

2020-2021 WVMS Cheerleading Application

Name: _____ 2020-2021 Grade Level: _____

Current Homeroom Teacher: _____

Address: _____

Father's Name & Work Phone: _____

Mother's Name & Work Phone: _____

Cell Phone Numbers- Mother: _____ Father: _____

Please answer the questions below. You may use the back of this page if you need more room for your answers.

- Why do you want to be a WVMS Cheerleader?

- What does the word "team" mean to you?

- Name 3 characteristics that a WVMS cheerleader should have, and why.

- What are some expectations that you have for the upcoming year?

Attach a copy of your most recent report card along with the \$40 Tryout Fee. An average of "C" is required. If your grades do not average to this, please do not apply. Applications are due by March 24th, 2020 to the WVMS School receptionist. They will then be placed in Ms. Sutton's box to be reviewed by the coach.

Application for Cheerleading Try-outs

My child, _____ has my permission to participate in the WVMS Cheerleading Tryouts for the 2020-2021 season. If selected, my child has permission to be a cheerleader at West Valley Middle School. I understand that he/she must abide by the rules and regulations set forth by the cheerleading coach and the principal of West Valley Middle School, and be present for all practices and games. I have read the rules and regulations and understand that the violation of any of these rules may lead to temporary or permanent suspension from the squad. I understand that all forms attached must be completed by March 24th 2020, or my child will not be allowed to tryout. I understand that my child must be able to attend all practices (unless excused by the advisor) and tryout sessions, or my child will not be considered for the cheerleading position. I understand that my daughter/son will be evaluated by qualified judges and we agree to the decision of the judges.

I understand all costs stated in the rules.

I understand that I must turn in three teacher recommendations to be considered for the cheerleading team (Current Middle Schoolers Only)

I understand by the very nature of the activity, cheerleading and gymnastics carry of risk of physical injury. No matter how careful the participant and coach are, how many spotters are used, or what landing surface is used, the risk cannot be eliminated. The risk of injury includes minor injuries such as muscle pulls, dislocation, and broken bones.

(Parent or Guardian)

(Date)

(Parent or Guardian)

(Date)

I am interested in being a cheerleader at West Valley Middle School. I understand the risks stated above. If selected, I promise to abide by the rules and regulations set forth by the sponsor and the principal of West Valley Middle School. I promise to cooperate and follow the instructions of the cheerleading coach.

Student Signature: _____ Date: _____

Home address: _____

School currently attending: _____

Grade next year: _____

Thank you so much for your interest in joining the West Valley Middle School Cheerleading Team! I am so excited to meet you!

-Nicole Sutton-

WVMS Cheerleading Rules
Demerit System
2020-2021

Each offense is worth one demerit:

- Be in the gym or lecture hall by 3:45 dressed for practice; Practice begins at 3:45!
- Cheerleading shoes and proper practice attire are to be worn.
 - Appropriate shorts (length)
 - Appropriate shirts (must cover stomach)
- No jewelry is allowed at practice or games as per Knox County Policy.
- Speak respectfully to your teammates and your coach!
- Hair must be in a ponytail—pulled back and out of your face.
- No gum chewing.

Each offense is worth two demerits:

- Not being properly dressed for a game.
- Wearing jewelry during a game.
- Yelling at friends during a game (on and off of the court)
- Talking on the sidelines during a game.
- Leaning against the wall during a game/Not paying attention during a game.
- Chewing gum during a game.
- Talking during a stunt (unless you are the one calling it)
- Speaking unkindly of another cheerleader, sponsor, or coach.
- Unexcused absence from practice and/or game.

Consequences:

- After three demerits, you will stay 30 minutes after practice for conditioning.
- After six demerits, you will sit out one game. Cheerleader must attend game and sit with cheer coach.
- After ten demerits, you will sit out two games. Cheerleader must attend game and sit with cheer coach.
- After 15 demerits, you will sit out three games and must attend a restorative conference with the cheer coach.
- After 20 demerits, you will be dismissed from the squad.

Cheerleading Rules Demerit System (Continued)

Coach Sutton will determine if any demerits need to be given and will keep track of all demerits assigned. Argumentative behavior from the cheerleader or parent about demerits given will result in suspension for one game. *** If a cheerleader is not compliant of the social media contract, administration will meet with Coach Nicole Sutton and will decide the following: Suspension from squad or Probation from the squad ***

Parent Signature: _____

Cheerleader Signature: _____

**WVMS Demerit System does not need to be signed by the Parent or cheerleader until after tryouts have been held **

Parent letter

Dear parent/guardian,

I am thrilled that your child has taken interest in participating in tryouts for the 2020-2021 West Valley Middle School Cheerleading team. While I know that this tryout packet is very thorough, I want to ensure that the athletes who try out and make the team are dedicated and aware of the commitment that this team requires. I hope to have a team of positive and dedicated cheerleaders with a love of the sport who are full of PackPRIDE. West Valley Middle School Cheerleaders are a direct representation of the school and the values that it upholds daily.

West Valley Middle School prides itself upon the 5 key values of:

Positive
Respect
Integrity
Dedication
Excellence

If your child is selected as a member of the 2020-2021 cheerleading team, you will be financially responsible for the following:

\$40 Tryout Fee – Due along with Tryout Packet

Mandatory Summer Choreography Camp, Premier Practices during "off season" fee, One School Uniform/bows/poms/shoes, Practice outfits, Fall clothes, etc.

If your child is selected as a member of the team the time requirement is as follows:

The team will practice two times per week during the "off season"

- This year we practiced Tuesday and Thursday 3:45-5:30

Cheerleaders will be required to cheer at all WVMS basketball games (girls and boys)

- Basketball games are generally on Mondays and Thursdays.

Tryout Clinics will take place as listed below:

March 25th, 2020- Day 1 – Athletes will be taught a short dance and cheer. (White t-shirt, Navy shorts, any bow)

March 26th, 2020- Day 2 – Athletes will have an opportunity to practice the cheer and dance that they were taught the previous day and will participate in a "mock" tryout in order to go through the procedure. (White t-shirt, Navy shorts, any bow)

March 27th, 2020- Day 3 – Tryouts will take place from 4-8PM and the official team will be announced after judges have finished tallying up scores. (White t-shirt, Black shorts, any bow)

I am so excited for another great season!

Thank you!

Nicole Sutton

Parent Letter Agreement

Please sign this form. By signing this form, you and your child agree to the following:

- The time and cost commitment required if your child is selected
- Adhering to the tryout procedures.
- Adhering to the commitment that will be expected regarding camp attendance.
- Understanding the a "C" average must be maintained in order to be eligible for a cheerleader, not only during tryouts, but also throughout the cheerleading position.
- Respecting the final decision of the judges.

This packet along with the tryout fee is due by March 24th, 2020 to the WVMS School receptionist. They will then be placed in Ms. Sutton's box to be reviewed by the coach.

(Student Signature)

(Parent or Guardian)

WVMS Cheerleading Rules and Regulations

- Be on time to all practices and games. Communicate with Coach Sutton if you have a conflicting commitment—we can try to work something out.
 - You must attend all practices and games unless excused by the Coach—otherwise appropriate demerits will be given.
- Be respectful to your teammates, coach, teachers, administrators, and yourself.
 - No talking on the sidelines—Pay attention
 - No cellphones during practice/game times
- Be prepared
 - Bring all needed cheer materials
 - Practice cheers/routines at home
- Be positive and encouraging
- Must obtain a “C” average while on the team

WVMS Cheerleading Rules and Regulations Agreement

If your child is trying out for the WVMS Cheerleading Squad, this agreement must be completed signed and returned as part of the registration packet to the WVMS receptionist by March 24th, 2020.

No late forms will be accepted.

Please keep the "WVMS Cheerleading Rules and Regulations for your file.

For Prospective Cheerleaders

I have carefully read the WVMS Cheerleading Rules and Regulations. I understand what is expected of me in order to be a member of the WVMS cheerleading squad in good standing. I promise to keep myself knowledgeable of all rules, and I realize that the consequences of poor conduct and/or inappropriate actions may include suspension, probation, and/or dismissal from the squad. I will respect my teammates, advisor, coach, parents of squad members, teachers, and the administration of WVMS at all times. I will show positive school spirit at all times and will do my best to represent WVMS honorably.

(Student Signature)

(Date)

Your Contact Info

Athlete's Name: _____

Athlete's Grade: _____

Parent's Name: _____

Parent's Cell: _____

Parent's Email: _____

Best way to contact you in the event of an emergency?

Emergency Contact:

Name/Relationship to cheerleader:

Cell Number: _____

**** In the event of an emergency, the parent will be contacted first. Then the emergency contact will be notified. ****

Teacher Recommendation Form (1 of 3)

Please complete this form and return it to Nicole Sutton's box by March 24th, 2020. It is very important that you rate the student according to how YOU feel the student does in YOUR class. Please be realistic as well as fair. These evaluations will not be shared with the student. They will be confidential and tallied by the sponsor. Please complete the following as soon as possible, so that we will have time to tally prior to the try-out date. Teacher evaluations will be averaged together to count of a portion of each candidate's score. Only those teachers who taught the candidate will participate in the evaluation process. Therefore it is very important to give the student an honest rating based on your knowledge of the individual student. On a scale of 1 to 5, please rate the applicant in each of these areas listed below.

Teacher Evaluation for Cheerleading Tryouts
Nicole Sutton Cheerleading Coach

Name of Applicant: _____

Class(es) taught: _____

Did this student ever need to be disciplined by you, and if so, what was the offense?

On a scale of 1 to 5 please rate the applicant in each of these areas listed below:

_____ Ability to get along with others

_____ Attitude

_____ Cooperation

_____ Attendance and punctuality

_____ Dependability

Signature of teacher: _____

Date: _____

School: _____

Teacher Recommendation Form (2 of 3)

Please complete this form and return it to Nicole Sutton's box by March 24th, 2020. It is very important that you rate the student according to how YOU feel the student does in YOUR class. Please be realistic as well as fair. These evaluations will not be shared with the student. They will be confidential and tallied by the sponsor. Please complete the following as soon as possible, so that we will have time to tally prior to the try-out date. Teacher evaluations will be averaged together to count of a portion of each candidate's score. Only those teachers who taught the candidate will participate in the evaluation process. Therefore it is very important to give the student an honest rating based on your knowledge of the individual student. On a scale of 1 to 5, please rate the applicant in each of these areas listed below.

Teacher Evaluation for Cheerleading Tryouts
Nicole Sutton Cheerleading Coach

Name of Applicant: _____

Class(es) taught: _____

Did this student ever need to be disciplined by you, and if so, what was the offense?

On a scale of 1 to 5 please rate the applicant in each of these areas listed below:

_____ Ability to get along with others

_____ Attitude

_____ Cooperation

_____ Attendance and punctuality

_____ Dependability

Signature of teacher: _____

Date: _____

School: _____

Teacher Recommendation Form (3 of 3)

Please complete this form and return it to Nicole Sutton's box by March 24th, 2020. It is very important that you rate the student according to how YOU feel the student does in YOUR class. Please be realistic as well as fair. These evaluations will not be shared with the student. They will be confidential and tallied by the sponsor. Please complete the following as soon as possible, so that we will have time to tally prior to the try-out date. Teacher evaluations will be averaged together to count of a portion of each candidate's score. Only those teachers who taught the candidate will participate in the evaluation process. Therefore it is very important to give the student an honest rating based on your knowledge of the individual student. On a scale of 1 to 5, please rate the applicant in each of these areas listed below.

Teacher Evaluation for Cheerleading Tryouts
Nicole Sutton Cheerleading Coach

Name of Applicant: _____

Class(es) taught: _____

Did this student ever need to be disciplined by you, and if so, what was the offense?

On a scale of 1 to 5 please rate the applicant in each of these areas listed below:

_____ Ability to get along with others

_____ Attitude

_____ Cooperation

_____ Attendance and punctuality

_____ Dependability

Signature of teacher: _____

Date: _____

School: _____

Social Media Contract and Agreement for WVMS Cheerleaders

Please read over the following and have athletes initial by each rule to indicate agreement.

_____ 1. I am a cheerleader/athlete that represents not only West Valley Middle School, but the West Valley Cheerleading team. I will take this into consideration when posting anything on any social media websites.

_____ 2. I am responsible for everything I say or do online.

_____ 3. I will not give out my usernames or passwords in order to prevent someone "hacking" or posting something without my consent (This does not include your parents).

_____ 4. I will not make fun of or bully students online. This includes students not only at WVMS, but other schools as well.

_____ 5. I will not post unacceptable pictures or posts about myself or others online.

_____ 6. I will represent my school and my cheerleading team in a positive manner.

_____ 7. In order to hold myself accountable, I will follow/accept the follow of the current cheerleading coach/team social media profile.

_____ 8. If a post is determined to be inappropriate or in violation of this social media agreement, I will remove the post as soon as I am asked.

**** IF THESE RULES ARE NOT FOLLOWED, YOU ARE AT RISK OF SUSPENSION AND/OR PROBATION FROM THE SQUAD ****

Parent Signature: _____

Date: _____

Student Signature: _____

Date: _____

Tryout Application Packet Checklist

This page is meant to be helpful to you in keeping up with the needed forms. You do not need to return this page with your application packet.

- _____ Cheerleading application page with written response questions
- _____ Signed Application Page
- _____ Demerit System Agreement Page
- _____ Rules and regulations Page
- _____ Pre-participation Physical Evaluation Forms (4 Pages)
- _____ Consent for athletic participation and medical care Form
- _____ Most recent report card
- _____ Parent Letter Agreement
- _____ Contact Info Sheet
- _____ Teacher Recommendation Forms (Req. 3 forms for Middle Schoolers/1 for elementary students)
- _____ Social Media Contract
- _____ \$40 Tryout fee