

STUDENTS NAME: _____ GRADE LEVEL FOR 2023-24: _____

SPJS CHEER CLUB CHECKLIST FOR 2023-2024

Please Read and Complete this packet and turn in on PACKET AND RETURN PACKET ON: MARCH 30th FROM 4:30-6:30 PM 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**

- **Pre- Participation Physical Evaluation Form:** **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 (Page 1)
SPSCC Inc. Junior Spartans Liability Waiver (Page 2)
- SPJS Parent Permission and Consent Form (Page 3)
- Statement of Permission and Agreement (Page 4)
- Proof of Current Grades (either a current report card/progress report, or "Parent Portal" print out.
- Please go to our Facebook Page and "Like" our page- South Paulding Spartans Cheer Club

RECEIVED BY _____

Tryout SportsYOU Group



TURN IN PAGE 1

STUDENTS NAME: _____ **GRADE LEVEL FOR 2023-24:** _____

INFORMATION SHEET

Please complete the following information. Please write LEGIBLY.

Student Name: _____ Name Called: _____

Grade Level for 23-24 School year: _____ School Attending for 23-24 School Year: _____

Home Address: _____ Student Cell Phone: _____

_____ Student Birthday: _____

Parent/Guardian Name: _____

Home address (if different from above): _____

Parent/Guardian Contact # for Text messaging: _____

(You may list both parent/guardians if you want)

Mother's Work Phone: _____ Mother's Cell Phone: _____

Mother's Email: _____

Father's Work Phone: _____ Father's Cell Phone: _____

Father's Email: _____

Emergency Contact Name: _____ Relationship to You: _____

Emergency Phone: _____ Emergency Cell Phone: _____

Allergies/Health Problems/ Medications (Please describe in detail): _____

Were you involved in any behavior infractions (ISS or OSS) during the 2022-23 school year? _____

If yes, please explain on a separate sheet of paper.

TURN IN PAGE 2

STUDENTS NAME: _____ **GRADE LEVEL FOR 2023-24:** _____

JUNIOR SPARTANS LIABILITY WAIVER

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

CONSIDERATION of _____ 's (hereinafter "the Child") participating in any way in the **South Paulding Spartans Cheer Club, Inc.** ("SPSCC") programs, I attest and affirm that I am the legal guardian or parent of the above-named minor child, and I, for myself, my personal representatives, assigns, heirs, and next of

1. ACKNOWLEDGE, agree, and represent that I and the Child understand the nature of cheerleading activities and that she/he is qualified (in age and residence), in good health, and in proper physical condition to participate in such activities. I further agree and warrant that if at any time I or the Child believes that her/his personal safety may be compromised, she/ he will immediately discontinue further participation.

2. FULLY UNDERSTAND that: (a) CHEERLEADING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS, AND DEATH ("RISKS"); (b) these Risks and dangers may be caused by the Child's own actions or inactions, the actions or inactions of others participating in the activities. the condition in which the activities take place, or THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ANY AND ALL SUCH RISKS AND RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES the Child or may incur as a result of his participation in the activities.

HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE South Paulding Spartans Cheer Club, Inc., their respective administrators, clients, directors, agents, officers, members, coaches, volunteers, employees, as well as other participants, any sponsors, advertisers, and, if applicable, owners and lessors of the premises on which the activities take place, (each considered one of the "RELEASEES" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY OR MY CHILD'S ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS; AND I, ON BEHALF OF MYSELF AND MY CHILD, FURTHER AGREE that if, despite this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT, I, or anyone on my behalf, makes a claim against any of the Releases, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney's fees, loss, liability, damages, or cost which any may incur as the result of such claim.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID, THE REMAINING PROVISIONS SHALL CONTINUE IN FULL FORCE AND EFFECT.

I FURTHER CERTIFY THAT THE CHILD'S REGISTRATION INFORMATION IS CORRECT. I, ON BEHALF OF MY CHILD, HAVE SUBMITTED A CURRENT CERTIFICATE OF PHYSICAL EXAMINATION WITH THE SPSCC, Inc. PROGRAM PRIOR TO PARTICIPATING THAT INDICATES THE CHILD IS PHYSICALLY APPROVED FOR PARTICIPATION. I GIVE MY CHILD'S SCHOOL PERMISSION TO RELEASE INFORMATION REGARDING AGE, RESIDENCE, ADDRESS, AND RECOGNIZED PARENT OR LEGAL GUARDIANSHIP TO A SPSCC, Inc. BOARD MEMBER OR COACH.

Printed Name of Parent/Guardian: _____

Printed Name of Participant: _____

PARENT/GUARDIAN SIGNATURE: _____ DATE: _____

TURN IN PAGE 3

STUDENTS NAME: _____ **GRADE LEVEL FOR 2023-24:** _____

SPJS PARENT PERMISSION AND CONSENT FORM

PLEASE PRINT

Name: _____ Male: ___ Female: ___

(Last) (First) (Middle)
(Printed Name of Parent/Parents/Guardian): _____

Date of Birth: _____ 2023-24 Grade level: _____

Telephone (home): _____ (Cell): _____

WARNING: Although participation in supervised interscholastic athletics and interscholastic athletic clubs may be one of the least hazardous in which students will engage in or out of school, by its nature, participation in interscholastic athletics includes a risk or injury which may range in severity from minor to long term catastrophic, including permanent paralysis from the neck down or death. Although serious injuries are not common in supervised athletic programs or athletic clubs, it is possible only to minimize, not eliminate this risk. Participants can and have the responsibility to help reduce the chance of injury. Participants must obey all safety rules, report all physical problems to their coaches, follow a proper conditioning program, and inspect their equipment daily.

I, as parent/guardian of the above-mentioned cheerleading candidate, have read and fully understand the rules and regulations, which will govern my child during participation in tryouts, and if chosen to represent the South Paulding Jr Spartans as a cheerleader, during the upcoming seasons/school year. I also understand that this is an extra-curricular activity and that attendance at ALL PRACTICES, GAMES, PERFORMANCES, CAMPS, and FUNDRAISERS are requirements of the elected cheerleaders. I also understand that if my child is chosen as a part of a South Paulding Jr. Spartans cheerleading squad and is later dismissed from the squad for any reason, I will receive no financial restitution. I give permission to display photos/videos taken throughout the season on the SPSCC, Inc., school website, and any other display of which the coaches approve. I hereby give my consent to the above mentioned student to participate in cheerleading tryouts, and if chosen, to participate as a member of a South Paulding Jr. Spartans cheerleading squad for the 2023 cheerleading season.

By signing this permission form, you acknowledge that you have read and understand this warning.

PARENTS OR STUDENTS WHO DO NOT WISH TO ACCEPT THE RISKS DESCRIBED IN THIS WARNING SHOULD NOT SIGN THIS PERMISSION FORM.

I (We) _____ hereby give consent for to: _____
(print parent(s) name) (print student-athlete name)

(1) participate in Cheerleading as part of the Jr Spartans Cheerleading Program with the South Paulding Spartans Cheer Club, Inc. (2) and, I (We) hereby verify that the information on this form is correct and understand that any false information may result in my son/daughter being declared ineligible.

This acknowledgement of risk and consent to allow participation shall remain in effect until revoked in writing.

SIGNATURE OF PARENT OR GUARDIAN: _____ DATE: _____

SIGNATURE OF STUDENT-ATHLETE: _____ DATE: _____

TURN IN PAGE 4

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 July (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

I, _____, have read and understand the Cheerleading
(print name)

Constitution and Demerit System. I agree to abide by the policies described if I am chosen as a member of the squad. I am agreeing to the information in the packet and understand that failure to adhere to these rules policies could result in dismissal from the squad.

Student Signature: _____ Date: _____

Parent/Guardian Agreement

I (We), _____, the parent or legal guardian of, _____
(print name) (print student-athlete name)

have read and understand the Cheerleading Constitution and Demerit System. I agree to abide by the policies described if my child is chosen as a member of the squad. I also agree to the financial obligations as they are described in the information provided. I understand that failure by me or my child to adhere to these policies could result in dismissal from the squad.

Parent Signature: _____ Date: _____

STUDENTS NAME: _____ **GRADE LEVEL FOR 2023-24:** _____

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 10th-Wednesday, April 12th -promptly from 4:30-6:30PM at Austin Middle School -**YOU MUST ATTEND ALL CLINIC DAYS TO TRY OUT.**
- Try-outs- Wednesday, April 12th. 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 no later than the Saturday after tryouts. The results will be posted on our Facebook page and the SportsYou Try Out App. 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

STUDENTS NAME: _____ **GRADE LEVEL FOR 2023-24:** _____

Eligibility:

To be eligible for the 2023 cheer season, a student must:

- All participants must live in 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 coach-ability.

What do you wear to tryouts?

- During clinic days and on official tryout days, you will need to wear black cheer shorts and a solid white t-shirt. 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, plain bow is suggested.
- No basketball shorts or pajamas. Compression shorts are fine as long as they are long enough to be seen with your shirt untucked. No denim shorts, jewelry, artificial or painted nails.
- Please **DO NOT** 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 \$1200 for NEW Cheerleader and \$900 for Returning.
**Please note this does not include the Fall Program Book Fundraiser.
- **The first payment is due at the "YOU MADE IT MEETING" ON APRIL 20th.**
- 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.**
- **(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.

Other Responsibilities and Mandatory Events:

- Mandatory "You Made It Meeting" on Tuesday, April 20th (time TBA) at Austin Middle School.
****PLEASE NOTE FIRST PAYMENT WILL BE DUE AT THIS MEETING.**
- Uniform Fittings will be on April 27th
- Mandatory Camp and other Events last two weeks of July! **Camp Dates to follow!**
- JR Feeder Night at the HS Football game- Date to be announced.

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.
- **All practices are mandatory**, 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).**

Appearance

- 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 the individual coach.

****Being in the 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:
 - Show unsportsmanlike conduct
 - Use profanity
 - Show displays of affection
 - 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:** _____

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 recorded 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).

Attendance		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
Appearance		Points
7	Improper uniform for practice, game, or in school (poms, bow, shoes, etc.)	3
8	Improper nail polish or too long of nails (nude or natural colors only and no fake nails)	2
9	Wearing jewelry at practice or games	2
10	Uniform/appearance not clean or neat (hair, shoes etc.)	2
Behavior		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:** _____

CHEERLEADER SOCIAL MEDIA EXPECTATIONS

Cheerleaders are representatives of their school and community. A SPJS cheerleader is courteous and polite. Rudeness and disrespect will not be tolerated. You must be able to follow orders and work together with your teammates without discussion or argument. The only attitude you can control is your own! Make sure it reflects who you ARE and who you WANT TO BE! Be a positive role model on and off the team. Your actions reflect yourself, your school, your team, your parents and your coach.

It is impermissible for a cheerleader to post information, photos, or other representations of sexual content, inappropriate behavior (e.g., drug or alcohol use), inappropriate language, or items that could be interpreted as demeaning or inflammatory.

Cheerleaders are required to follow all respective social media website rules. Cheerleaders must also follow coaches on all accounts and allow coaches to follow your account(s). **Secret accounts included.**

Best Practices and Reminders

Think twice before you post. If you would not want your coach, parents, or future employer to see your post, don't post it. Once it is posted, it is permanent.

Be respectful and positive. Never post anything negative about a coach or fellow team members.

Remember, many different audiences view your posts including fans, alumni, kids, local authorities, parents, faculty, etc.

The internet is permanent. Even if you delete something, it is still out there somewhere. Be in the right state of mind when you make a post. The public will see your social media websites. Potential employers often use these social media websites to screen candidates. Use the privacy/security settings made available on these sites.

Financial Breakdown

2023-2024 Football Season Financials

Fee Breakdown	New Cheerleader	Returning Cheerleader
Required for all cheerleaders		
Uniform Package: Top / Bottom / Shoes / Full length Liner (also worn alone) / Bloomers	\$ 340.00	\$ 340.00
Practice Outfit	\$ 110.00	\$ 110.00
Required for New Cheerleaders / Optional for returning Junior Cheerleaders		
**Bags	\$ 60.00	
**Warm Ups	\$ 100.00	
**Poms	\$ 60.00	
**Megaphone	\$ 70.00	
These are estimated fees and could change once the final arrangements have been made		
Membership Fees	\$ 25.00	\$ 25.00
Choreography/Camp	\$ 100.00	\$ 100.00
Coaches Fee (each coach)	\$ 120.00	\$ 120.00
Activity Fee (Includes weekly tumbling class at C4 for the months Aug-Oct.)	\$ 150.00	\$ 150.00
	\$ 1,135.00	\$ 845.00

**Items will be the same as last season so if you are a returner and can still use yours from last year, you do not have to purchase this year. If a returning cheerleader has to order one of the items we are reusing, your total fee's will increase to include the item(s) you need to buy.

Payment Schedule	New	Returning
April 20th, 2023	\$ 400.00	\$ 400.00
May 20th, 2023	\$ 245.00	\$ 150.00
June 20th, 2023	\$ 245.00	\$ 150.00
July 20th, 2023	\$ 245.00	\$ 145.00

STUDENTS NAME: _____ **GRADE LEVEL FOR 2023-24:** _____

Basketball Cheer-

We will be giving the option to cheer basketball again this year. There will be separate tryouts and anyone can try out for basketball cheer (even if they did not cheer for football). Tryout info will be determined at a later date, but we will provide details to you as soon as they are available.

2023-2024 Basketball Season Financials

Fee Breakdown	Basketball Cheer
Uniform Package: Full length Liner (also worn alone)/ Bottom /Bloomers / Bows	\$ 165.00
These are estimated fees and could change once the final arrangements have been made.	
Coaches Fee	\$ 120.00
Membership Fees	\$ 25.00
Activity Fee	\$ 50.00
	\$ 360.00

** You will need to provide your own white shoes