SPJS CHEER CLUB CHECKLIST FOR 2024-2025

Please <u>READ AND COMPLETE</u> this packet. Turn in completed packet on: <u>March 25th from 5:00-6:30 pm</u> at Austin Middle School. We will have SPSCC Board Members present to collect and check the packets.

NO TRY OUTS WILL BE PERMITTED WITHOUT COMPLETED PACKET

<u>Pre- Participation Physical Evaluation Form:</u> **Physicals must be current. Valid Physical (Example: 04/15/16-04/15/17-ONE YEAR).
Copy of proof of residency: (Utility Bill, Mortgage Statement or Rental Agreement are the only valid documents) *All participants must live in the South Paulding High School district or have a parent that is currently employed by the Paulding County Board of Education. (must provide copy of employee id Badge)
Information Sheet (Turn in Page 2)
SPSCC Inc. Junior Spartans Liability Waiver (Turn in Page 3)
SPJS Parent Permission and Consent Form (Turn in Page 4)
Statement of Permission and Agreement (Turn in Page 5)
Uniform Rental Agreement (Turn In Page 6)
Proof of Current Grades (either a current report card/progress report, or "Parent Portal" print out.
Paid Tryout Fee of \$30
Please go to our Facebook Page and "Like" our page- South Paulding Spartans Cheer Club and also visit <u>Our website</u>
Below Line is to be completed by board member
Received by:
Tryout candidate #

INFORMATION SHEET Please complete the following information. Please write LEGIBLY.			Attach recent image of athlete
Student Name			
Name Called_			
Grade Level for 24/25 School year:			
School Attending for 24-25 School Year:			
Student Cell Phone:			
Student Birthday:			
Home Address:			
Street			
City State	Zip		
Parent/Guardian Name:	Pa	rent/Guard	an Cell:
Parent/Guardian Email:			
Parent/Guardian 2 Name:	Pa	rent/Guard	an 2 Cell:
Parent/Guardian 2 Email:			
Emergency Contact Name:	En	nergency C	ontact Cell:
Relationship to You:			
Allergies/Health Problems/ Medications (Please describe in de	rtail):	
Select all teams you are trying out for. <u>Sel</u>	ect all that apply		
Football Sidelines Only Standing tumbling skills you have:	☐ Competition To		Basketball Cheer Only ng skills you have:
☐ BWO/FWO		RO BHS (rou	nd off back handspring)
☐ Back Handspring		RO Back Tuc	k
☐ Tuck		RO Multiple	BHS
Layout		RO BHS Tuck	
		RO Layout/F	ull
List other skill not listed			
Select all stunting positions you have exp	erience in: Select all	that apply	
☐ Main/Side Base	Back Spot		Flyer
Were you involved in any behavior infractifyes, please explain on a separate sheet		ng the 2023-2	4 school year?

JUNIOR SPARTANS LIABILITY WAIVER

RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AND PARENTAL CONSENT AGREEMENT ("AGREEMENT")

South P	IDERATION of's (her Paulding Spartans Cheer Club, Inc. ("SPSCC") programs, I dove-named minor child, and I, for myself, my personal rep	
1.		health, and in proper physical condition to participate in time I or the Child believes that her/his personal safety may
2.	INCLUDING PERMANENT DISABILITY, PARALYSIS, AND DEA the Child's own actions or inactions, the actions or inacti which the activities take place, or THE NEGLIGENCE OF T RISKS AND SOCIAL AND ECONOMIC LOSSES either not kn	nown to me or not readily foreseeable at this time; and I ND RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES the
adı pai pla ON THE CH AG HA	ace, (each considered one of the "RELEASES" herein) FROM N MY OR MY CHILD'S ACCOUNT CAUSED OR ALLEGED TO B IE "RELEASES" OR OTHERWISE, INCLUDING NEGLIGENT RESCL HILD, FURTHER AGREE that if, despite this RELEASE AND WAI GREEMENT, I, or anyone on my behalf, makes a claim agai	coaches, volunteers, employees, as well as other where and lessors of the premises on which the activities take A ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF JE OPERATIONS; AND I, ON BEHALF OF MYSELF AND MY
SIGNING BE A CO THAT IF	E READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNING IT AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCTIONAL RELEASE OF ALL LIABILITY TO ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID, E AND EFFECT.	CEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE
I FURTHI CURREN THE CHI REGARI	HER CERTIFY THAT THE CHILD'S REGISTRATION INFORMATION ENT CERTIFICATE OF PHYSICAL EXAMINATION WITH THE SPSC	IS CORRECT. I, ON BEHALF OF MY CHILD, HAVE SUBMITTED A CC, Inc. PROGRAM PRIOR TO PARTICIPATING THAT INDICATES MY CHILD'S SCHOOL PERMISSION TO RELEASE INFORMATION ENT OR LEGAL GUARDIANSHIP TO A SPSCC, Inc. BOARD
Printed	d Name of Parent/Guardian:	
Printed	d Name of Participant:	

Date:

Parent/Guardian Signature:

SPJS PARENT PERMISSION AND CONSENT FORM

PLEASE PRINT

Name:			Male: Female:
(Last)	(First)	(Middle)	
Date of Birth:		2024-25 Grade le	evel:
Telephone (home):		(Cell):	
(Printed Name of Parent/Par	rents/Guardian):		
be one of the least hazardou interscholastic athletics including permits can analy have the safety rules, report all physical their equipment daily. I, as parent/guardian of the rules and regulations, which is south Paulding Jr Spartans at this is an extra-curricular activant FUNDRAISERS are required a part of a South Paulding Jr reason, I will receive no finance.	is in which students wildes a risk or injury which anent paralysis from the programs or athletic programs or athletic problems to their company to help all problems to their company to help and that attendant and the elected and problems of the elected company to help a south Paulding Jr. Spany and the problems to partioned student to particular to partic	Il engage in or out of schoolsh may range in severity from the neck down or death. As a clubs, it is possible only to reduce the chance of it aches, follow a proper content of the chance of the upcoming seasons/once at ALL PRACTICES, GAI cheerleaders. I also under the squad and is later dismover ermission to display photology other display of which the chance of t	Although serious injuries are not to minimize, not eliminate this risk. njury. Participants must obey all anditioning program, and inspect over read and fully understand the sts, and if chosen to represent the school year. I also understand that MMES, PERFORMANCES, CAMPS, erstand that if my child is chosen as issed from the squad for any as/videos taken throughout the ne coaches approve. I hereby give tryouts, and if chosen, to ad for the 2024 cheerleading
PARENTS OR STUDENTS WHO I	OO NOT WISH TO ACCE	EPT THE RISKS DESCRIBED II	N THIS WARNING SHOULD NOT SIGN
I (We)	hereby give	consent for to:	
(print parent(s) name)	(print stu	ident-athlete name)
(1) participate in Cheerleadi Spartans Cheer Club, Inc.(2) and, I (We) hereby verify information may result in my	that the information o	n this form is correct and (<u>-</u>
This acknowledgement of risk	and consent to allow	participation shall remai	n in effect until revoked in writing.
SIGNATURE OF PARENT OR GUAF	RDIAN:		DATE:
SIGNATURE OF STUDENT-ATHLETE	:	D	ATE:

Statement of Permission and Agreement

If you make the cheerleading squad, realize that you are making a commitment to South Paulding Junior Spartans, your coaches, your teammates, and yourself for the complete season (full year). The decision to tryout should not be taken lightly. You will be expected to put cheerleading as one of your top priorities. Furthermore, as a representative of SPJS, you must maintain proper behavior at all times. You must follow the cheerleading guidelines set forth in the Cheerleading Constitution. Students who break the rules will be disciplined as outlined by the Demerit System. By making this commitment to the SPJS Cheerleading program, you will receive many valuable and rewarding educational experiences that you will remember long after you graduate from high school. These activities will not only channel your enthusiasm and spirit in a constructive and beneficial manner, but will give you a sense of pride and accomplishment in being a part of a group that has earned respect and maintains a winning reputation. I recognize that I represent SP on and off the field.

***I will be able to attend Mandatory Camp in June 17-19 (Dates TBD)

***I understand that if we have a game before and after fall break, if I miss the game, I will receive demerits and I will sit out the next game.

Student Agreement

(print name)	, have read and understand the Cheerleading
Constitution and Demerit System. I agree	to abide by the policies described if I am chosen as a ne information in the packet and understand that failure to in dismissal from the squad.
Student Signature:	Date:
Parent/Guardian Agreement	
I (We),	<u>,</u> the parent or legal guardian of,
(print name)	(print student-athlete name)
the policies described if my child is chosen	ding Constitution and Demerit System. I agree to abide by a sa member of the squad. I also agree to the financial aformation provided. I understand that failure by me or my sult in dismissal from the squad.
Parent Sianature:	Date:

South Paulding Junior Spartans Cheer Uniform Agreement

Cheerleader Full Name: (PRINT)		
I, as parent/guardian of the above ment thefollowing:	ioned cheerle	eader, have read and fully understand
provide each cheerleader with a Paulding Cheer Club in the amous your student/athlete receives her returned to you when your athlete	competition until of \$100.00 couniform. At the ereturns the uniforms the uniform the unif	e South Paulding Spartans Cheer Club will iniform. A check made payable to the South dated December 1, 2024 is required when e end of the season, this check will be niform ingood condition. If the uniform is not deposited into the South Paulding Spartans
If a uniform is ruined beyond repair	r or lost, the cl	neerleader must replace it at full cost.
 There will be no financial restitution made if a cheerleader is removed from the squad or quits the squad. 		
 At the end of the season, the uniform must be cleaned, prior to turning it in. Alterations are only allowed by an approved vendor with director and board's approved and material may not be cut. 		
Signature of parent/guardian	_	Date
Parent/Guardian Name: (Print)	_	Cell Number
Street Address City	State	Zip
Email Address		

6th

Grade 2024-2025: (Circle One)

7th

8th

STUDENTS NAME:	GRADE LEVEL FOR 2023-24:

2023 Rules for Cheerleading

Purpose

The purpose of the South Paulding Junior Spartans Cheerleading organization is to provide leadership for the student body, promote and assert spirit, support athletic teams, promote community service, develop a respectable character and foster personal growth by teaching responsibility, dependability, cooperation, discipline and maintaining high standards and excellence in both academics and physical fitness.

Practices/Games/Competition:

- Squads will have practices each week. A tentative schedule will be given out at the beginning of each month.
- <u>All practices are mandatory</u>, and other schedules should revolve around cheerleading practices. Additional practices may be added when needed.
- During football season, games are usually held on Saturday. You will be given a schedule at the beginning of the season, and cheerleaders will be expected to be present at all games, including playoff games.
- A Coach must be notified prior to practice or games if an emergency or illness prevents a cheerleader from attending a practice or game.
- Only a Coach can excuse a girl from practice or game in cases of an emergency or illness.
- Cheerleaders must arrive on time to all events and may not leave early for any reason other than illness or family emergencies. Missing any part of an event without prior approval will result in demerits.
- If one girl isn't there, this lets the whole team down and forms obstacles
- No outside spectators will be allowed at cheer practices. If a parent needs to speak with a coach, please contact them and set up a time to meet.
- You must participate in a Competition this season set forth by the Cheer Club. (Date TBA).

<u>Appearance</u>

- NO jewelry, visible or not, will be worn when performing. This includes all games and practices.
- Hair must be pulled back into the designated hairstyle when performing.
- No colored nails or fake nails. Keep nails trimmed.
- Uniforms should be cared for properly and clean at all times.
- Failure to be in complete and proper uniform will result in disciplinary action to be determined by individual coach.

*Being in correct uniform means wearing the appropriate uniform—sports bra, bloomers, hair bow, socks, shoes, having hair pulled up in approved style. Complete uniform also means wearing no jewelry, glitter, or fingernails. Undergarments should ONLY be worn as such. They are NOT to be worn publicly without the shell or the skirt.

Expected Behavior

- Use your Best Judgment at all times and on social media.
- Consequences will be issued for misbehavior or poor conduct.
- Promote a positive image for the school community.
- While representing SPJS, cheerleaders must not:
 - o Show unsportsmanlike conduct
 - Use profanity
 - Show displays of affection
 - o Be academically dishonest
 - Behave inappropriately on social media. This includes, but is not limited to, any display of profanity, drugs, alcohol, smoking, vaping or provocative behaviors, on public and private accounts.
- Attend all practices and games.
- Your attitude and ability to work with other different personalities must be exceptional.
- Lying or fabricating the truth will not be tolerated and can result in immediate termination from the squad.
- Part of a coach's job is to know where you are at all times during practices, games, and special events.
 Consequences will be issued for failure to follow the coach's direction or to stay in assigned areas during events.
- While safety is our number one goal, please understand that bumps, bruises, and other occasional minor injuries can happen, this is all part of cheerleading.
- Cheerleaders cannot loan SPJS cheerleading uniforms/outfits to non-cheerleaders.
- All official cheerleading decisions and activities will be made by the coaching staff. All coaches and captains are to be given respect and cooperation by cheerleaders and parents at all times. Lack of respect will not be tolerated and can be grounds for dismissal.

STUDENTS NAME:	GRADE LEVEL FOR 2023-24:
010521110 IIAIII21	

2023-2024 Demerit System

NOTE: Excused absences include illness (must be absent for the entire school day) and attending another school-sponsored event (field trips, participation in other athletic contests, etc.). The cheerleader must produce a note from a parent, doctor, or school activity sponsor the following school day for the absence to be counted as excused. Injury or illness that will require a cheerleader to miss 2 or more consecutive events requires a doctor's excuse. Lack of participation in 2 or more consecutive events without a doctor's excuse will be considered an unexcused absence.

An excuse for a prolonged event (ex: injury requiring no participation for 1 week or leaving town for a family emergency) will be treated as 1 event rather than demerits accumulating for each event missed during that time. For example, if a cheerleader has an injury keeping her from 2 games and multiple practices, her demerits will be recoded as 1 point (excused w/ doctor's note). If she must travel out of town for a family event causing her to miss a game and a practice, the demerits would be recorded as 2 points (excused with parent note).

$\overline{}$	ndance	Points
1		. •
	Unexcused absence from a game	5
2	Unexcused absence from practice	3
3	Excused absence from a game with a parent note (unexcused school ab.)	2
4	Late to a home or away game	2
5	Late to practice or late departure from practice	1
6	Leaving early from a game without permission or not staying to clean up	3
Appe	earance	Points
7 I	mproper uniform for practice, game, or in school (poms, bow, shoes, etc.)	3
8 1	mproper nail polish (nude or natural colors only)	2
9 \	Wearing jewelry at practice or games	2
10 ι	Uniform/appearance not clean or neat (hair, shoes etc.)	2
Beha	ıvior	Points
11	Using cell phone at games or practice during undesignated times	3
12	Chewing gum or eating food at undesignated times	3
13	Inappropriate PDA during school, practice, games or while in uniform	3
14	Using inappropriate language during school, practice, or games	3
15	Showing disrespect to coach or squad member	3
16	In-school infraction causing detention	10
17	In-school infraction causing In-school suspension	10
18	In-school infraction causing out of school suspension	20
19	Contract infraction not listed on this form	3
20	Illegal substance abuse	Removal from squad

Consequences

- Accumulation of 10 demerits will result in the cheerleader being suspended for one half of the NEXT game. The cheerleader is still required to dress in uniform and will be required to attend all home and away functions and sit with the coach during her game suspension.
- Accumulation of 20 demerits will result in the cheerleader being suspended for one FULL game AND an athlete and parent conference. The cheerleader is still required to dress in uniform and will be required to attend all home and away functions and sit with the coach during her game suspension Failure to attend games during suspension will result in demerits for an unexcused absence.
- Accumulation of 21 or more points will result in automatic removal from the squad.
- All demerits will be erased at the end of the football season.

STUDENTS NAME:	GRADE LEVEL FOR 2023-24:
Co	onsequences en
	e cheerleader being suspended for one half of the NEXT s in uniform and will be required to attend all home and her game suspension.
an athlete and parent conference. The cheer required to attend all home and away function	e cheerleader being suspended for one FULL game AND rleader is still required to dress in uniform and will be ons and sit with the coach during her game suspension I result in demerits for an unexcused absence.
Accumulation of 21 or more points will result	in automatic removal from the squad.
All demerits will be erased at the end of the	football season.
	es as a SPJS cheerleader and agree to the conditions set fill my responsibilities, I will receive demerits as per the
Printed Name of Cheerleader	Printed Name of Parent/Guardian

Signature of Parent/Guardian

Date Parent/Guardian Signed

Signature of Cheerleader

Date Cheerleader Signed

CHEERLEADING TRYOUTS:

• Try-outs will be held at **AUSTIN MIDDLE SCHOOL IN THE GYM.** Drop off for pre-clinic will be at the back of Austin (gym doors) and pick up will be at the front of AMS.

*TRY-OUTS ARE CLOSED TO PARENTS/SPECTATORS.

- Try-out Prep Clinic -Monday, April 8th-Tuesday, April 9th -promptly from 4:30-6:30PM at Austin Middle School -<u>YOU MUST ATTEND ALL CLINIC DAYS TO TRY OUT.</u>
- Try-outs- Wednesday, April 10th for sidelines & 11th for Competition Each cheerleader will be assigned a time they will try out at. Upon arrival they must enter through the front doors of AMS.
- ALL paperwork must be completed and turned in before your child can enter/participate in try-outs and Physical MUST be current.
- Try out results will be posted <u>no later</u> than the Saturday after tryouts. The results will be
 posted on our Facebook page and the Remind Notification. SPJS Coaches will not respond
 to questions regarding tryouts after results are posted. Please direct any questions to our
 cheer club.
- Tumbling and stunting will take place on a blue tumbling mat. Participants should not
 attempt any skill they are not confident executing without anyone spotting them.
 Participants should also not attempt skills they have not been adequately trained for. This
 will be enforced to ensure all participants safety.

No paperwork will be accepted the day of tryouts

Eligibility:

To be eligible for the 2024 cheer season, a student must:

- All participants must live in the SPHS District.
- Provide proof of residency within South Paulding High School District (utility bill, bus route map, lease agreement, no cell phone or bank statements accepted.) PCSD Employees must provide proof of employment (ID Badge).
- Students must be currently passing 5 of 6 classes for rising 7th and 8th graders.
- Rising 6th grade students will need to have primarily 2's, 3's and 4's.

Selection of the cheerleaders will be based on the following:

- Execution of a cheer, chant and dance, which will be taught during the tryout clinic.
- Jumps
- Cheers
- Stunting
- Athleticism and physical fitness.
- Conduct, attitude, initiative, teamwork, leadership, work ethic, enthusiasm, and coachability.

What do you wear to tryouts?

- On Clinic days you will need to wear <u>black cheer shorts and a solid white t-shirt</u>.
- On actual tryout day, you will need to wear <u>black shorts and a solid black shirt.</u> Dress as you would dress for cheerleading practice including athletic cheer shoes. A sports bra is suggested.
- Hair must be pulled up in a ponytail so hair is away from face (hair bow is suggested)
- No basketball shorts or pajamas. No NIKE PRO's, no denim shorts, jewelry, or artificial or painted nails.
- Please <u>DO NOT</u> wear any team specific cheerleading or dance attire during tryout week, including
 previous all-star or South Paulding cheer attire.

Financial Responsibility:

- The **ESTIMATED** cost per cheerleader is \$925 for NEW Cheerleader and \$510 for Returning. **Please note this does not include optional items for returners. Also, if you are cheering competition and basketball, each of those will have an additional fee. Fee breakdown sheet will be given out at the you made it meeting. **The first payment is** due at the YOU MADE IT MEETING ON APRIL 17th.
- It is our goal to be transparent as well as responsible when it comes to the finances of the cheer organization. Please understand that neither the Cheer Club nor other parents will be funding your fee commitment. Monthly Financial Reports are disbursed and discussed at each SPSCC Booster Meeting. Board meeting time and dates can be found on the South Paulding Cheer Club website.
- 100% of your fees MUST be paid before your student receives their items.
- Personal check will be required for a uniform deposit-the check will be returned at the end of the season when the uniform is returned in good condition with no holes, tears or stains.
- (Coaches do not accept any form of payment).
- If fees are not up to date your cheerleader will not receive their camp wear and other items.

2024 Rules for Cheerleading

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- Failure to be in complete and proper uniform at a game will result in athletes sitting out until they can match the rest of their team.

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MANDATORY SIDELINE DATES 2024-2025 Season

TRYOUTS

April 8-10 – Clinics 4:30pm-6:30pm

April 11 & 12 - Tryouts
 Austin Middle School

YOU MADE IT MEETING

• April 17th 6:30pm-7:30pm Austin Middle School in the cafeteria

UNIFORM FITTINGS

• April 24th Various Times

Austin Middle School in the cafeteria

PRACTICES

Monday

7th & 8th sideline practice 4:30 pm - 5:30 pm

• <u>Competition</u> @ C4 6:00 pm - 7:00 pm

Tuesday

• 6th & 8th sideline practice 4:30 pm - 5:30 pm

• Competition Practice 5:30 pm - 7:00 pm

Wednesday

• **7**th & **8**th sideline practice **4:30 pm - 6:00 pm**

• 6th sideline practice 5:30 pm - 7:00 pm

Thursday

• 6th & 7th sideline practice 4:30 pm - 5:30 pm

Competition Practice 5:30 pm - 7:00 pm

**Practices times/days could potentially change throughout the season.

CHOREOGRAPHY CAMP

- JUNE 18th @ C4
 - o 7th Grade (morning)
 - o 8th grade (afternoon)
- JUNE 19th @ C4
 - o 6th Grade (half day)

TEAM PICTURES (tentative)

• AUGUST 25 11:00 am - 1:00 pm South Paulding High School

GAMES (not official schedule)

SATURDAY REGULAR SEASON GAME TIMES

 6th GRADE
 3:00pm

 Occasionally
 9:00am

 7th GRADE
 5:00pm

 Occasionally
 11:00am

 8th GRADE
 7:00pm

 Occasionally
 1:00pm

- Official GMSAA Schedule will be released in August; until then, we anticipate a regular season game every Saturday from August -October and a playoff game every Saturday in November.
- We will have a game the 1st Saturday of fall break. You are REQUIRED to cheer or demerits and sitting out of next game will be given as the consequence.

HOMECOMING DANCE

- A Saturday IN October Date/Time TBD South Paulding High School
- At least one parent (preferably both) are required to volunteer to work/chaperone the dance.

HOMECOMING WALK

 Likely in October. They will walk during the halftime of the team before their team's game.

BANQUET

LIKELY to be Early December (tentative)
 Details to come later



MANDATORY COMPETITION DATES 2024-2025 Season

CHOREOGRAPHY CAMP

• JUNE 17th

(all day)

C4 Longhorns 185 Cadillac Parkway Dallas, GA 30157

PRACTICES - Regular Season

• Mondays - @ C4 6:00-7:00 pm

MONDAYS (July-Oct.)

Tuesday - @ AMS
 Thursday - @ AMS
 5:30-7:00 pm
 5:30-7:00 pm

COMPETITIONS

 SEPTEMBER & OCTOBER – Tentative Competition Schedule

Walton Cheer Comp. September
 Altoona Comp. October
 North Paulding Comp. October

Exact dates/times/locations TB