

James Madison
Patriots
Cheerleading
Tryout Packet
2019-2020



What to bring to clinics April 30, 2019

(all included in this packet)

1. Physical

2. 3 teacher/coach

recommendations in a
sealed envelope (unless
your teacher gave them to
me directly)

3. Signed copy of the rules

4. Your parent for the
meeting at 5pm!

TRYOUTS

- Tryouts will be held **May 3, 2019** beginning at 4pm in the James Madison gymnasium.
- Clinics to learn tryout material will be **Tuesday, April 30th** from 3-5pm with a **mandatory parent meeting in the library from 5-5:30** and **Thursday May 2nd from 3-5pm** in the James Madison gymnasium. Athletes **MUST** attend **BOTH DAYS** of clinics in order to be chosen for the team.
- Tryouts and clinic are **CLOSED** to the public. No spectators whatsoever are permitted to be in the gym or the lobby.
- Athletes must turn in three teacher/coach recommendations. These can be given directly to me, Devan Dugger, or brought in a **SEALED ENVELOPE** by the athlete and given to me on day 1 of clinics.
- If you were a JMMS cheerleader last year, one of your recommendations needs to be from ME! :)

PHYSICAL

- In order to participate in the clinics and tryout, athletes are **REQUIRED** to have a current KHSAA physical turned in.
 - Physicals are good for **ONE YEAR**. If you turned in a physical for open gyms you **DO NOT** need to have another physical.

WHAT TO WEAR TO CLINICS

- Athletic clothes (any t-shirt and shorts)
- Tennis shoes

WHAT TO EXPECT AT CLINICS

- At clinics, you will learn a sideline cheer to perform at tryouts.
- Work on tumbling skills that can be executed **WITHOUT A SPOT**.
- Learn proper jump technique and practice jumps required for tryouts.

WHAT TO WEAR TO TRYOUTS

- Solid color shirt and shorts with **NO** print
 - Navy, royal, grey, white, or black t-shirt and shorts
 - You may wear a bow, but it is not required
 - Tennis shoes
 - A smile! :)

Teacher/Coach recommendation form #1

Dear Teacher/Coach,

(Print athlete name) _____ is interested in participating on the James Madison Middle School cheerleading team for the 2019-2020 school year. Please take the time to fill out this recommendation form to help ensure that the BEST candidates are selected for the team this year. James Madison cheerleaders are expected to be role models, peer leaders, and respected members of the JMMS community. Your input is worth 10 points out of a possible 100 points on the athlete score sheet. Please be honest! This form is confidential and will not be seen by the athlete! Thank you for your assistance!

Please rank the student-athlete on a 1-10 scale based on the following criteria:

Does the student display a positive attitude, give their best effort in class, and respect adults and peers? Would this student be a good representative of James Madison?

Circle your score: **1** **2** **3** **4** **5** **6** **7** **8** **9** **10**

Notes:

Print your name

Sign your name and date

Please place this note in my mailbox at JMMS, or put it in a sealed envelope and give it back to the athlete. You can also email it to me at devan.dugger@hopkins.kyschools.us

Sincerely,

Devan Dugger

JMMS 7th grade Reading

JMMS Cheer Coach

Teacher/Coach recommendation form #2

Dear Teacher/Coach,

(Print athlete name) _____ is interested in participating on the James Madison Middle School cheerleading team for the 2019-2020 school year. Please take the time to fill out this recommendation form to help ensure that the BEST candidates are selected for the team this year. James Madison cheerleaders are expected to be role models, peer leaders, and respected members of the JMMS community. Your input is worth 10 points out of a possible 100 points on the athlete score sheet. Please be honest! This form is confidential and will not be seen by the athlete! Thank you for your assistance!

Please rank the student-athlete on a 1-10 scale based on the following criteria:

Does the student display a positive attitude, give their best effort in class, and respect adults and peers? Would this student be a good representative of James Madison?

Circle your score: **1** **2** **3** **4** **5** **6** **7** **8** **9** **10**

Notes:

Print your name

Sign your name and date

Please place this note in my mailbox at JMMS, or put it in a sealed envelope and give it back to the athlete. You can also email it to me at devan.dugger@hopkins.kyschools.us

Sincerely,

Devan Dugger

JMMS 7th grade Reading

JMMS Cheer Coach

Teacher/Coach recommendation form #3

Dear Teacher/Coach,

(Print athlete name) _____ is interested in participating on the James Madison Middle School cheerleading team for the 2019-2020 school year. Please take the time to fill out this recommendation form to help ensure that the BEST candidates are selected for the team this year. James Madison cheerleaders are expected to be role models, peer leaders, and respected members of the JMMS community. Your input is worth 10 points out of a possible 100 points on the athlete score sheet. Please be honest! This form is confidential and will not be seen by the athlete! Thank you for your assistance!

Please rank the student-athlete on a 1-10 scale based on the following criteria:

Does the student display a positive attitude, give their best effort in class, and respect adults and peers? Would this student be a good representative of James Madison?

Circle your score: **1** **2** **3** **4** **5** **6** **7** **8** **9** **10**

Notes:

Print your name

Sign your name and date

Please place this note in my mailbox at JMMS, or put it in a sealed envelope and give it back to the athlete. You can also email it to me at devan.dugger@hopkins.kyschools.us

Sincerely,

Devan Dugger

JMMS 7th grade Reading

JMMS Cheer Coach

Sample Score Sheet

Judge # _____

Athlete # _____

Running Tumbling 1 2 3 4 5 6 7 8 9 10
(round-off, front handspring, round-off back handspring, round-off back tuck, round-off backhandspring back tuck, round-off backhandspring layout)

Standing Tumbling 1 2 3 4 5 6 7 8 9 10
(cartwheel, front walkover, back walkover, back handspring, back handspring back stuck, standing back tuck)

Sideline #1 1 2 3 4 5 6 7 8 9 10
(motion technique, enthusiasm, memorization, confidence)

Sideline #2 1 2 3 4 5 6 7 8 9 10
(motion technique, enthusiasm, memorization, confidence)

Jump #1: toe-touch 1 2 3 4 5 6 7 8 9 10
(motion technique, arm placement, leg placement, height, landing)

Jump #2: pike 1 2 3 4 5 6 7 8 9 10
(motion technique, arm placement, leg placement, height, landing)

Overall Impression 1 2 3 4 5 6 7 8 9 10
(enthusiasm, spirit, technique, coachability)

Recommendation #1* 1 2 3 4 5 6 7 8 9 10
(teacher/coach rankings)

Recommendation #2* 1 2 3 4 5 6 7 8 9 10
(teacher/coach rankings)

Recommendation #3* 1 2 3 4 5 6 7 8 9 10
(teacher/coach rankings)

*starred items will be filled out by coach

Total (out of 100) _____

TEAM ELIGIBILITY

- Any student who will be in grades 6-8 at James Madison for the 2019-2020 school year are eligible to be on the cheerleading squad.
- Athletes are REQUIRED to maintain a “D” or above in ALL classes during the season to be allowed to cheer.
 - Grade checks are ran every Friday. If an athlete has an “F” in any class, that student is ineligible to cheer at any events until the grade report is ran again.

THIS IS A SCHOOLWIDE POLICY.

- To ensure that your child has the proper grades to cheer at games and events, parents are highly encouraged to check Infinite Campus regularly!
 - If your child is struggling, talk with that to teacher to see what needs to be done in order to bring the grades up.
 - Students can also attend ESS sessions (after school homework help). Attending these sessions also accumulate points that can be added to any class.
- Athletes are required to pass a KHSAA physical.
 - Athletes are required to show proof of insurance before all competitions.

TEAM EXPECTATIONS, RULES, AND NON-NEGOTIABLES

Keep this copy!

Explanation of “fouls”.

- A “foul” is synonymous to a demerit. If an athlete fails to follow rules at practices, games, events, etc. they will be given a foul.
 - Athletic fouls are completely separate from academic fouls.
 - 5 fouls will result in sitting out of a game.
 - 7 fouls will result in dismissal from the team.

BEHAVIORS THAT WARRANT FOULS

- Disrespect to the coach or to peers.
- Unexcused absences from practices, games, or events.
- Cell phone violations.
- Defiance toward coach.

AUTOMATIC DISMISSAL FROM THE TEAM

- Physical altercations at school or at practice.
- Suspension from school.
- In-school suspension (ICE).
- Abusing illegal substances
 - drugs, alcohol, tobacco, INCLUDING juuls and vape pens.
- Arrested/charged with any crime.
- Vulgar social media posts.
- Inappropriate photos sent via text or social media.
- Purposely dropping/injuring another athlete.
- Failing a class on report card.
- Pregnancy.

CELL PHONE VIOLATIONS

- Cell phones are not to be used during practice OR games AT ALL unless permitted by the coach. This includes water breaks!
 - If you are sitting out of practice or game for ANY reason, you CANNOT be on your cell phone.

CHEERLEADERS ARE EXPECTED TO:

- Attend all practices, camps, tumbling classes, meetings, events, games, etc.
 - An excused absence from school mandates an excused absence from practice.
 - EVEN IF YOUR ABSENCE IS EXCUSED, THE COACH RESERVES THE RIGHT TO REPLACE YOUR POSITION OR TAKE THE ATHLETE OUT OF GAME MATERIAL.
 - This includes: sidelines, time-out performances, pep rallies, AND competition material.
 - An unexcused absence will result in a foul.
- Keep a grade of “D” or above in all classes at all times.
- Represent the school and community in a positive way.

CHAIN OF COMMAND

- If problems arise, it is imperative that parents take the proper steps in order to resolve these issues. The first step is to ALWAYS talk to the coach first!
- If the coach cannot resolve the issues, the next step is to go the athletic director.
- If neither the coach or the athletic director can resolve the issues, the principal is the THIRD point of contact.
 - If the chain of command is skipped over, unnecessary chaos ensues.
 - 99% of the time, all issues can be resolved if you are transparent and talk to me first!

ALL PRACTICES AND CAMPS ARE CLOSED TO PARENTS AND TO THE PUBLIC!

By signing this document, you are agreeing that you understand that:

- not following rules set forth by the coach result in consequences such as fouls.
- 7 fouls result in being dismissed from the team.
- grades must be above a “D” during season.
- practices, games, events, tumbling classes, etc. are mandatory.
- even with an excused absence, I might not be permitted to perform at games or events.

- even with an excused absence, another member of the team might replace me in performances, events, or competitions.
- some behaviors result in automatic dismissal from the cheerleading squad.
- all issues must be resolved by following the chain of command.

****Keep this copy of the rules for your records! ****Read and sign the second copy of the rules and turn them in on day 1 of clinics!*****

TEAM EXPECTATIONS, RULES, AND NON-NEGOTIABLES

Parent and athlete sign this copy and turn in to coach on day 1 of clinics!

Explanation of “fouls”.

- A “foul” is synonymous to a demerit. If an athlete fails to follow rules at practices, games, events, etc. they will be given a foul.
 - Athletic fouls are completely separate from academic fouls.
 - 5 fouls will result in sitting out of a game.
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BEHAVIORS THAT WARRANT FOULS

- Disrespect to the coach or to peers.
- Unexcused absences from practices, games, or events.
- Cell phone violations.
- Defiance toward coach.

AUTOMATIC DISMISSAL FROM THE TEAM

- Physical altercations at school or at practice.
- Suspension from school.
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- Abusing illegal substances
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- Inappropriate photos sent via text or social media.
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- Failing a class on report card.
- Pregnancy.

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 - If you are sitting out of practice or game for ANY reason, you CANNOT be on your cell phone.

CHEERLEADERS ARE EXPECTED TO:

- Attend all practices, camps, tumbling classes, meetings, events, games, etc.
 - An excused absence from school mandates an excused absence from practice.
 - EVEN IF YOUR ABSENCE IS EXCUSED, THE COACH RESERVES THE RIGHT TO REPLACE YOUR POSITION OR REMOVE ATHLETE FROM GAME MATERIAL.
 - This includes: sidelines, time-out performances, pep rallies, AND competition material.
 - An unexcused absence will result in a foul.
- Keep a grade of "D" or above in all classes at all times.
- Represent the school and community in a positive way.

CHAIN OF COMMAND

- If problems arise, it is imperative that parents take the proper steps in order to resolve these issues. The first step is to ALWAYS talk to the coach first!
- If the coach cannot resolve the issues, the next step is to go the athletic director.
- If neither the coach or the athletic director can resolve the issues, the principal is the THIRD point of contact.
 - If the chain of command is skipped over, unnecessary chaos ensues.
 - 99% of the time, all issues can be resolved if you are transparent and talk to me first!

ALL PRACTICES AND CAMPS ARE CLOSED TO PARENTS AND TO THE PUBLIC!

Parent signature

Athlete signature

By signing this document, you are agreeing that you understand that:

- not following rules set forth by the coach result in consequences such as fouls.
- 7 fouls result in being dismissed from the team.

- grades must be above a “D” during season.
- practices, games, events, tumbling classes, etc. are mandatory.
- even with an excused absence, I might not be permitted to perform at games or events.
- even with an excused absence, another member of the team might replace me in performances, events, or competitions.
- some behaviors result in automatic dismissal from the cheerleading squad.
- all issues must be resolved by following the chain of command.

COST ESTIMATE

Tumbling class	\$45 to \$50 per month
Shoes	\$40-\$140 *we do not purchase shoes as a team, you can buy whichever pair you desire. Some are more expensive than others. As long as they are white, the brand is irrelevant!
Spandex boy cut briefs	\$15-\$40 *we do not purchase briefs as a team, you can buy whichever pair you desire. Some are more expensive than others. As long as they are royal blue, the brand is irrelevant!
Turtleneck body-liner	\$15-\$40 *we do not purchase body liners as a team, you can buy whichever liner you desire.. Some are more expensive than others. As long as they are white and turtleneck, the brand is irrelevant!
Bow	\$15
Campwear	\$40
Warm-ups	\$50
Estimate total cost without monthly tumbling class	\$200
Estimate total cost including 7 months of tumbling classes	\$550

*This is a sample list and is subject to change!

**It is possible that the booster club may be willing to purchase some items for us.

***If you cannot afford to pay for the items, or for tumbling class, LET ME KNOW! We can help!

FREQUENTLY ASKED QUESTIONS

Q: Do I have to have a back handspring to make the team?

A: No! There is no tumbling requirement to be on the team.

Q: How many girls make the team?

A: It depends on how many tryout. I like to have a minimum of 16 girls.

Q: How often do we practice?

A: Competition team members should expect to practice 2-3 days per week and an additional tumbling class. Non-competition team members (called "game-day" cheerleaders) should expect to practice 1 day per week plus an additional tumbling class.

Q: Do we practice during the summer?

A: Yes. Practice attendance is flexible during the summer due to vacations. It is HIGHLY ENCOURAGED that you attend practices that you are in town for. Practices become mandatory July 15. We will have a 2-3 day camp in July, and a choreography camp for the competition team at the end of the summer.

Q: When do you pick the competition team?

A: The competition team will be selected in mid-July.

Q: How do you select the competition team?

A: After a few months of practices, I assess all of the athletes and put together the best combination of athletes to ensure that we have strong stunts, tumbling, and jumps on the mat!

Q: How many girls make the competition team?

A: I will either select 12 girls for a small squad or 16 girls for a medium squad.

Q: What events do we cheer at?

A: We cheer at all home football and basketball games. The competition team will compete at 3-4 competitions.

Q: Do I have to take the tumbling class?

A: Yes, the tumbling class is a requirement. All cheerleaders are expected to attend a weekly tumbling class at Pennyrile for JMMS cheerleaders (typically on Wednesdays from 3-4) from the beginning of our season (July) to the end of our season (February).

Q: What do I need to bring to clinics/tryouts?

A: Proper clothing and shoes, water, your physical, your 3 teacher/coach recommendations, the signed copy of the rules, and a positive attitude! :)

Good Luck!