



**GO DOLPHINS!!!
GULF SHORES HIGH SCHOOL CHEERLEADING TRYOUT PACKET
2019-2020 CHEERLEADING SEASON**



COPIES OF ALL FORMS ARE AVAILABLE ON THE CHEER WEBSITE:

CONTACTS: Brandi Owens – bsowens@bcbe.org
Leta Stephens – lstephens@bcbe.org

Thank you for your interest in trying out for cheerleading. In this packet, you will find much information and many forms that must be read, understood, and signed before candidates will be allowed to participate in clinics or tryouts.

MANDATORY PARENT MEETINGS: Tuesday, February 5th, 6:00 PM Gulf Shores High School Student Center

PAPERWORK AND A NONREFUNDABLE \$40 CLINIC FEE MADE PAYABLE TO GSHS CHEERLEADERS MUST BE TURNED IN TO Ms. Owens or Mrs. Stephens BY 3:00 PM On Thursday, February 7th, BEFORE CANDIDATES CAN PARTICIPATE IN ANY CLINICS OR TRYOUTS.

CHEERLEADING CLINIC DATES (Tryout material will be taught during clinics.)

Monday, February 11th, 5:00-7:00 High School Gym

- *Jumps
- *Dance
- *Cheer
- *Chant
- *Stunt (Groups)
- *Tumble

Tuesday, February 12th, 5:00-7:00 High School Gym

- *Jumps
- *Dance
- *Cheer
- *Chant
- *Tumble
- *Stunt

Wednesday, February 13th, 5:00-7:00 High School Gym

- *Jumps
- *Dance
- *Cheer
- *Chant
- *Tumble
- *Stunt

Thursday, February 14th, 5:00-7:00 High School Gym

Review

Friday, February 15th, 5:30-Until CLOSED TRYOUTS High School Gym

- *White T-shirt
- *Navy Shorts
- *Athletic Shoes
- *Hair in ponytail with ribbon (no side ponytails)

- The cheer coaches will conduct the tryout practices.
- Be dressed and stretched ASAP each day of clinic. No tumbling or building unless a coach is present and watching. Wear appropriate clothing and shoes. Remember to remove all jewelry. No drinks/food are allowed in the gym, and absolutely no gum is allowed either.
- Candidates will be expected to wear appropriate attire at the clinic and tryout day. You will wear shorts, t-shirt, low-cut white socks, and tennis shoes each day to clinic. During clinic days please wear comfortable, length appropriate shorts and a t-shirt. Dress as if you would dress for cheerleading practice. No jewelry or artificial nails. Your hair should also be off your shoulders. You may not wear previous cheer clothing or clothing with insignia.
- Clinics and tryouts are CLOSED.

CHEERLEADING TRYOUT DATES: Friday, February 15th, 5:30 PM

- The selection committee will consist of qualified judges.
- Candidates will be chosen on the basis of cheerleading ability and must demonstrate that they will be exhibiting a positive image for Gulf Shores High School.
- On tryout day, the candidate **MUST** wear navy shorts, with absolutely no insignias, white t-shirt with absolutely no insignias, white tennis shoes, low-cut white socks, hair up and out of face (no side ponytails) with white or navy ribbon in hair. All candidates will wear an assigned number at tryouts. The number will be the only identification known to the selection committee. Any violation of this rule will result in a candidate's immediate dismissal and disqualification.
- Tryouts and clinic are **CLOSED**. No parents, siblings, friends, or acquaintances will be allowed in the gym during clinic or tryouts. Absolutely no phones or cameras will be in use during clinic or tryouts. Violation of this rule will result in immediate dismissal and disqualification.

ELIGIBILITY

To be eligible for cheerleading, candidates **MUST** return the following paperwork by 3:00 PM on Tuesday, February 7th, and meet the additional requirements listed below:

- \$40 Tryout Fee to Defray the Cost of Judges
- Statement of Permission and Agreement Contract
- Gulf Shores High School Cheerleading Constitution
- Acknowledgements
- Checklist
- 3 teacher recommendations
- Current Physical
- Concussion Form
- AHSAA Consent and Release form
- Birth Certificate
- Stars/NFHS Sportsmanship Certificate
- Notice of Receipt
- Consent to Participate
- Emergency Information
- Medical Consent Waiver
- Copy of Insurance Card
- Transportation Agreement
- Copy of Driver's License (Age 16 and up)
- Release From Liability
- Parent Permission Form
- Must meet AHSAA eligibility guidelines
- Candidates are required to attend 3 of the 4 pre-tryout clinics (Monday, February 11th; Tuesday, February 12th; Wednesday, February 13th; Thursday, February 14th;). The coach may make exceptions, but this is the coach's decision.
- All candidates must be in 9th-12th grade during the following school year.
- Each candidate and parent/guardian **MUST** attend the mandatory orientation meeting to be held on Tuesday, February 5th, in the high school student center.
- No special accommodations may be made for a student to participate in the tryout program (BCBE, page 49).
- If a candidate has quit a GSHS cheerleading squad for any reason, other than major medical, he/she may not be eligible to try out the following year. This decision will be made at the discretion of the coaches, athletic director, and administration.
- A Candidate must be a rising sophomore, junior, or senior currently enrolled at Gulf Shores High School to try out for the Varsity Team.
- A candidate must be a rising freshman or sophomore currently enrolled at Gulf Shores High School or Gulf Shores Middle School, respectively to try out for the Junior Varsity Team.
- A candidate must agree to observe all applicable rules of good citizenship and conduct during his/her tenure as a cheerleader.
- The candidates, before and during the selection and the final selected cheering squad, will adhere to the rules and regulations of the school and the guidelines as set down by the appropriate state agencies.
- In the event that someone moves into the area during an acceptable timeframe, meets all eligibility requirements, and desires to try out for the squad, the coaches, athletic director, and the administration reserve the right to allow the candidate to tryout.

SELECTION OF THE CHEERLEADERS WILL BE BASED ON THE FOLLOWING:

- Cheer & Chant (will be taught during clinic): Sharpness of motions, arm levels, incorporation, voice, spirit, personality, projection, confidence, eye contact
- Jumps- 1 toe touch, 1 double toe touch, and 1 optional: Technique, height, difficulty, arm levels
- Dance/Pom Routine that will be taught during clinic
- Stunting capabilities: Extension for JV/Liberty for Varsity
- Tumbling choice: standing back handspring, round off back handspring, round off back handspring series (3 or more), standing back tuck, round off back handspring layout or twist (**A back hand spring is a requirement for all Varsity candidates.**)
- Coach/Teacher Evaluation: attitude, work ethic, reliability, cooperation, self-discipline, spirit, school behavior record, leadership, responsibility, attendance

SELECTION OF THE MASCOT WILL BE BASED ON THE FOLLOWING:

- A skit with a theme: music, props, costumes, signs, and actions. With your actions, tell a story with a beginning, middle, and end. (2 minute time limit)
- Pantomime ability
- Energy
- Character: Happy, sad, cool, etc.
- Props: a minimum of 3 props required (props cannot be damaging to the gym floor.)
- Costume: 1 costume required to place on the Splash suit
- Creativity: family-friendly “wow factor”

WHAT DO YOU WEAR TO TRYOUTS?

- On official try-out day, you will need to wear navy shorts and a solid white t-shirt. Your hair should be off your shoulders and tied with a navy or white ribbon. No jewelry should be worn or artificial nails.
- Splash suit will be available to mascots.

FOR THOSE WHO MAKE THE TEAM (IMPORTANT DATES):

Practices are mandatory, and work schedules, vacations, extracurricular activities, etc. should be arranged so the cheerleaders are at practice each day. These practices are important, and attendance is necessary. Practice schedules will be given after tryouts. Camp will take place at The University of Alabama May 28th-31st, 2019.

ESTIMATED COSTS

We realize that cheerleading is an expensive sport; however, we will try to cut the cost down as much as possible through fundraising and taking care of what we have. There are, however, certain items that cannot be passed down from team to team and have to be purchased by the individual. In addition, wear and tear requires replacement of uniforms, warm-ups, etc. We will be ordering them through Varsity, and the cheerleader will be responsible for paying for them by stated deadlines. While we can't give you an exact amount, *\$1500 is an estimate of what you can expect. Camp wear must be paid for before camp in order to receive items.

***This is an approximation. Please be prepared to have this amount of money in the event that you make the team.**

Again, all paperwork and nonrefundable \$40 must be in by 3:00 PM on Thursday, February 7th.

We look forward to seeing you at tryouts. Should you have any questions please contact

Brandi Owens – bsowens@bcbe.org

Leta Stephens – lstephens@bcbe.org

STATEMENT OF PERMISSION AND AGREEMENT CONTRACT

If you make the cheerleading squad, realize that you are making a commitment to Gulf Shores High School, 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 GSHS, you must **maintain proper behavior** at all times. You must follow the cheerleading guidelines set forth in the Gulf Shores High School Cheerleading Constitution, and contract. Students who break the rules will be disciplined. By making this commitment to the Gulf Shores High School 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.

Because many students and parents are unaware of the hard work, commitment, financial obligation, and dedication it takes to be a good cheerleader or mascot, the coaches of Gulf Shores High School cheerleading squads have created the following contract. Each person wishing to try out for cheerleader/mascot and his/her parents should read the contract and decide if he/she is willing to fulfill the contract before trying out. Signing the contract does not ensure anyone a position on the squad; however, it does ensure the coach that everyone trying out is aware of the commitment necessary to have a successful squad.

I _____ agree to commit myself and fulfill to the best of my ability all of the responsibilities that come with the position of cheerleader. I understand that these responsibilities will include the following: summer camp, summer practices, evening practices, weekend practices, fund raising activities, activities to promote school spirit, cheering at football games, and basketball games, cheering at tournaments, participating in competition clinics, competing, and any additional activities designated by the coach. I understand that some activities may require additional out-of-pocket money.

By agreeing to this contract, I understand that I am promising to take on each of these responsibilities with a positive attitude and the hard work that is expected from a cheerleader representing Gulf Shores High School.

I agree that all financial obligations will be met. If all financial obligations are not met, I understand that at the coaches', athletic director, and administration's discretion I may not be permitted to receive gear or try out for cheerleader the following year.

Student Agreement

I, _____, have read and understand the 2018-2019 STATEMENT OF PERMISSION AND AGREEMENT CONTRACT AND THE 2018-2019 TRYOUT INFORMATION. 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 and policies could result in dismissal from the squad.

Student Signature

Date

Parent/Guardian Agreement

I, _____, the parent or legal guardian of _____, have read and understand the 2018-2019 STATEMENT OF PERMISSION AND AGREEMENT CONTRACT and the 2018-2019 TRYOUT INFORMATION. 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 my child or me to adhere to these policies could result in dismissal from the squad.

Parent Signature

Date

Gulf Shores High School Cheerleading Constitution

*Please understand, being a Gulf Shores High School Cheerleader is **a privilege** that is earned upon completion of the tryout process. This is what sets our cheerleaders apart at the school and in the community. With this privilege comes responsibility. Upon making the team the guidelines in this constitution must be followed. You should understand and agree to this before trying out for the team. If the policies outlined in the constitution are not followed, a cheerleader may at the discretion of the coaches, athletic director, and administration be removed from the team.*

Purpose: Shall be to promote and uphold school spirit, and pride to develop a sense of good sportsmanship among students at Gulf Shores High School toward the athletic program, and to build better relationships between schools during all athletic events. Cheerleaders and mascot will participate actively in football, wrestling, and basketball (girls and boys). Cheerleading is a privilege and not a right. Cheerleaders will serve as positive role models and leaders for GSHS. This constitution is required of a cheerleader at Gulf Shores High School. **Each cheerleader will receive a copy of this constitution and is required to return a signed contract by the parent/guardian and cheerleader before he/she may participate.**

Values of Cheerleading

- 1) Leadership ability
- 2) Physical fitness and coordination
- 3) Courtesy, tolerance, and self-control
- 4) Good sportsmanship
- 5) Responsibility, patience, and respect
- 6) Self-confidence and personal expression
- 7) Character

Team Membership

Junior Varsity

- 1) The team will cheer for all JV home basketball games and all JV and/or 9th grade football games.
- 2) The team will consist of students who meet all requirements and are chosen at tryouts.
- 3) The team will assist with selling programs at Varsity home football games.

Varsity

- 1) The team will cheer for, home basketball games, as well as selected tournaments, pep rallies, and all Varsity football games.
- 2) The team will consist of tenth, eleventh, and twelfth grade students who meet all requirements and are chosen at tryouts.
- 3) The team will prepare for and may participate in selected competitions, parades, and other events.
- 4) The team will clean up after all home Varsity football games.

Mascot

- 1) A mascot will also be a member of the Varsity squad and abide by the same rules and expectations as a cheerleader including pep rallies and practices. A mascot will be chosen at cheerleading tryouts.
- 2) Attend all Varsity football games and home basketball games.
- 3) Perform a skit at pep rallies that the mascot and/or cheerleaders and coaches create. Coaches must approve all performances.
- 4) Perform a skit at halftime of selected varsity basketball games that you and/or cheerleaders and coaches create. Coaches must approve all performances.
- 5) Keep, clean, and transport Splash.
- 6) Make appearances on the sidelines, with the cheerleaders, and in the crowd during football games. Be especially visible during halftime.
- 7) Interact positively with the crowd, including tossing t-shirts and footballs.
- 8) Be visible and entertain during selected timeouts.
- 9) Cheer and dance.
- 10) Entertain.

Captain and Co-Captain

- 1) Each team may have one captain and may have any number of co-captains.
- 2) The captain and co-captain(s) will be selected by the coach. Seniority, maturity and leadership abilities will be the deciding factors. Interview of students, teachers, and cheerleaders may be used by the coach to determine the best girl for each position. The selection will then be made by the coach.
- 3) A co-captain will assist the captain as needed, act as captain in her absence, and be responsible for equipment.
- 4) Basic responsibilities of captain and co-captain:
 - a. Meet with coach to plan practices, events, and pep rallies
 - b. Lead team in game situations, starting cheers and chants
 - c. Serve as communicator between the coach and the team
 - d. Additional duties as needed are decided upon by the coach

- 5) If the captain loses her title through removal from the squad or any other reason, a co-captain will become captain, and the coach may select a new co-captain. Should the co-captain lose her title, the coach may select a replacement.

Tryouts

Eligibility Requirements for Tryouts:

- 1) Candidates MUST return \$35 tryout fee as well as all forms listed on checklist and eligibility list before tryouts:
- 2) Must meet AHSAA eligibility guidelines
- 3) Candidates are required to attend 3 of 4 pre-tryout practices. The coach may make exceptions, but this is the coach's decision.
- 4) All candidates must be in 9th-12th grade during the following school year.
- 5) Each candidate and parent/guardian MUST attend a mandatory orientation meeting on February 5th, 2019.
- 6) No special accommodations may be made for a student to participate in the tryout program (BCBE, page 49).
- 7) If a candidate has quit a GSHS cheerleading squad for any reason, other than major medical, at the coaches', athletic director's, and administration's discretion, he/she may not be eligible to try out the following year.
- 8) A Candidate must be a rising sophomore, junior, or senior currently enrolled at Gulf Shores High School to try out for the Varsity Team.
- 9) A candidate must be a rising freshman or sophomore currently enrolled at Gulf Shores High School or Gulf Shores Middle School, respectively to try out for the Junior Varsity Team.
- 10) In the event that someone moves into the area during an acceptable timeframe, meets all eligibility requirements, and desires to try out for the squad, the coaches and the administration reserve the right to allow the candidate to tryout.

Skills and Procedures-Varsity-Judged at Tryouts-

- 1) Predetermined cheer, stunt, and group dance
- 2) Toe-touch, Double toe-touch and one optional jump
- 3) Tumbling, Standing back handspring and/or tumbling series (**Required**)
- 4) Stunting (minimum requirement – Liberty)

Junior Varsity-Judged at Tryouts-10th and 9th graders

- 1) Predetermined cheer, stunt and group dance
- 2) Toe-touch and one optional jump
- 3) Optional standing and/or tumbling series
- 4) Stunting (minimum requirement – Extension)

Scoring Procedure

Scores are broken down into the following categories:

Tumbling, Jumps, Individual Cheer, Group Stunt, Group Dance, GPA, Teacher Recommendation, Coach Recommendation

Conduct and Responsibility of Cheerleaders

- 1) Cooperate with the coach, the captain, the game officials, and other team members.
- 2) Disrespect to coaches, teachers, or administrators will result in suspension or termination of cheerleading duties. Appropriate behavior is expected both in and out of school.
- 3) Promote good sportsmanship, positive image, and school spirit through cooperation with other students, teachers, community members, and administrators.
- 4) Always uphold the GSHS Cheerleading Constitution, all GSHS, Baldwin County, and GSBOE handbook policies and state laws while in uniform or out of uniform.
- 5) Should not engage in undesirable or immoral behavior.
- 6) Maintain a GPA of 2.0 or above each semester. Grades will be checked periodically at the coach's discretion.
- 7) Be able to take constructive criticism from the coach, the captain, and other squad members.
- 8) Understand that the following are **serious offenses** that will be dealt with on an individual basis: (This is NOT an all-inclusive list.) These offenses are not limited to the GSHS Campus. Offenses that occur off the campus of GSHS may be dealt with as well.

Truancy	Profanity	Alcohol/Drugs	Unsportsmanlike conduct
Insubordination	Smoking	Theft	
Weapons	Cheating	Disrespecting adults	
Fighting	Lying	Arrested	
Vandalism	Behavior Unbecoming	Inappropriate social media	

- 9) Report illness or injury to the coach immediately.
- 10) Agree to maintain a high level of physical fitness and good nutrition.
- 11) Agree to approach each cheerleading responsibility with a good attitude.
- 12) Refrain from excessive displays of public affection in and out of uniform.
- 13) Follow coach's directions, and stay in assigned areas during events.

- 14) Wear specified uniform on game day.
- 15) Follow all rules in the GSHS Handbook, especially the dress code.
- 16) Cheerleaders will participate in ALL of the following: games, pep rallies, practices, summer camps, competition clinics, competitions, and other events approved by the coach and principal.
- 17) Excused absences must be PRE-APPROVED by the coach. A physician's note or parent note must be turned in to the coach on the next practice as well.

Social Networking

- A. Cheerleaders are expected to uphold exemplary behavior on and off campus.
- B. If you choose to participate in social networking and all other forms of technology (MySpace, Twitter, Facebook, Instagram, SnapChat, Yik Yak, text messaging, email, etc.), you are required to refrain from posting pictures containing explicit content, inappropriate behavior and dress, and derogatory comments. Additionally, posting negative comments (this includes, but is not limited to, profanity, gossip, rumors, insulting language, threats, and racial slurs) about your coach, teammates, community, school, athletic teams, other students, administrators, etc. upon coaches', athletic director's, and administration's discretion, inappropriate behavior may result in automatic dismissal from the squad.

Uniforms

- 1) The skirts and matching tops are the property of GSHS (JV Uniforms).
- 2) Each cheerleader is responsible for paying for a spirit pack needed for cheering.
- 3) Uniforms may only be worn in conjunction with cheerleader-sanctioned events.
- 4) Special care should be given to uniforms. They should be washed regularly and hung to air dry. Do not iron.
- 5) Uniforms may only be altered for waist size. Do NOT cut material! It may need to be let out in upcoming years.
- 6) If for any reason a cheerleader is dismissed or quits, uniforms must be returned within five days, for those uniforms owned by the school.
- 7) Current cheerleaders must turn in uniforms within five days after basketball season. Uniforms must be turned in to tryout.
- 8) Outgoing senior cheerleaders must turn in uniforms within five days after basketball season. The name of any outgoing senior who does not return a uniform will be turned into the office to be added to graduation fees.
- 9) Damaged or lost uniforms are to be replaced by the cheerleader.
- 10) Uniforms or cheer outfits cannot be loaned to non-cheerleaders.
- 11) Uniforms are not to be worn to events or sports that are not specified or approved by coaches.

Appearance

- 1) Uniforms must be kept neat and clean.
- 2) Hair must be kept off the face and shoulders. Long hair must be tied back with the proper color ribbon/bow for games and practices.
- 3) No undergarments may show.
- 4) Correct bloomers must be worn.
- 5) Makeup must be natural (NO glitter).
- 6) Tattoos must be covered while in uniform.
- 7) Only clear nail polish may be worn, and nails should not extend beyond the fingertip to prevent injury.
- 8) Absolutely no jewelry is to be worn for games and practices.
- 9) The coach(es) must approve all uniforms and uniform alterations.
- 10) Cheerleading shoes must be worn for all activities. No additions or colors to shoes are allowed.
- 11) Only low-cut white socks are to be worn with uniforms.
- 12) Good posture communicates self-confidence. Cheerleader should be in command of the situation at all times.

Attendance

Absences can be the downfall of a great cheerleading team. They often force last-minute changes, which can be both stressful and dangerous. You will be expected to be at all games and practices. Missing practices that have valid excuses can still lead to being removed from a routine, position or stunt, due to not physically being available to practice. Jobs, clubs, extracurricular activities, doctor's appointments, etc. must not interfere. Please schedule appointments during times that will not conflict with cheerleading. If you commit to cheerleading you are committing to attend every basketball game, football game, and practice. Excused absences include but are not limited to; death in the family, personal illness/injury, some religious functions, and some school obligations. Unexcused absences are those caused by anything other than illness or family emergencies. Unexcused absences include but are not limited to work, family events, and non-school related activities. Please notify the coach before the absence or as soon after as possible; only under extreme circumstances will prior notice not be expected. Notifying a teammate to inform the coach that you will be absent is not acceptable. If a student is assigned to OCS, Saturday School, or Alternative School the student may not participate in any scheduled event for the time the athlete is assigned to OCS or Saturday School. In addition, the athlete will be benched for OCS or Saturday School and counseled, and/or dismissed from the squad for Alternative School.

Games-Cheerleaders should not be absent from games. When a cheerleader is absent from a game, it puts the entire team at a disadvantage. The following will apply.

- 1) Attendance at every game is mandatory. Once again, absences must be pre-approved with a medical or parent note given to the coach on or before return.
- 2) Cheerleaders must arrive 30 minutes early, fully dressed and in their designated area for home football, basketball, volleyball and any designated event at the coaches discretion. Arrival time for home games may vary. Once with the squad, the coach must grant permission for a cheerleader to leave the squad for any reason. JV Cheerleaders will ride the football bus to away football games. Varsity Cheerleaders will ride a band bus to away football games. Cheerleaders must arrive 30 minutes prior to departure of the appropriate bus. You may be benched for a portion of the game if you arrive after the specified time.
- 3) Injury or minor sickness requires cheerleader to dress and sit by coach during game or activity.
- 4) Cell phones are not permitted at games, practices, or camp. Cell phones must be kept out of sight during these functions or held by the coach.
- 5) No food will be permitted in the designated area. Cheerleaders should eat before or after games. Only water will be allowed during games and must be kept out of sight.
- 6) At halftime, cheerleaders are to be cheer ready with one minute left before games resume. During halftime, cheerleaders will remain on the field. This time is used to meet and greet the opposing cheer team, support the band, and attend to restroom needs.
- 7) DO NOT socialize during the game.
- 8) If a student is not present at school, he/she is not allowed to participate in practice/game unless he/she checks in before 11:30 a.m. A student must attend school on the date of the event in order to participate.
- 9) Varsity cheerleaders are required to remain at home games and clean the stadium until all cleaning is complete.
- 10) Cheerleaders must stay together on the field/court until a coach dismisses them.

Practice Sessions-Cheerleaders should not be absent from practices. When a cheerleader is absent from a practice, it puts the entire team at a disadvantage. The following will apply.

- 1) Attendance at all practices is required. Absences must be pre-approved.
- 2) No excuses will be granted during the week of camp or during the week of practice prior to camp. (Exceptions: Sickness with a doctor's excuse or a death in the immediate family.)
- 3) No excuses will be granted during the week of competition clinic, on the day of competition, or the practice prior to competition. (Exceptions: Sickness with a doctor's excuse or a death in the family.)
- 4) All other outside activities MUST be scheduled around practices and games. This includes doctor's appointments, hair appointments, etc. Cheerleading is expected to be first priority during the season.
- 5) If a student is not present at school, he/she is not allowed to practice unless he/she checks in before 11:30 a.m. A student must attend school on the date of the event in order to participate.
- 6) If a practice is missed (unexcused) prior to a game or pep rally, the cheerleader will be disciplined (consequences will be determined by the coach).
- 7) Any cheerleader who misses a scheduled practice is responsible for learning missed choreography and contacting a captain in order to be notified of announcements.
- 8) Habitual tardiness or absences (excused as well) could result in a cheerleader being benched and/or other consequences as determined by the coach. A parent conference will be held.
- 9) The coach must be notified by email, text, or voicemail if a cheerleader is going to be absent from cheer practice. (You must be in school by 11:30 to participate in practice.)
- 10) Practice schedules will be made in advance and are to be attended the full time planned. The coach will not leave until all girls have left campus after practices. Rides should be arranged before practice begins in a way that allows the coach to leave on time. It is the coach's discretion to make changes to the practice schedule as needed.

Medical

In the event that an injury or illness incapacitates a cheerleader, a written doctor's excuse must be submitted to the coach. The excuse should specifically dictate the type and degree of physical activity allowed. No injured or ill cheerleader will be permitted to practice or perform until fully recovered and released by a doctor. If a cheerleader has a doctor's excuse for an extended period of time, the excuse must be specific about what the cheerleader can and cannot do and the time involved. When possible, the cheerleader is still expected to be dressed out and sitting with the coach at all activities.

Transportation

- 1) Transportation will be determined by location of each event. We will follow the BCBOE and/or GSBOE transportation policies.
- 2) Cheering, standing, or moving around is not allowed on the bus.
- 3) ONLY parents may sign cheerleaders out after a game. School policy will be followed.
- 4) Parents are responsible for transporting students to and from practices, fundraisers, and other activities approved by the coach.

- 5) Cheerleaders with a valid drivers license and insurance will be allowed to drive only themselves to any function. A permission form must be on file.

Grades

- 1) Cheerleaders will have grades checked at mid-quarter and at the end of the nine weeks for each grading period until the end of basketball season. You must show the coach your progress report and report card during the appropriate time.
- 2) If a cheerleader's GPA falls below 2.0, he/she will first be put on academic probation until the next progress report or report card date. If a GPA of at least a 2.0 is not reached after the probation, he/she will be benched and will remain benched.

Other Sports

- 1) If participating in another GSHS sport/activity; splitting the time equally between the two is expected. If other arrangements need to be made contact the coach to determine an appropriate schedule agreement.
- 2) Please think this over carefully BEFORE trying out to be a cheerleader. YOU CANNOT QUIT ONE SPORT TO PLAY ANOTHER SPORT.

Safety

While safety is our number one goal, please understand that you should expect bumps, bruises, and occasional minor injuries. Cheerleading activities, including stunts, will be governed by the National Federation Rule Book. It should be noted that cheerleading can be dangerous and that responsibility for safety rests with each school. The coach should modify safety recommendations to reflect consideration of the age, training, experience, and athletic ability of the squad members. The coach should recognize his/her own expertise in regard to instruction efforts in the different skills of cheerleading.

Fundraising and Financial Responsibility

During the year, several fundraisers may be held. COMPLETE PARTICIPATION IS MANDATORY! Expectations will be made clear in writing in advance. A minimal charge may be assessed for expenses involved with tryouts. The amount of this fee must be approved by the principal. The cheerleader and guardian(s) must assume total financial responsibility for expenses incurred while the student is a member of the cheerleading squad. Efforts may be made at fundraising projects and soliciting donations and sponsorships in order to defray expenses of the program. All squad members must participate in all functions in order to maintain their status as squad members.

Summer Camp

The coach will determine if the team will attend a summer camp. If the coach selects a camp, attendance will be mandatory. The cost of camp is the responsibility of each cheerleader. Required dues must be paid by the due date provided by the coach. If dues are unpaid, the cheerleader will not be allowed to attend summer camp and may at the discretion of the coaches, athletic director, and administration be automatically dismissed from the squad. *Chaperones may be invited at the coaches' discretion. Cheerleaders are not to leave campsite without coaches' approval. No one is to enter cheerleaders' rooms without prior approval by coaches.*

*Additional rules and regulations will be provided at least one-week prior to camp.

2019 Camp Dates and Location
Location: University of Alabama
Dates: May 28th – May 31st
Cost: \$400/cheerleader

*Cheerleading dues are non-refundable for any reason, including dismissal from the team or quitting the team at any time.

Points to Remember

- Be ready at all practices, wearing proper shoes and clothes, and with hair tied back.
- Arrive on time!!! (remember...early is on time!)
- Cell phones are not allowed during practice, games, and events.
- No gum or jewelry.
- Attitudes must be positive and upbeat! You must always be willing to work and cooperate at both practices and games. Do not bring your problems with you to practices and games. The key word in your position is *cheer*.
- Everyone must have a solid working knowledge of all cheer, chants, and dance routines.
- Be an active listener and accept constructive criticism.
- If a cheerleader is going to miss practice or be late, they must speak to a coach directly, not a captain or another cheerleader.
- If a parent or cheerleader has a question or concern about the program it is best to approach the coaches first by phone, e-mail or in person. Both the Principal and Athletic Director have given our coaching staff their full support. The most reliable, accurate information can be acquired directly from the coaches.

Coach's Note

*Coaches reserve the right to pull members from the junior varsity team to the varsity team for competitions, etc. due to ineligibility, dismissal, or injury of varsity members.

Discipline System

The following rules have been developed to insure a disciplined squad and clear expectations. If a cheerleader is removed from the squad due to a **serious offense** (pg. 7) by the coach or quits the squad at any time **he/she at the discretion of the coaches, athletic director, and administration may not be eligible to tryout the following year.**

- 1) Missing summer camp-Possible dismissal from squad
- 2) All discipline is at the discretion of the coach and will be dealt with as deemed necessary.
- 3) It is not feasible to outline every possible scenario involving cheer guideline violation; the list below will serve as a guide for the most common minor, in house discipline issues.
 - Late arrival to practice/game Conditioning for every minute you're late
 - 4 excused absences from practice/game Sit the next game in uniform with the coach
 - 2 Unexcused absence practice/game Conditioning and sit the next game in uniform with the coach
 - Tardy to game Sit the 1st half of the game
 - Improper attire to practice/game Conditioning
- 3) Repeated tardiness, unexcused absence and sitting 4 games will be grounds for dismissal from the squad.
- 4) Conditioning will be done at the end of practice or the next practice. (running laps, jumps, etc...)
- 5) Understand that **serious offenses** that will be dealt with on an individual basis: (Refer to the list under Conduct and Responsibility under # 8.) These offenses are not limited to the GSHS Campus. Offenses that occur off the campus of GSHS may be dealt with as well at the discretion of the coach, Athletic Director, and Administration.

***Note:** 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. Coaches reserve the right to make changes and additions to the rules as needed. In addition, if you have any questions or concerns, please respect the following chain of command: Coach-Athletic Director-Administrator.*

I HAVE READ THE UPDATED GULF SHORES HIGH SCHOOL CHEERLEADING CONSTITUTION SYSTEM WITH CHANGES/ADDITIONS AND AGREE TO ABIDE BY THIS CONSTITUTION AND FOLLOW THESE RULES TO THE BEST OF MY ABILITY.

(Student Signature)

Date

(Parent Signature)

Date

(Completed by Parent and Student)

ACKNOWLEDGEMENTS

We, the parents of _____, give our permission for participation in tryouts for cheerleader at Gulf Shores High School. We have read and understand the GSHS Cheerleading Constitution and accept the rules and regulations. We also understand that failure to follow the constitution may result in dismissal from the squad. We understand that we have financial obligations that must be fulfilled if our child is selected for the squad. We are aware that preparation and participation in interscholastic athletics involves many risks of serious and permanent injury to the student-athlete. We will not hold Gulf Shores High School, the superintendent, members of the board of education, principals, teachers, or coaches legally responsible for any such injury that could occur during any athletic endeavor associated with cheerleading. **We have read and fully understand, accept, and agree to all of the above terms and conditions relating to cheerleading at Gulf Shores High School.**

Parent Signature _____ Date _____

I have read and understand the GSHS Cheerleader Constitution. I will at all times abide by the rules and regulations, and demerit system to the best of my ability. I know that failure to comply with these rules may mean my dismissal from the squad. I will cooperate fully with the coach and all persons involved in promoting spirit and good sportsmanship. At all times, I will conduct myself in a manner that will be a credit to GSHS and my coach.

Student Signature _____ Date _____

ESTIMATED BREAKDOWN OF COSTS AND PAYMENT DUE DATES

<u>ESTIMATED COST</u>	<u>DUE DATE</u>
\$400.00	March 29 th , 2019
\$275.00	April 29 th , 2019
\$275.00	May 29 th , 2019
\$275.00	June 29 th , 2019
\$275.00	July 29 th , 2019

TOTAL: *\$1500*

*ALL FEES MUST BE PAID IN FULL BY July 29th, 2019.

I understand that if chosen as a member of the GSHS Cheer Team, I am committing to paying fees. I also understand that until I pay the fees I have committed to pay that any items ordered are the property of Gulf Shores High School and that I may not be allowed to participate in activities or to receive camp, game, or competition wear or accessories until those specific fees are paid.

Student Signature **Date**

Parent Signature **Date**

Teacher Evaluation For GSHS Cheerleader Tryouts 2019-2020

Teacher evaluations will be averaged together to count for a portion of each candidate's score. It is very important to give the student an honest rating based on your knowledge of that individual student. Complete the following form as soon as possible, so that we will have time to tally prior to the date of tryouts. Teachers, please return to my box by 02/13/2019. Again, it is very important that you rate the student according to how YOU think the candidate does/did in YOUR class. Be realistic as well as fair. These evaluations will not be shared with the student. They will be confidential and tallied by me.

Name of Applicant: _____ Date Given to Teacher: _____

Class Taught: _____

Approximate Grade: _____

Did this student ever need to be disciplined by you? If yes, please explain.

On a scale of 1 to 5, please rate the applicant in each of the areas below.

(1 = poor, 5 = excellent)

PLEASE PROVIDE COMMENTS!

	RATE	COMMENT
Attendance/Punctuality/Dependability	_____	_____
Effort in Class	_____	_____
Attitude toward Students/Authority	_____	_____
Personality/Enthusiasm	_____	_____
Class Conduct/Cooperation	_____	_____

Teacher's Signature: _____ Date: ___/___/___

Thank you for your time and cooperation. If you need anything, please feel free to email.

Sincerely,

Brandi Owens bsowens@bcbe.org

Leta Stephens lstephens@bcbe.org

Teacher Evaluation For GSHS Cheerleader Tryouts 2019-2020

Teacher evaluations will be averaged together to count for a portion of each candidate's score. It is very important to give the student an honest rating based on your knowledge of that individual student. Complete the following form as soon as possible, so that we will have time to tally prior to the date of tryouts. Teachers, please return to my box by 02/13/2019. Again, it is very important that you rate the student according to how YOU think the candidate does/did in YOUR class. Be realistic as well as fair. These evaluations will not be shared with the student. They will be confidential and tallied by me.

Name of Applicant: _____ Date Given to Teacher: _____

Class Taught: _____

Approximate Grade: _____

Did this student ever need to be disciplined by you? If yes, please explain.

On a scale of 1 to 5, please rate the applicant in each of the areas below.

(1 = poor, 5 = excellent)

PLEASE PROVIDE COMMENTS!

	RATE	COMMENT
Attendance/Punctuality/Dependability	_____	_____
Effort in Class	_____	_____
Attitude toward Students/Authority	_____	_____
Personality/Enthusiasm	_____	_____
Class Conduct/Cooperation	_____	_____

Teacher's Signature: _____ Date: ___/___/___

Thank you for your time and cooperation. If you need anything, please feel free to email.

Sincerely,

Brandi Owens bsowens@bcbe.org

Leta Stephens lstephens@bcbe.org

Teacher Evaluation for GSHS Cheerleader Tryouts 2019-2020

Teacher evaluations will be averaged together to count for a portion of each candidate's score. It is very important to give the student an honest rating based on your knowledge of that individual student. Complete the following form as soon as possible, so that we will have time to tally prior to the date of tryouts. Teachers, please return to my box by 02/13/2019. Again, it is very important that you rate the student according to how YOU think the candidate does/did in YOUR class. Be realistic as well as fair. These evaluations will not be shared with the student. They will be confidential and tallied by me.

Name of Applicant: _____ Date Given to Teacher: _____

Class Taught: _____

Approximate Grade: _____

Did this student ever need to be disciplined by you? If yes, please explain.

On a scale of 1 to 5, please rate the applicant in each of the areas below.

(1 = poor, 5 = excellent)

PLEASE PROVIDE COMMENTS!

	RATE	COMMENT
Attendance/Punctuality/Dependability	_____	_____
Effort in Class	_____	_____
Attitude toward Students/Authority	_____	_____
Personality/Enthusiasm	_____	_____
Class Conduct/Cooperation	_____	_____

Teacher's Signature: _____ Date: ___/___/___

Thank you for your time and cooperation. If you need anything, please feel free to email.

Sincerely,

Brandi Owens bsowens@bcbe.org

Leta Stephens lstephens@bcbe.org

Cheerleader Form Check List
All forms and dues required by 3:00 PM on Thursday, February 7th

Candidate's Name: _____

- _____ \$40 Tryout Fee to Defray the Cost of Judges
- _____ Statement of Permission and Agreement Contract
- _____ Gulf Shores High School Cheerleading Constitution/Acknowledgements
- _____ Acknowledgement of Estimated Cost Breakdown
- _____ Eligibility Requirements Check List
- _____ Current Physical
- _____ Concussion Form
- _____ AHSAA Consent and Release Form
- _____ Birth Certificate
- _____ STAR/NFHS Sportsmanship Certificate
- _____ Notice of Receipt
- _____ Consent to Participate
- _____ Emergency Information
- _____ Medical Consent Waiver
- _____ Copy of Insurance Card
- _____ Transportation Agreement
- _____ Copy of Driver's License
- _____ Release from Liability
- _____ Parent Permission Form
- _____ 3 teacher recommendations
- _____ This Checklist