

SARALAND HIGH SCHOOL
CHEERLEADING TRYOUTS 2025

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FEBRUARY 14	ALL FORMS AND \$40 FEE MUST BE COMPLETED AND RECEIVED BY 2:30PM
FEBRUARY 20	TRYOUT CLINIC 3:00-5:00 (SHS GYM)
FEBRUARY 21	TRYOUTS 3:00 UNTIL FINISHED
FEBRUARY 21	RESULTS WILL BE SENT IN AN EMAIL TO ALL PROSPECTIVE CHEERLEADERS
FEBRUARY 28	UNIFORM FITTINGS FITTINGS WILL BE IN MRS. LITTLE'S ROOM (129). TIME SLOTS WILL BE GIVEN.

CHEERLEADING PACKET REQUIREMENTS

- O MUST HAVE A CURRENT PHYSICAL ON FILE OR OBTAIN A NEW ONE (PRINT FROM SHS SPORTS PAGE > FORMS)
- O ACKNOWLEDGEMENT OF REGULATIONS/FINANCIAL OBLIGATIONS AND EMERGENCY INFORMATION FORM
- O DISCIPLINE CLEARANCE FORM (TRANSFER STUDENTS ONLY)
- O **PROVIDE**- COPY OF VALID INSURANCE CARD AND COPY OF FIRST SEMESTER REPORT CARD
- O **COST**- \$40

APPLICATION PACKETS WILL BE AVAILABLE AT THE PARENT MEETING.

THE DATE FOR CHEER CAMP IS TBD.

THIS IS MANDATORY. PARENTS WILL BE REQUIRED TO TAKE CHEERLEADER TO AND FROM CAMP.

USE THE QR CODE TO ACCESS THE TRYOUT FOLDER WITH FIGHT SONG,
TRYOUT MUSIC, AND SCORE SHEETS. COMING SOON!



CLINIC AND TRYOUT INFORMATION

TRYOUT CLINIC- FEBRUARY 22 FROM 3:00-5:00 SHS GYM

THE GYM WILL BE OPEN AT 2:45PM; INSTRUCTION WILL BEGIN AT 3:00. THIS MEANS THAT THE PROSPECTIVE CHEERLEADERS MUST BE STRETCHED AND READY TO JUMP, CHEER, DANCE, AND TUMBLE AT 3:00PM.

NO SPECTATORS OR FILMING WILL BE ALLOWED AT CLINIC! IF YOU ARE TARDY OR LEAVE EARLY FROM THE CLINIC FOR ANY REASON, YOU ARE RESPONSIBLE FOR THE CHOREOGRAPHY THAT YOU MISSED.

WHAT TO WEAR- ATHLETIC SHORTS, T-SHIRT, AND ATHLETIC SHOES, NO JEWELRY, HAIR UP IN A PONYTAIL AND AWAY FROM YOUR FACE- YOU WILL NOT BE ALLOWED TO PARTICIPATE IN CLINIC IF YOU ARE NOT PROPERLY DRESSED; DO NOT WEAR JUST A SPORTS BRA AND/OR COMPRESSION SHORTS.

TRYOUTS- FEBRUARY 23 AT 3:00 SHS GYM

THERE WILL BE NO LATE ENTRIES ALLOWED!

THE GYM WILL BE OPEN AT 2:45PM; INSTRUCTION WILL BEGIN AT 3:00. THIS MEANS THAT THE PROSPECTIVE CHEERLEADERS MUST BE STRETCHED AND READY TO JUMP, CHEER, DANCE, AND TUMBLE AT 3:00PM.

NO SPECTATORS OR FILMING WILL BE ALLOWED AT TRYOUTS!

WHAT TO WEAR- RED ATHLETIC SHORTS, SOLID WHITE T-SHIRT (GIRLS, WE SUGGEST A WHITE SPORTS BRA UNDERNEATH), WHITE ATHLETIC SHOES OR WHITE CHEER SHOES, WHITE SOCKS, NO JEWELRY, HAIR UP IN A PONYTAIL AND AWAY FROM YOUR FACE WITH A WHITE OR RED RIBBON.

SKILLS AND PROCEDURES FOR TRYOUTS

TRYOUT JUDGING

SEE SCORING SHEET ATTACHED.

- FREE SPIRIT- THIRTY SECONDS OF FREE SPIRIT WILL BE PERFORMED AT THE BEGINNING OF THE TRYOUT AND SPIRIT WILL BE EXPECTED TO BE PERFORMED THROUGHOUT THE TRYOUT (PROPS PROVIDED)
- DANCE- WILL BE TAUGHT AT CLINIC
- SITUATIONAL SIDELINE- WILL BE TAUGHT AT CLINIC
- CHEER- WILL BE TAUGHT AT CLINIC
- FIGHT SONG- VIDEO QR CODE ABOVE (THIS WILL NOT BE TAUGHT AT TRYOUTS.)
- JUMPS- HURDLER, DOUBLE TOE TOUCH, AND JUMP OF CHOICE (MAY INCLUDE ONE CONNECTED TUMBLING SKILL—TOE TOUCH BHS, TOE TOUCH TUCK, DOUBLE TOE TOUCH BHS, OR DOUBLE TOE TOUCH TUCK)
- TUMBLING- SEE ATTACHED SCORING SHEET FOR PASSES

CHEERLEADERS ARE CHOSEN BASED ON TALENT, WORK ETHIC, TEAMWORK, RELIABILITY, POISE, ATTITUDE, ABILITY, PERSONALITY, SPORTSMANSHIP, AND SPIRIT. CHEERLEADERS WILL BE CHOSEN ABOVE THE NATURAL BREAK IN SCORES.

TRYOUT NOTES

- A TUMBLING MAT WILL BE PROVIDED FOR THE TUMBLING PORTION ONLY (NOT FIGHT SONG OR JUMPS) ANY TUMBLING PERFORMED WILL BE ON THE MAT WITHOUT A SPOTTER.
- TUMBLING PERFORMED AT TRYOUTS WILL BE EXPECTED ALL YEAR.
- APPLICANTS WILL DRAW NUMBERS ON THURSDAY TO DETERMINE TRYOUT ORDERING/GROUPING.
- IF A CHEERLEADER HAS RESTRICTIONS PER A DOCTOR'S NOTE A VIDEO SUBMISSION WILL BE ACCEPTED. FOR THE RESTRICTED SKILLS ONLY. VIDEO CANNOT BE OLDER THAN 8 WEEKS AND MUST BE PERFORMED ON A SOLID SURFACE.

REGULATION LIST

SARALAND HIGH SCHOOL CHEERLEADERS ARE ROLE MODELS FOR THE STUDENT BODY AND ARE REPRESENTATIVES OF SHS IN THE COMMUNITY. ALL CHEERLEADERS ARE EXPECTED TO CONDUCT THEMSELVES IN A MANNER THAT EXEMPLIFIES A MODEL SHS STUDENT BOTH ON AND OFF CAMPUS.

ACADEMIC AND SCHOOL REQUIREMENTS

- IN ORDER TO TRY OUT FOR THE VARSITY TEAM, THE STUDENT MUST BE A RISING JUNIOR OR SENIOR. IN ORDER TO TRY OUT FOR THE JV TEAM, THE STUDENT MUST BE A RISING FRESHMAN OR SOPHOMORE. STUDENTS IN GRADES 9-11 MUST BE CURRENTLY ENROLLED AND ATTENDING CLASSES AT SARALAND HIGH. STUDENTS IN EIGHTH GRADE MUST BE CURRENTLY ENROLLED AND ATTENDING CLASSES AT SARALAND MIDDLE SCHOOL.
- STUDENTS MUST HAVE A FIRST SEMESTER GPA OF 2.5 OR 75% AVERAGE (MIDDLE SCHOOL STUDENTS).
- A 10TH, 11TH OR 12TH GRADE STUDENT MUST HAVE PASSED A MINIMUM OF SIX UNITS OF WORK (INCLUDING ANY FOUR CORE COURSES) WITH A COMPOSITE AVERAGE OF 70 FOR THOSE SIX UNITS DURING THE PRECEDING TWO SEMESTERS OF ATTENDANCE. ANY FOUR CORE COURSES MUST BE INCLUDED IN THE SIX PASSED AND AVERAGED.
- A MAXIMUM OF TWO UNITS (SUBJECTS) MAY BE EARNED IN AN ACCREDITED SUMMER SCHOOL AND/OR CREDIT RECOVERY.
- ALL STUDENTS MUST BE TAKING SIX UNITS OF WORK (ONES NOT PREVIOUSLY PASSED) DURING THE CURRENT YEAR (SENIORS ON TRACK FOR GRADUATION FALL UNDER DIFFERENT GUIDELINES).
- AN 8TH OR 9TH GRADE STUDENT MUST HAVE PASSED A MINIMUM OF FIVE NEW SUBJECTS WITH A COMPOSITE AVERAGE OF 70 AND MUST HAVE BEEN PROMOTED TO THE NEXT GRADE.
- IN ORDER TO TRYOUT, STUDENTS MUST BE IN GOOD DISCIPLINE STANDING WITH THE SCHOOL. ALL SCHOOL VIOLATIONS ARE SUBJECT TO REMOVAL FROM THE SQUAD BASED ON THE PUNISHMENT GIVEN BY THE SCHOOL AND THE SEVERITY OF THE SITUATION.
- ANY CHEERLEADER WHO QUILTS OR IS REMOVED FROM ANY SCS SQUAD FOR ANY REASON WILL FORFEIT THE RIGHT TO TRY OUT FOR THE SQUAD THE FOLLOWING YEAR. THIS INCLUDES QUITTING THE COMPETITION CHEER SQUADS AT ANY POINT IN THE SEASON.

CONDUCT

- CHEERLEADERS ARE TO ABIDE BY THE STUDENT CODE OF CONDUCT. THIS INCLUDES OFF-CAMPUS.
- CHEERLEADERS SHOULD BE MINDFUL WITH THE USE OF SOCIAL NETWORKING; YOU ARE AN AMBASSADOR OF THE SCHOOL AND WILL BE HELD ACCOUNTABLE FOR YOUR ACTIONS. INAPPROPRIATE USE OF SOCIAL MEDIA THAT COMPROMISES THE SCHOOL'S REPUTATION WILL NOT BE TOLERATED. THIS INCLUDES THE USE OF PROFANITY. THIS IS NOT LIMITED TO YOUR OWN PERSONAL ACCOUNTS.
- ALL DISCIPLINARY ACTIONS WILL BE LEFT TO THE COACHES' DISCRETION.
- PLEASE REFER TO THE CHEER GUIDELINES AND DEMERITS SHEET FOR QUESTIONS.

TIME RESPONSIBILITIES

- CHEERLEADING COMES BEFORE OTHER ACTIVITIES AND EMPLOYMENT. CHEERLEADERS SHOULD NOT HAVE ANY KIND OF EMPLOYMENT THAT AFFECTS FOOTBALL, BASKETBALL, OR COMPETITION SEASONS. THIS INCLUDES POST-SEASON AND PLAY-OFF GAMES/PRACTICES.
- PLEASE REFER TO THE CHEER GUIDELINES AND DEMERITS SHEET FOR QUESTIONS.
- CHEERLEADERS WILL BE EXPECTED TO NOT ONLY ATTEND GAMES AND PRACTICES BUT ALSO MAKE SIGNS/BANNERS, DECORATING, PLANNING AND PARTICIPATING IN PEP RALLIES, LOADING AND UNLOADING EQUIPMENT, ETC. AS DIRECTED BY COACHES. THIS INCLUDES REMAINING AFTER SCHOOL OR ARRIVING EARLY TO COMPLETE THESE DUTIES.

ABSENCES AND TARDIES

- ONLY A COACH OR ADMINISTRATOR CAN EXCUSE AN ABSENCE. ANY ABSENCE FROM A GAME OR PRACTICE MUST HAVE PRIOR APPROVAL FROM COACHES.

- DOCUMENTATION FOR APPROVED ABSENTEEISM IS REQUIRED. ROUTINE APPOINTMENTS SUCH AS HAIR, DENTIST, DOCTOR, ORTHODONTIST, ORTHOPEDIST, DMV, PORTRAITS, DRESS FITTINGS, ETC., OTHER CLUB MEETINGS, INTERNSHIPS, JOBS, AND OTHER ACTIVITIES SHOULD BE SCHEDULED AROUND PRACTICES, PERFORMANCES, AND GAMES. UNLESS IT IS AN EMERGENCY, IT WILL BE UNEXCUSED.
- CHEERLEADERS MUST BE PRESENT AT SCHOOL AT LEAST HALF A DAY ON GAME DAYS AND PRACTICE DAYS IN ORDER TO PARTICIPATE PER SARALAND CITY SCHOOLS POLICY. IT IS THE RESPONSIBILITY OF THE CHEERLEADER TO INFORM THE COACH OF ANY POTENTIAL ABSENCES TO GAMES OR PRACTICES.
- CHEERLEADERS WILL RIDE THE BUS TO AND FROM ALL GAMES.
- PLEASE REFER TO THE CHEER GUIDELINES AND DEMERITS SHEET FOR QUESTIONS.

UNIFORMS AND APPEARANCE

- CHEERLEADERS SHOULD ARRIVE TO AN EVENT FULLY DRESSED IN UNIFORM (INCLUDING HAIR AND MAKEUP) AND REMAIN IN UNIFORM UNTIL THE EVENT IS OVER.
- ALL JEWELRY MUST BE REMOVED FOR PRACTICES, GAMES, COMPETITIONS, AND PERFORMANCES.
- NO UNUSUAL OR NON-TRADITIONAL HAIR DYES OR COLORS WILL BE PERMITTED.
- UNIFORMS ARE NOT BE WORN OUTSIDE OF SCHOOL FUNCTIONS UNLESS APPROVED BY THE COACH.
- YOU ARE NOT PERMITTED TO ALLOW SOMEONE ELSE TO WEAR OR BORROW ANY CHEER APPAREL. THIS INCLUDES OUTERWEAR.
- CHEERLEADERS WILL WEAR CAMP CLOTHES TO PRACTICE.
- PLEASE REFER TO THE CHEER GUIDELINES AND DEMERITS SHEET FOR QUESTIONS.

COMPETITION CHEER

- ALL CHEERLEADERS WHO MAKE THE JV OR VARSITY SQUADS WILL BE ON THE SHS COMPETITION SQUAD.
- WE WILL ATTEND EMPIRE ATHLETICS THREE DAYS A WEEK DURING FOURTH BLOCK (FALL SEMESTER) VARSITY ATHLETICS. WE WILL ATTEND TWO DAYS A WEEK AFTER SCHOOL IN THE SPRING. THIS WILL BE REQUIRED. TRANSPORTATION WILL NOT BE PROVIDED.
- ALL MONIES FOR CLASSES WILL BE PAID TO EMPIRE ATHLETICS.
- MONIES WILL ALSO HAVE TO BE RAISED FOR ENTRY AND ACCOMMODATIONS INTO COMPETITIONS.
- SHS CHEER WILL BE COMPETING BOTH GAME DAY AND TRADITIONAL ROUTINES THIS YEAR.
- IF THE COMPETITION TEAM QUALIFIES FOR NATIONALS, WE WILL BE ATTENDING. PARENTS ARE RESPONSIBLE FOR YOUR CHILD'S TRANSPORTATION TO OUT-OF-TOWN COMPETITIONS.

BAND APP

- YOU ARE RESPONSIBLE FOR ALL INFORMATION SEND VIA THE BAND APP. THIS IS WHERE IMPORTANT INFORMATION AND CALENDAR OF EVENTS WILL BE GIVEN. PLEASE TURN ON NOTIFICATIONS SO YOU CAN RECEIVE THEM AS THEY ARE SENT.

FINANCIAL RESPONSIBILITIES

- CHEERLEADERS ARE EXPECTED TO PAY FOR ALL EXPENSES PERTAINING TO CHEERLEADING INCLUDING BUT NOT LIMITED TO CAMP, APPAREL, CLINICS, GIFTS, CHOREOGRAPHY, COMPETITIONS, ACCOMMODATIONS, ETC.
- FUNDRAISING WILL BE OFFERED TO HELP WITH EXPENSES.
- ALL BALANCES MUST BE PAID IN FULL BEFORE CAMP.
- THE FIRST PAYMENT MUST BE RECEIVED BEFORE ANY UNIFORMS OR CAMP APPAREL ORDERS CAN BE PLACED FOR THE CHEERLEADER.
- RETURNING CHEERLEADERS WILL NOT BE ALLOWED TO TRYOUT UNTIL ALL CHEER BALANCES ARE PAID IN FULL.
- CHEERLEADERS MUST MEET ALL PURCHASING DEADLINES SET BY THE COACHES.
- ALL FEES AND PAYMENTS SHOULD BE MADE BY CASH, CHECK, OR MONEY ORDER MADE PAYABLE TO SARALAND HIGH.

GUIDELINES FOR CHEERLEADERS

SQUAD RULES

1. BE AN ASSET TO THE SQUAD.
2. DON'T TALK NEGATIVELY ABOUT FELLOW CHEERLEADERS AND COACHES OR BEHAVE IN A MANNER THAT PROMOTES DISUNITY OF THE SQUAD.
3. BE ABLE TO ACCEPT CONSTRUCTIVE CRITICISM FROM COACH AND OTHER SQUAD MEMBERS.
4. UNIFORMS ARE WORN ON GAME DAYS. ONLY THE CHEER WARM-UP MAY BE WORN ON GAME DAYS. NO OTHER OUTERWEAR WILL BE PERMITTED. NO ONE OTHER THAN A CHEERLEADER IS ALLOWED TO WEAR ANY PART OF THE UNIFORM, WARM-UP, OR ANY OTHER OFFICIAL CLOTHING.
5. DO NOT CONTINUOUSLY COMPLAIN ABOUT YOUR TEAM, YOUR COACH, OR YOUR SCHOOL. IF YOU HAVE A PROBLEM, BRING IT TO THE COACH FIRST! EXCESSIVE COMPLAINING WILL BE VIEWED AS DISRESPECT AND DEMERITS OR DISMISSAL FROM THE TEAM WILL RESULT. THIS INCLUDES "VOICING YOUR OPINION" ON SOCIAL MEDIA.

GAMES/COMPETITIONS/APPEARANCE

1. ARRIVE BY AT LEAST 6:00 TO A HOME FOOTBALL GAME AND AT LEAST 30 MINUTES PRIOR TO A HOME BASKETBALL GAME. **Varsity Only**
2. NO JEWELRY
3. NAILS SHOULD BE KEPT SHORT IN LENGTH. NO COLORED NAIL POLISH FOR COMPETITIONS.
4. NO EATING OR CHEWING GUM WHILE CHEERING.
5. NO CELL PHONES DURING GAMES!
6. CHEER AT ALL TIMES WHEN THE TEAM IS ON THE FIELD OR ON THE COURT.
7. TAKE CARE OF ALL PERSONAL NEEDS DURING HALF TIMES OR BETWEEN BASKETBALL GAMES.
8. BE RESPECTFUL TO VISITING CHEERLEADERS, PLAYERS, AND FANS.
9. ABSOLUTELY NO CONVERSATIONS WITH CROWD WHILE CHEERING.
10. SHOW SPIRIT AT ALL TIMES. (JUMP, TUMBLE, STUNT, SMILE, ETC.)
11. STAND WITH YOUR HANDS ON YOUR HIPS WHEN NOT CHEERING. THERE WILL BE NO LAUGHING, TALKING, PRACTICING CHANTS/CHEERS/DANCES, OR ACTING UP BETWEEN CHEERS.
12. BE FAMILIAR WITH THE RULES OF FOOTBALL AND BASKETBALL.
13. IF YOU ARE RESPONSIBLE FOR SIGNS, FLAG, SIGN BAG, ETC. MAKE SURE YOU BRING THEM TO THE FIELD AND TAKE THEM BACK/DOWN WHEN THE GAME IS OVER. NO ONE WILL BE PERMITTED TO LEAVE UNTIL EVERYTHING IS PUT BACK IN ITS PLACE.
14. HAVE A NEAT APPEARANCE. ALWAYS MAKE SURE YOUR UNIFORM AND SHOES ARE CLEAN.

PRACTICE RULES

1. EACH CHEERLEADER MUST BE DRESSED IN THE CORRECT PRACTICE UNIFORM WITH CHEER SHOES. IF YOUR SHIRT COVERS YOUR SHORTS, YOU MUST TUCK IN THE SHIRT. NO SPANDEX OR JUST A SPORTS BRA WILL BE ALLOWED AT ANY PRACTICE.
2. EACH CHEERLEADER SHOULD BE ON TIME FOR ALL PRACTICES.
3. A MEDICAL EXCUSE MUST BE SUBMITTED FOR ANY CHEERLEADER MISSING PRACTICE.
4. NO CELL PHONES AT PRACTICE.
5. ATTITUDE REFLECTS LEADERSHIP. YOU MUST HAVE A POSITIVE ATTITUDE AND BE WILL TO DO ANYTHING ASKED OF YOU. IF YOU HAVE A BAD ATTITUDE OR DISRESPECTFUL BEHAVIOR TOWARD TEAMMATES OR COACHES, YOU WILL RECEIVE THREE DEMERITS PER OFFENSE. REPEATED DISRESPECTFUL BEHAVIOR TOWARD TEAMMATES OR COACHES WILL RESULT IN IMMEDIATE DISMISSAL. THIS RULE IS APPLICABLE AT ALL TIMES.

DEMERITS

FIVE DEMERITS- BENCHED ONE GAME

TEN DEMERITS- BENCHED TWO ADDITIONAL GAMES

FIFTEEN DEMERITS- DISMISSED FROM THE SQUAD

A. PRACTICE/VARSITY ATHLETICS DEMERITS

1. **BEING LATE OR LEAVING EARLY- TWO DEMERITS PER OFFENSE (COACH CAN CHOOSE BASED ON SEVERITY)**
NOT PRESENT AT PRACTICE- THREE DEMERITS PER OFFENSE
NOT NOTIFYING COACH OF ABSENCE- FIVE DEMERITS
2. **OUT OF UNIFORM (PROPER CLOTHING, CHEER SHOES, NAILS TRIMMED AND POLISH-FREE, NO JEWELRY OF ANY KIND, HAIR UP, NO MIDRIFF SHOWING, NO SHORT SHORTS, SOCKS, POMS, WARM-UPS, RAINCOATS, AND ALL NECESSARY UNDERGARMENTS) - TWO DEMERITS OR MORE PER OFFENSE**
3. **BEING DISRESPECTFUL TO COACHES, TEACHERS, ADMINISTRATORS, OR OTHER TEAM MEMBERS, OTHER TEAMS, OTHER SPORTS, AND PLAYERS (THIS INCLUDES, BUT NOT LIMITED TO, GOSSIPING, DISCUSSING SQUAD MATTERS WITH PEOPLE OTHER THAN TEAM MEMBERS, ATTITUDE, BAD BEHAVIOR, ETC). - FIVE DEMERITS PER OFFENSE**
4. **USING CELL PHONES DURING PRACTICE- THREE DEMERITS PER OFFENSE**
5. **FAILURE OR A LACK OF WILLINGNESS TO COMPLY WITH COACHES OR OTHER TEAMMATES (THIS INCLUDES ATTEMPTING TO CHANGE PLANS, ROUTINES, FORMATIONS, STUNT GROUPS, UNIFORMS, ETC., WITHOUT FIRST OBTAINING PERMISSION FROM THE COACH)- THREE DEMERITS PER OFFENSE. (MULTIPLE OFFENSES MAY RESULT IN IMMEDIATE DISMISSAL AS SET FORTH BY THE COACH)**
6. **FAILURE TO COMPLY WITH THE DISTRICT CODE OF CONDUCT OR REPRESENT OUR SCHOOL, DISTRICT, AND COMMUNITY IN A PROPER MANNER- TO BE DETERMINED BY COACH AND PRINCIPAL.**

B. GAMES/GAME DAY DEMERITS

1. **UNDIGNIFIED BEHAVIOR WHILE IN UNIFORM- CONSEQUENCES DECIDED BY COACH AND PRINCIPAL**
2. **OUT OF CHEER UNIFORM-**
 - A. **WRONG UNIFORM- CANNOT CHEER AT GAME AND WILL RECEIVE FIVE DEMERITS.**
 - B. **NO BOW/WRONG BOW- TWO DEMERITS**
 - C. **NO POMS/MEGAPHONE- TWO DEMERITS**
 - D. **NOT HAVING HAIR UP WITH BOW OR MAKE-UP (IF WEARING) ON UPON ARRIVAL TO A GAME.- TWO DEMERITS**
 - E. **IMPROPER OUTERWEAR (CHEERLEADERS SHOULD BE PROMOTING SHS, DO NOT WEAR ANOTHER SCHOOL'S (HIGH SCHOOL OR COLLEGE) LOGO.)- TWO DEMERITS**
 - F. **WEARING JEWELRY- THREE DEMERITS**
3. **USING CELL PHONE DURING THE GAME- THREE DEMERITS**
4. **EXCESSIVE TALKING IN FORMATION OR TO SPECTATORS- THREE DEMERITS**
5. **BEING DISRESPECTFUL TO COACHES, TEACHERS, ADMINISTRATORS, OTHER CHEERLEADERS, OTHER TEAMS, OTHER SPORTS, AND PLAYERS. WE ARE AT GAMES TO SUPPORT OUR SCHOOL AND RAISE SPIRIT - COACH/ADMINISTRATORS CAN DECIDE UPON SEVERITY.**
6. **NOT BEING RESPONSIBLE FOR ASSIGNED TASK FOR THE GAME. (FORGETTING FLAG/SIGNS TO AND FROM GAME)- TWO DEMERITS**
7. **BEING LATE OR LEAVING EARLY FROM GAME (UNEXCUSED)- THREE DEMERITS PER OFFENSE**
8. **LATE FROM HALF-TIME BREAK- ONE DEMERIT PER OFFENSE**
9. **NOT PRESENT AT A GAME OR PERFORMANCE OR REQUIRED FUNCTION (THIS INCLUDES PEP RALLIES)- FIVE DEMERITS PER OFFENSE**

10. DEFIANCE OF RULES/GUIDELINES FOR GAME DAY AND GAMES IN THE ABOVE SECTION-
CONSEQUENCES WILL BE DECIDED BY THE COACH AND THE PRINCIPAL.
11. UNEXCUSED ABSENCE FROM GAME OR ACTIVITY- **FIVE DEMERITS**

C. GENERAL SCHOOL CAMPUS DEMERITS

1. DISCIPLINARY PROBLEMS IN THE CLASSROOM OR ON SCHOOL CAMPUS- **UP TO FIFTEEN DEMERITS**
2. INSUBORDINATION TOWARDS TEACHERS, COACHES, ADMINISTRATION OR OTHER TEAM MEMBERS- **UP TO FIFTEEN DEMERITS**
3. ANY OTHER BEHAVIOR UNBECOMING OF A CHEERLEADER OR FAILING TO COMPLY WITH SHS POLICIES OR SHS POLICIES-**TO BE DETERMINED BY COACH**
4. USE OF PROFANE LANGUAGE (INCLUDING SOCIAL MEDIA)- **THREE DEMERITS**
5. PUBLIC DISPLAY OF AFFECTION- **FIVE DEMERITS**
6. NON-COMPLIANT WITH SCHOOL DRESS CODE- **THREE DEMERITS**

D. DISMISSAL

OFFENSES THAT MAY RESULT IN DISMISSAL

1. ACCUMULATION OF DISCIPLINARY PROBLEMS.
2. CONDUCT UNBECOMING OF A CHEERLEADER, WHICH REFLECTS NEGATIVELY UPON THE REPUTATION OF THE SCHOOL AND SQUAD. THIS INCLUDES BUT IS NOT LIMITED TO FIGHTING, VAPING, DRINKING, ETC.
3. REPEATED INSUBORDINATION TOWARD COACHES, CHEERLEADERS, OR SCHOOL PERSONNEL.
4. PERFORMING STUNTS WITHOUT A COACH PRESENT.
5. FAILURE TO COMPLY WITH GRADE POLICY AS STATED IN THE CONTRACT
6. INAPPROPRIATE BEHAVIOR THROUGH SOCIAL NETWORKING.
7. A CHEERLEADER ARRESTED AND CHARGED WITH ANY CRIME WILL RESULT IN AUTOMATIC DISMISSAL FROM SQUAD.
8. INAPPROPRIATE BEHAVIOR AT SCHOOL FUNCTIONS OR GAMES (INAPPROPRIATE SIGNS, GESTURES, MESSAGES, ETC)

COMPLETE AND RETURN THIS PAGE

ACKNOWLEDGEMENT OF RULES AND FINANCIAL OBLIGATIONS

MY DAUGHTER/SON AND I HAVE RECEIVED, READ, AND UNDERSTAND THE RULES, AND REGULATIONS GOVERNING HER/HIS ROLE AS A SARALAND HIGH SCHOOL CHEERLEADER. AS A PARENT/GUARDIAN, I UNDERSTAND THAT IT IS MY RESPONSIBILITY TO SEE THAT THESE ARE FOLLOWED. IF SUCH RULES ARE BROKEN, SHE/HE WILL BE REMOVED FROM THE SQUAD. THE DISMISSAL OF ANY CHEERLEADER IS AT THE DISCRETION OF THE COACH AND NO PARENT MEETINGS WITH ADMINISTRATION AND/OR ATHLETIC DIRECTOR WILL BE ALLOWED. I HAVE READ ALL PAGES OF THIS PACKET.

I AGREE TO PAY ALL MONEY OWED FOR CHEERLEADING IN A TIMELY MANNER AND ACCORDING TO DESIGNATED DEADLINES. THESE DEADLINES APPLY TO ALL CHEERLEADERS. THE COACH RESERVES THE RIGHT TO ALTER THE NUMBER OF MONTHLY PAYMENTS ACCORDING TO YEARLY COSTS AND FOR RETURNING CHEERLEADERS WHEN APPROPRIATE.

I AGREE TO THE ALL THE FINANCIAL RESPONSIBILITIES LISTED ON PAGE THREE INCLUDING FUNDRAISING REQUIREMENTS. I UNDERSTAND THAT THE FOLLOWING FEES ARE ONLY FOR CAMP AND UNIFORM REQUIREMENTS ONLY. OTHER FEES MAY BE DUE THROUGHOUT THE YEAR FOR CHOREOGRAPHY, GYMNASTICS, COMPETITION FEES, HOTEL ROOMS, ETC. FUNDRAISERS WILL BE DONE TO OFFSET THE COST OF SOME FEES.

FIRST PAYMENT **DUE:** MARCH 8TH
SECOND PAYMENT **DUE:** APRIL 5TH
FINAL PAYMENT **DUE:** MAY 10TH

JV/VARSITY \$500.00

*WILL DEPEND ON INDIVIDUAL ORDER

APPROXIMATE TOTAL COST: \$1,500.00-\$2,500.00**

*THIS INCLUDES CAMP, UNIFORMS, CAMP OUTFITS, POMS, SHOES, RIBBONS, BLOOMERS, WARM-UP SUIT, BACKPACKS, RAIN JACKETS, & MEGAPHONE (VARSITY ONLY).

** PRICES WILL VARY DEPENDING ON ITEMS NEEDED FOR RETURNING CHEERLEADERS. PRICES WILL ALSO VARY DEPENDING ON JV OR VARSITY REQUIREMENTS (MEGAPHONE, LETTERMAN JACKET, ETC.). A DETAILED ORDER FORM WITH PRICING WILL BE PROVIDED.

ALL FEES MUST BE PAID BEFORE CAMP.

ALTERNATIVE PAYMENT PLANS ARE AVAILABLE UPON REQUEST.

I UNDERSTAND THAT SHOULD MY DAUGHTER/SON QUIT OR BE DISMISSED FROM THE SQUAD THAT I WILL PAY THE BALANCE OWED ON HER/HIS ACCOUNT AT THAT TIME, AND I WILL FORFEIT ALL DEPOSITS MADE PAYABLE TO THE SQUAD. I ALSO UNDERSTAND THAT MY DAUGHTER/SON WILL NOT BE ELIGIBLE TO TRY OUT THE FOLLOWING YEAR. ALL FEES ARE DUE IN FULL AND WILL NOT BE REIMBURSED.

PARENT/GUARDIAN NAME (PRINT)

PARENT/GUARDIAN SIGNATURE

COMPLETE AND RETURN THIS PAGE

SARALAND CITY SCHOOL SYSTEM

EMERGENCY INFORMATION FORM

ATHLETE'S NAME _____ DATE OF BIRTH _____

ADDRESS _____

ATHLETE'S CELL PHONE _____ ATHLETE'S EMAIL _____

ATHLETE'S SS# (MUST HAVE FOR EMERGENCIES) _____

GUARDIAN(S) NAME(S) _____

CELL PHONE(S) _____

FAMILY DOCTOR _____ OFFICE PHONE _____

KNOWN ALLERGIES _____

PRESENT MEDICATIONS TAKEN _____

PROOF OF INSURANCE MUST BE ATTACHED TO THIS FORM.

EMERGENCY CONTACT _____

RELATIONSHIP _____ NUMBER _____

EMERGENCY CONTACT _____

RELATIONSHIP _____ NUMBER _____

PLEASE BE ASSURED THAT EVERY EFFORT WILL BE MADE TO CONTACT YOU OR THE EMERGENCY CONTACTS LISTED BEFORE ANY MAJOR DECISIONS ARE MADE CONCERNING THE TREATMENT OF YOUR CHILD.

I, _____, DO HEREBY AUTHORIZE THE CHEERLEADING COACH(ES) OR DESIGNEES TO ACT ON MY BEHALF REGARDING HOSPITALIZATION AND MEDICAL TREATMENT.

I UNDERSTAND AS A PARENT/GUARDIAN THAT PARTICIPATION IN ANY SPORT CAN BE AN ACTIVITY INVOLVING A RISK OF INJURY. RECOGNIZING THESE RISKS, I CONSENT TO THE PARTICIPATION OF MY SON/ DAUGHTER IN THE SPORTS PROGRAM AT SHS. I ALSO AGREE THAT THE SCHOOLS AND/ OR SCHOOL PERSONNEL ARE NOT LIABLE FOR INJURIES CAUSED BY OR TO MY CHILD. I ALSO AUTHORIZE SHS TO TAKE MY CHILD TO THE NEAREST MEDICAL FACILITY IN CASE OF AN EMERGENCY, AND I GIVE MEDICAL PERSONNEL PERMISSION TO ADMINISTER EMERGENCY ATTENTION TO MY CHILD.

PARENT/GUARDIAN SIGNATURE

DATE

COMPLETE AND RETURN THIS PAGE