

# Tryout Information

## Tryout Practice:

1. Tryout practice will be held **4:00pm** to **5:00pm** on **March 5 through March 8** in the Bonham Middle School gym or student center depending upon availability. Numbers for tryouts will be drawn at the end of practice on **March 8**.
2. During these practices, cheerleading candidates will learn basic cheerleading skills including jumps, along with the tryout cheer and dance.
3. Mascot candidates will have opportunity to work individually on their tryout skit.
4. Candidates need to dress appropriately - athletic clothes (no midriff showing) & tennis shoes with hair worn in a ponytail. (If hair is short it must be worn up and away from the face).
5. **NO JEWELRY OF ANY KIND MAY BE WORN!!!**
6. This is a closed clinic. No one except current 8th Grade cheerleaders, coaches, administration, and candidates may be present during this teaching time.
7. It is absolutely imperative that candidates attend the tryout practices in order to learn and practice the material.

## Tryouts:

1. 2018-19 BMS Cheerleader/Mascot Tryouts will be held on **March 9 at 4:30pm**.
2. The candidacy for selection will be open to all eligible students who meet the requirements.
  - a. Class requirements for each squad are as follows:
    - i. Middle School Squad - 7th and 8th graders
      1. (IF participation numbers dictate 2 squads, we will have a 7th and 8th grade squad).
  - b. Each person who wishes to tryout for a cheerleading squad must return a completed application packet by the designated deadline **Friday, March 2, 2018**.
  - c. Each cheerleader candidate must have at least a 70 or above in all classes during the 5th six week grading period.
    - i. Ineligible candidates will be notified.
    - ii. Any candidate with 3 or more disciplinary referrals will be ineligible for tryouts.
    - iii. Any candidate who has been assigned to the alternative campus (D.A.E.P.) is ineligible to tryout for 12 calendar months.
3. Candidates will draw for tryout position order on **Thursday, March 8** at the tryout practice. IF a candidate is absent from the practice, their number will be drawn for them.
4. Tryouts will consist of performing designated skill in front of judges.
5. Tryouts will be held once a year in the Spring and candidate must be enrolled in school 6 weeks prior to tryouts.
6. The format for the tryouts will be decided by the administration and coaches and will be held in a fair manner allowing each candidate to show their best abilities and potential.
7. The cheerleader calendar year exists of the 4th, 5th, and 6th six weeks of the Spring and 1st, 2nd, and 3rd six weeks of the Fall.
8. Final squad selection for all squads will be based on the natural point break at the discretion of the administrative designee and/or head coach.

# Mascot Tryout Information

## *What will be expected for tryouts:*

1. Must be a current BMS student.
2. Must complete and turn in signed packet (including Mascot Application) to the Bonham Main Office by Friday, March 2, 2018.
3. Must attend all required practices during the week of tryouts.
4. Must create and perform a skit at tryouts.
5. Must bring white T-shirt and black shorts to wear under mascot uniform during tryouts.

## *Skit Rules and Regulations:*

1. Select a theme for the skit.
2. 1--2 minutes in length.
3. Tryouts will be performed in mascot uniform.
4. At least 3 usable props.
5. Variety of different songs.
6. NO TALKING while in mascot uniform; this includes during skit.

# Temple I.S.D. Cheerleader Constitution

## Philosophy and Objectives:

1. The Bonham cheerleading program is an athletic program. As an athletic program, its first and foremost responsibility to the student is to support and not to compromise the student's academic career.
2. The program should aid in developing the student's participation into a responsible, mature, and independent adult. Specifically, the program in a means of improving the student's mental and physical well-being.
3. Cheerleading is a privilege not a right.
4. Cheerleading is an activity that will:
  - a. Provide leadership training.
  - b. Develop the ability to make decisions.
  - c. Enhance the ability to respond to life's situations, (e.g. conflict, anger, frustration, win/loss, and react in a respectable manner).
  - d. Contribute to social development, (e.g. one's development of self-confidence and interpersonal relationships).
  - e. Maximize the opportunity for student growth, change, and maturity.
5. The primary purpose of the cheerleader is to be a member of the team. Its goal is to support the athletic teams and the school. Support is directed into three major areas.
  - a. To lead the cheers; to raise the level of fan support for the athletic teams; to lead in positive vocal support for the team; to solicit that support from fans and to project that support to Temple I.S.D. and its teams.
  - b. To participate in the athletic activity known as cheerleading by performing gymnastics, partner stunts, motions, pyramids, dance movement; to perfect this athletic activity by keeping crowds' attention/direction focused on the field/floor where the activity is taking place and for entertainment and competitive purpose.
  - c. To serve as public relations ambassadors of the athletic teams at BMS, and to uphold, reflect and project the goals and ideals of BMS, to appear at BMS activities, functions, programs, charitable, and public causes.

## General School Policies:

All rules, as stated in the current BMS Student and Athletic Handbooks apply at school. In addition all rules will apply at official practices, scheduled events, and any additional activities in which the cheerleaders participate.

## **Eligibility:**

1. Each cheerleader must be enrolled in Temple I.S.D.
2. All candidates must have all debts paid to Temple I.S.D. prior to being eligible to tryout.
3. Each cheerleader must meet U.I.L. scholastic requirements (No pass - No play). According to U.I.L., a student must be passing all subjects in order to participate in extracurricular activities. Failure in one or more subjects during a 6-week period will result in suspension from scheduled performances for 3 weeks. The student will be required to attend all practices, but no after school performances.
4. Any cheerleader failing one or more subjects for two 6 weeks grading periods during the cheerleader year will be dismissed from the squad. A passing grade is a minimum of a 70.
5. All disciplinary referrals will stem from the Athletic Code of Conduct.
6. If a cheerleader is assigned to the alternative campus (D.A.E.P.) they will be removed from the squad and will be ineligible to tryout for a 12 calendar month period from date of removal.
7. (Taken from the Texas Administrative Code, Section 97.113): A student in grades 7-12 may participate in extracurricular activities on or off campus at the beginning of the school year only if the student has earned the cumulative number of credit in a state-approved courses indicated in this subsection.
  - a. Beginning at the seventh grade year - have been promoted from the sixth grade to the seventh.
  - b. Beginning at the eighth grade year - have been promoted from the seventh grade to the eighth.

## **Attendance Requirements:**

1. Cheerleaders will attend all practice, athletic events, and special activities unless pre-approved by the coach. For safety reasons, missing practice may result in exclusion from certain aspects of a performance even if the absence is excused.
2. Absences from cheerleader activities will be determined by the coach whether they will be excused and/or unexcused absences.
3. All cheerleaders must arrive 30 minutes prior to game time unless otherwise specified by the coach.
4. You must attend performances even if for some reason you are not able to perform (Ex. Injury, may be required to attend.)
5. Any activities off the school campus and without the coach are not official. Coaches must be in attendance at any school related activity.
6. Any other activities or opportunities are chosen by the coaches. The coach shall decide if the event is mandatory or optional. Reasonable notice of all such activities/ opportunities will be given for mandatory events.
7. All cheerleaders are required to attend the cheerleading camp with their assigned squad during the summer, set forth by BMS.
8. When an activity that does not require the entire squad is scheduled and a member needs to change assignments, the cheerleader must contact the coach and make arrangements for the assignment change.
9. Each cheerleader/ mascot will be required to be at all practices.
10. Cheerleaders missing 3 or more scheduled events during a two month time frame will be placed on probation. If the cheerleader misses another event while on probation, it may result in review of coach/athletic director/ or principal.

## **Duties:**

1. Attend practices
2. Cheer at home 7th and 8th grade football games
3. Perform at Pep Rallies
4. Attend special events (Fundraising Events, 6th grade orientation, volunteering events, etc...)

## **Appearances:**

1. Must wear the correct uniform or designated outfit at assigned times.
2. Uniforms will only be worn for events as designated by the coach.
3. It is the responsibility of the cheerleader to keep his/her uniform in good condition and should always have a clean, neat appearance.
4. Uniforms are not to be altered. If altered, the uniform will need to be replaced at the cheerleader's expense. Uniform altering is NOT the responsibility of TISD.
5. Student's safety: Jewelry or watches will not be worn with uniforms or at practice.
6. Cheerleaders should keep nails cut and natural. **No colored polish.** Clear polish is allowed.
7. All cheerleaders will be required to wear a sports bra when at practice and a designated color sports bra while in uniform.
8. Makeup should be natural and not excessive (no glitter).
9. Hairstyle for the girls will be up in a high center ponytail (no buns) for practices and games with the appropriate ribbon prior to arrival. No half up - half down is allowed due to safety reasons. All hairstyles must be neat and secured and out of the face (no fly aways).
10. Cheerleader should be in full uniform when reporting to an event. This must be done prior to arrival.

## **Conduct:**

1. All rules as stated in the current BMS Student and Athletic Handbooks that apply at school will apply at official practices, scheduled events, and at any additional scheduled activities.
2. Members are required to be courteous, polite, friendly, and have a positive attitude at all times and with everyone.
3. Open affection displayed toward boy/girl friends will not be tolerated while in uniform or during any cheerleader function.
4. Sportsmanlike conduct will be adhered to at all times.

## **Safety:**

1. The cheerleaders will follow the current UCA (Universal Cheerleader Association) policies and guidelines for safety purpose; a copy of this document is available online: <https://www.cheersafe.org>
2. When in uniform, no jewelry should be worn, no gum chewing and hairstyle will be in a high ponytail (no buns) for practices and games and at any time while participating in any cheerleading activity. These rules are for your own safety.
3. In case of an injury, see cheerleading coach for treatments.
4. Each cheerleader must have an up to date physical examination by designated date; otherwise they will be unable to participate and demerits will be given.

## **Fund Raising:**

1. All cheerleaders are required to participate in group fund raising projects that pertain to their particular squad.
2. All fundraising activities must meet Temple ISD guidelines.
3. All cheerleaders are required to participate in team fundraisers.

\*\*Scheduled individual fundraiser, coupon books, is scheduled for week of March 26.

## **Community Service:**

1. All cheerleaders are expected to be involved in community service projects.
2. Community service projects must be approved prior to the event, and cheer coaches will provide examples and opportunities.

## Financial Information

Each cheerleader/mascot candidate must assume the responsibility of incurring the expense in purchasing supplies, accessories, attending cheerleader camp, and any miscellaneous expenses that may occur. These amounts may also vary some from the list because of the actual cost of supplies, accessories, and camp. These amounts are based on previous year's expenses. The amount owed will vary and is estimated at the bottom of this page.

An initial **deposit of \$150.00** is due **Tuesday March 27, 2018**. This is to secure your spot for camp. A **50% deposit** (\*\$411.00) is due by **Tuesday, April 24, 2018**. **Another 25%** (\*\$205.50) is due by **Tuesday, May 15, 2018**. The **remaining balance** (\*205.50) will be due by **Tuesday, June 5, 2018**. This amount could exceed the projected amount listed below but every effort will be made to keep the expense at the listed level. The costs of camp, practice clothes, and other miscellaneous items may vary from this projected cost. All expenses are the responsibility of each cheerleader. Any cheerleader with an unpaid balance on the required dates will not be allowed to participate in any cheerleading activity until the balance is paid in full. ***The FULL balance must be paid by June 5th for Camp and Uniforms or the cheerleader/mascot will be dismissed from the squad.***

**\*Estimated Costs for New Members (Any costs are subject to change)**

<b>Warm Ups (Jacket and Pants)</b>	<b>\$80</b>
<b>2 Camp T-shirts/Tank</b>	<b>\$60</b>
<b>2 Camp Shorts</b>	<b>\$40</b>
Poms (1 Orange 1 Blue)	\$22
1 Bow ( w/name match Uniform)	\$18
Bloomer (Brief)	\$15
Uniform (Shell Top, Skirt, Embroidery)	\$130
Tote Bag w/ Name Stitched Name	\$40
<b>Socks (2 pairs)</b>	<b>\$15</b>
Shoes	\$60
<b>Miscellaneous (Shipping)</b>	<b>\$25</b>
<b>Camp (including Camp Chaperones &amp; bus)</b> **Camp must be paid in full 6/1/18 (Camp =7/24 to 7/27)	<b>\$467</b> (\$80 for Chaperones and Bus Transportation based on 20 members on the team)
<b>Estimated Total</b>	<b>\$972</b>

## Application for Cheerleader/Mascot Tryouts 2018

Date: \_\_\_\_\_

Name: \_\_\_\_\_

Current Grade: \_\_\_6\_\_\_ \_\_\_7\_\_\_ Student ID # \_\_\_\_\_

Birth Date: \_\_\_\_\_ Student Cell # \_\_\_\_\_

Candidate for: \_\_\_\_\_ Cheerleader \_\_\_\_\_ Mascot

Address: \_\_\_\_\_

Parent/Guardian Name(s): \_\_\_\_\_

Mother's Name: \_\_\_\_\_ Father's Name: \_\_\_\_\_

Mother's Cell # \_\_\_\_\_ Father's Cell # \_\_\_\_\_

Mother's Email: \_\_\_\_\_ Father's Email: \_\_\_\_\_

Home Phone # \_\_\_\_\_

What other sports will you tryout for next school year? \_\_\_\_\_

Are you a part of any club sports (outside of school)? \_\_\_\_\_

I, \_\_\_\_\_ understand that I must fulfill all of the requirements stated in this packet if I am selected as a Bonham Middle School Cheerleader/Mascot. I realize it is my responsibility to complete all information and attend all the practices and camp dates to be eligible to tryout for cheerleader/mascot.

Candidate Signature: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

**DUE MARCH 2, 2018 BY 3:45PM**



## **Responsibility Statement**

In the event that I am selected a cheer team member or mascot, I understand that this is a full time, year round responsibility. I agree to attend all meetings, camp, and practices called by the coaches. I agree to be on time to all assigned events unless I have specifically advised the coaches in advance, before my absence. If I miss an assigned event, than I will be responsible for extra duties assigned by the coach to fulfill my cheerleading/mascot responsibilities. I also agree to follow the rules and regulations set by the coaches and respect other team members and coaches. I accept the financial responsibilities required in cheerleading/mascot. In the event I choose to leave the team or I am dismissed or disqualified, I accept the financial responsibility for all expenses incurred up to that time.

I agree that since cheerleading is a full time responsibility, I will not under any circumstances accept employment or other activity that will interfere with my cheer/mascot team duties during my year as a cheerleader or mascot.

I HAVE READ AND UNDERSTAND THE ABOVE INFORMATION AND WILL ABIDE BY THESE POLICIES.

**Date:** \_\_\_\_\_

**Signature of Student:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Signature of Parent/Guardian** \_\_\_\_\_  
**(Indicating Approval)**

**DUE MARCH 2, 2018 BY 3:45PM**

## Parental Permission Form

Candidate's Name \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_  
Home Phone \_\_\_\_\_  
Grade in 2017-2018 \_\_\_\_\_ Student ID # \_\_\_\_\_

I have read and fully understand the rules and regulations set forth in the constitution. I further understand that this is an extra-curricular activity and that attendance at all practices, games, special functions, and summer camp is a requirement of the elected cheerleader/mascot. Being aware of all these obligations, I do agree to abide by this constitution as cheerleader/mascot at Bonham Middle School.

I have read and understand all the rules and regulations set forth in the constitution. I am also aware of the responsibilities to the cheerleader/mascot program and **FINANCIAL OBLIGATIONS** involved in cheerleading/mascot. I understand that if my child makes the team, I will be required to make a **deposit of \$150.00 by Tuesday, March 27, 2018**. Being aware of these obligations, I do agree to support and abide by this constitution as a parent/guardian of the Bonham Middle School cheerleader/mascot student.

Signature of Candidate \_\_\_\_\_ Date \_\_\_\_\_

Signature of Parent/Guardian \_\_\_\_\_ Date \_\_\_\_\_

**DUE MARCH 2, 2018 BY 3:45PM**

## INHERENT RISK SHEET

### **Inherent risks of Cheerleading**

Cheerleading/Mascot is reasonably safe as long as certain guidelines are followed, but there is the inherent risk of injury as in any athletic activity. Cheerleading/Mascot is an anaerobic/aerobic activity which can include jumping, stunting, motions, and tumbling. All physicals must be on file in the middle school office before you may participate in practices, camp, and games. Keep your coach informed of all injuries and/or chronic conditions.

Although the probability of injury is minimized if you practice correctly, there is always the possibility of one occurring. Injuries that can occur in cheerleading/mascot include, but are not limited to, the following: blisters, muscle strains, ligament sprains, joint and muscle soreness, abrasions, contusions, stress fractures, spinal cord injuries involving paralysis, even death. However, if you take certain precautions, the possibility of such injuries will be largely decreased.

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### **Be sure to consistently abide by the following guidelines:**

1. NEVER stunt or tumble unless a coach is present.
2. Always practice in the presence of a qualified coach.
3. Always warm up appropriately before cheering/mascot (practice and games) by jogging and stretching.
4. Do not attempt a stunt that you do not know how to perform safely & that has not been checked off by the coach.
5. Always use attentive spotters when stunting.
6. Always cheer in an area free from obstruction.
7. Always use mats or a grassy area when stunting during practice.
8. Do not stunt on uneven ground, wet surfaces, and concrete. Do no stunt in rainy weather.
9. Never talk, laugh, or mess around when performing a stunt.
10. Report all injuries to the coach as soon as they occur.
11. Follow all athletic trainer and doctor recommendations.
12. Lift weights to increase strength and guard against injuries.
13. Always wear shoes and clothing appropriate for cheerleading/mascot.
14. Never wear jewelry of any kind or chew gum when cheering (practice or games).
15. Always have your hair pulled back from your face and shoulders.
16. Eat nutritious meals and get plenty of rest.
17. Always ask for assistance or advice at any time.

***I have read the preceding warning. I thoroughly appreciate and understand the assumptions of risks inherent in cheerleading/mascot participation. I acknowledge that I am physically fit and am voluntarily participating in this activity.***

Student Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

**DUE MARCH 2, 2018 BY 3:45PM**

## Compliance Form

1. I have accurately completed the application for tryouts.  
Candidate Initials \_\_\_\_\_ Parent Initials \_\_\_\_\_
  
2. I have read and completely understand the constitution and responsibility statement.  
Candidate Initials \_\_\_\_\_ Parent Initials \_\_\_\_\_
  
3. The parental permission form has been accurately completed.  
Candidate Initials \_\_\_\_\_ Parent Initials \_\_\_\_\_
  
4. I have read and completely understand the inherent risk associated with cheerleading and have signed the form.  
Candidate Initials \_\_\_\_\_ Parent Initials \_\_\_\_\_
  
5. I have read and completely understand the financial responsibility associated with cheerleading. I understand that I will not be allowed to participate in any cheerleading activity until all payments are made in full.  
Candidate Initials \_\_\_\_\_ Parent Initials \_\_\_\_\_
  
6. I have read and completely understand the judge's form that will be used for the tryout process.  
  
Candidate Initials \_\_\_\_\_ Parent Initials \_\_\_\_\_
  
7. I have read and completely understand the Mascot tryout procedure sheet.  
Candidate Initials \_\_\_\_\_ Parent Initials \_\_\_\_\_
  
8. I understand that in order to be eligible to tryout, all TISD debts must be paid in full, no more than 3 referrals, and passing all classes for the 5th six weeks of the 2017-2018 school year.  
Candidate Initials \_\_\_\_\_ Parent Initials \_\_\_\_\_

Candidate Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

**DUE MARCH 2, 2018 BY 3:45PM**

