	2	3	4	5
c.	Sharpness	0	1	2	3	4	5
d.	Synchronization	0	1	2	3	4	5
e.	Group Awareness	0	1	2	3	4	5

SUBTOTAL _____

TOTAL _____

Judge's Signature on File

Judge's Number _____

Date _____

Farragut Middle School Cheerleading Permission Form Cheerleader

(PRINT) _____

I give my child permission to participate in cheerleading at Farragut 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 _____

By-Laws and Demerit System Agreement

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

Parent/Guardian Signature & Date

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

Candidate Signature & Date

**Return this form to the main office by Thursday, April 14th
along with \$20, a print out of the candidate's last report
card and a sport physical from a doctor.**