



PALESTINE
JUNIOR HIGH SCHOOL
CHEERLEADING
TRYOUTS



March 19 - March 22, 2018
3:30 to 5:00 PM

Tryout Information

Mandatory Parent Meeting: *Monday, March 5 OR *Wednesday, March 7 at 5:00 PM at Palestine Junior High School. Attendance of both the student and a parent or guardian is mandatory in order for the student to be eligible to tryout. *These dates are tentative.

Cheer Clinic: Monday, March 19 - Wednesday, March 21st from 3:30 to 5:00 PM in the Palestine Junior High Competition gym.

Tryouts: Thursday, March 23rd starting at 3:30 PM in the Palestine Junior High Competition gym (new gym). You may not leave the dressing room/waiting area until tryouts are complete.

What to wear:

- ★ Plain White Tee
- ★ Solid Black Shorts
- ★ White Socks
- ★ Tennis shoes - not cheerleading shoes
- ★ Sports Bra
- ★ All hair must be up in ponytail
- ★ No jewelry
- ★ Some make up
- ★ NO glitter or stickers

Tryouts and Clinic are CLOSED to the public. Only tryout participants and coaches will be allowed in the dressing room/waiting area. The results for the 2018-2019 squad will be posted Friday, March 23rd on the Junior High website at 5:00 PM.

Palestine Junior High School

CHEERLEADER/MASCOT CONSTITUTION

Article I - Purpose

The purpose of the Cheerleader/Mascot organization is to support athletic functions, to promote school spirit and good sportsmanship, and to set an example worthy of the position.

Article II - Attendance

Attendance Policy

Cheerleaders are required to be at all practices, assigned games and events. Failure to show up and stay for the entire planned practice/game/event will result in a "strike", whether the absence is excused or not. (If you are not at practice/game/event, you are absent.) School related functions that are critical to success in the classroom are not counted as a strike. Athletic events (games) in which the student is involved, will not count as a strike. A student must not miss a planned cheering event for practice of another sport or school activity. Once the individual receives his/her third strike, they will be released from the cheer squad.

Definitions

Planned Practice - An after school practice scheduled more than two (2) weeks in advance.

Planned Event - Once an individual has been assigned an event, they must cheer for the entire duration of the event. Arriving more than fifteen (15) minutes late, or leaving more than fifteen (15) minutes early will count as an absence (which counts as a strike).

Consequences:

First strike: The individual will be on probation for an event designated by the coach. Probation will require attending, but not participating in the scheduled event. The student will not wear their uniform and will sit with the coach (not in the student section). Attendance is required for all practices while on probation. Failure to comply with these consequences will result in removal from the squad.

Second strike: The individual will be on probation for an event designated by the coach. Probation will require attending, but not participating in the scheduled event. The student will not wear uniform and will sit with the coach (not in the student section). Attendance is required for all practices while on probation. Failure to comply with these consequences will result in removal from the squad.

Third strike: The individual will be excused from the squad.

- ★ For any absence from school or practice, the coach needs to be made aware at least 2 days in advance. (Emergency situations will be excused at the coach's discretion.)
- ★ A member absent from school on the day of an event must turn in a doctor's note to the coach or they will not be allowed to participate (school rule).
- ★ *All members must attend summer camp.*

Article III - Conduct

All members will conduct themselves according to the Student Code of Conduct and this constitution. (This will include but is not limited to: no piercings such as lip/eyebrow, etc. and no tattoos.)

1. Members are expected to follow instructions. Failure to do so will result in demerits.
2. Demerits will require extra conditioning as determined by the coach.
3. Any member placed in Alternative School (DAEP) will be dismissed from the squad.
4. Any member receiving a discipline referral resulting in placement in ISS or suspended once will be dismissed from the squad.
5. Any member that resigns, quits, or is dismissed may not tryout during the current year (review by the coach and Administration.)

Article IV - Cell Phones

Cell phone usage has become a distraction for cheerleading practice, games and camp. The coaches may collect cell phones for any of these events. Parents need to be aware of this policy. Parents may have the coach's cell phone number in case of emergency. Cheerleaders must ask coached permission if they need to use a phone during practice or a game.

Article V - Tryouts

Requirements:

1. Candidates must sign up to tryout before the posted deadline.
2. Candidate must not have more than two failing grades prior to tryouts and must be eligible at the time of tryouts. Pre-AP classes must have earned at least a 65%.
3. Candidates must not have received a discipline referral that resulted in DAEP, ISS, or suspension during the current school year. (Appeals may be made to the Principal.)
4. Candidates and guardians must sign an application and attend one parent meeting.
5. All current 7th grade squad members must be in good standing to tryout for their 8th grade year.
6. Transfer students must meet eligibility requirements and be approved by the coaches.
7. Candidates must acquire a letter of recommendation from one of their current teachers. Letters must be sent through the school email, directly to the cheer sponsors. **I can type a form for the student to give the teacher of their choice that includes a rubric/instructions for what to include in the letter and who to send it to. The teacher can give them an overall score of 1-5 as well? This way their overall score will still be 80% judges and 20% teacher recommendation. If not, we will need to change the overall score to 100% judges after the applicant meets the requirements. (See Procedures #2) (georanch@palestineschools.org | lgregory@palestineschools.org)

Procedures:

1. The tryouts uniform will be selected by the coach.
2. Selection will be based on 80% judging and 20% teacher recommendation.
3. During tryouts applicants will be judged on motions, voice projection, jumps, tumbling, and a dance routine.
4. Teachers will rate applicants using the provided recommendations forms on their behavior, work ethic, leadership, ability to work well with others and trustworthiness. These scores will be averaged and will be 20% of the final score.
5. The Maroon Squad will consist of both 7th and 8th grade students, with no less than ten total on the squad.
6. The White Squad will consist of both 7th and 8th grade students, with no minimum for the squad.
7. Tryouts will be closed to the public as well as the dressing room/waiting room.
8. In the event that a cheerleader on the Maroon Squad quits or resigns **BEFORE** summer camp, the next candidate in line of scores (from the White Squad) will be the replacement, if the minimum number requirement of ten has not yet been met.

Article VI - Requirements

1. UIL rules on NO PASS/ NO PLAY will apply
2. Academic probation means that the student will dress out and participate in after school practice. They may not dress, travel, or sit with the organization at performances.
3. Failing two six weeks in any combination of subjects will result in dismissal.

Article VII - Fundraisers/ Cheerleading Dues

1. Every member will be required to take part in all fundraising events held by the cheerleading organization.
2. Any member not partaking in a fundraising event will have to pay their share of the cost.
3. All cheerleading dues must be paid by the final scheduled payment date set by the coaches. Failure to pay in full will result in dismissal from the squad. A refund will not be made for items that have already been ordered.

Article VIII - Demerits

One Demerit:

- ★ Not following directions
- ★ For each uniform article that is dirty
- ★ For each uniform article that is missing
- ★ Not dressing out for practice
- ★ Wearing jewelry during practice or game
- ★ Insufficient knowledge of cheers
- ★ Unsportsmanlike conduct
- ★ Notice of misbehavior from another teacher
- ★ Cell phone use at practice or games

Five Demerits:

- ★ Failure to notify the coach at least 2 days prior to any absence before an event/game/planned practice.
- ★ Discipline referral
- ★ Second notice of misbehavior from the same teacher (email or conversation)

Ten Demerits:

- ★ Wearing uniform without consent of the coach for any activity other than a school function.
- ★ Disrespectful toward coach, captain, or other member of the team.
- ★ Vulgar, profane language or gestures, or threats towards another person (at cheer practice or at school).
- ★ Conduct that does not exemplify a good role model: (such as pictures on Social Media of cheerleaders with alcoholic beverages or pictures and content of a sexual nature, etc.) This is not limited to these examples.

Five Demerits will result in sitting out the first quarter.

Ten Demerits will result in sitting out two quarters, and the parents notified.

Fifteen Demerits will result in one week probation, and the parents notified.

Twenty Demerits will result in dismissal from squad.

Definition: Dismissal or being dismissed from the squad means the cheerleader is no longer a cheerleader and cannot participate in any cheerleading activities.

*****If a cheerleader quits or is dismissed from the squad, there will be no reimbursements of funds paid. The student may keep the items (if payment was received in full), but may not wear any items, including but not limited to the uniform shell, skirt, jacket, t-shirts, etc. until the following school year. These are reserved for use of those on the current squads. *****

Article IX – Mascot

Mascot Requirements:

- ★ The mascot is required to attend camp with the cheer squad.
- ★ The mascot is responsible for helping make up skits for pep rallies, create posters, and whatever is necessary to help the overall spirit of the team.
- ★ The mascot will interact with the crowd and cheerleaders appropriately.
- ★ The mascot candidate will appear before the same panel of judges as the cheerleaders.
- ★ The mascot candidate will be required to perform a 2 to 3 minute original skit with necessary props, and provide coaches with any music needed for the skit prior to tryouts .
- ★ The mascot candidate will be required to perform the tryout cheer in addition to the skit.
- ★ Scores will be based on originality, energy and props.
- ★ Mascot candidates should follow the same guidelines as outlined in the cheerleading constitution.

Captain and/or Co-Captain Selection Process

The coach/coaches will choose the captain and the co-captains. These students will be held to a higher standard and will be required to sign a contract stating their expectations and responsibilities. The student must agree to the terms or forfeit the position to the next appointed captain. The captain will be an 8th grade student and will not be in athletics.

Application for Cheerleading Tryouts

My child, _____ has my permission to be a cheerleader at Palestine Junior High School. I understand he/she must abide by the rules and regulations set forth by the coaches and the Principal of Palestine Junior High School. I have read the rules and regulations and understand that any violation of these rules may lead to temporary or permanent suspension from the squad. I understand that all forms attached must be completed and turned in by **Thursday, March 8th** or my child will not be allowed to tryout. I understand that my child must attend all practices and tryout sessions or he/she will not be considered for a cheerleading position.

I understand that my child will be evaluated by qualified judges and agree to abide by their decision.

I understand that if selected for a cheerleading position, there will be costs involved.

I understand that by the very nature of the activity, cheerleading carries a risk of physical injury. No matter how carefully stunts and tumbling are executed, the risk cannot be eliminated. The risk of injury can include: muscle pulls, dislocated or broken bones, paralysis, or even death. I understand these risks, and will not hold Palestine Junior High School, or any of its personnel, responsible in case of accident or injury during any time.

Parent or Guardian

____/____/____
Date

I am interested in being a cheerleader at Palestine Junior High School. I understand the risks stated above. If selected, I agree to abide by the rules and regulations set forth by the coaches and the Principal at Palestine Junior High School.

Student Signature: _____ Date: ____/____/____

Home Address: _____

School now attending: _____ Grade Next Year: _____

Information Sheet

Please complete the following information. Please write LEGIBLY.

Student Name:	Current Grade Level:
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Home Address:

Home Phone:	Cell Phone:
Email Address:	Birthday:

Parent/Guardian Name:
Home Address (if different from above)
Parent/Guardian Home Phone:

Mother's Work Phone:	Mother's Cell Phone:
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Mother's Email:

Father's Work Phone:	Father's Cell Phone:
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Father's Email:
