



2018-19

**Kennesaw Mountain
Cheerleading**

**Spring Clinic Tryouts for
Football & Competition Teams**

March 20-23

*** must have a current physical**

*** attire for 3/22 is PLAIN white top and black shorts.**



Fall Tryouts in September for Basketball Teams



KENNESAW MOUNTAIN HIGH SCHOOL

CHEERLEADING PROGRAM

2018-19

Thank you for your interest in being a part of the Kennesaw Mountain High School Cheerleading Program during the 2018-19 season. Important details regarding cheerleading responsibilities, tryout attendance requirements and paperwork deadlines follow.

Please consider the following **responsibilities** of Kennesaw Mountain High School cheerleaders while making the decision to tryout for a position on a team in the program. The responsibilities listed below can be found in the Kennesaw Mountain High School Cheerleading Constitution

- ❖ Estimated **financial commitments** for 2018-19 cheerleaders
- ❖ List of **mandatory fundraisers** for the 2018-19 season
- ❖ **Attendance** at all practices, games, camps, meetings, & other cheerleading events are MANDATORY. Please read the Attendance Policy carefully.
- ❖ **Exemplary behavior at school and outside of school is expected of ALL Kennesaw Mountain cheerleaders.** Please read the standard of acceptable behavior.
- ❖ Kennesaw Mountain cheerleaders are responsible for maintaining **high academic standards.**

CHEERLEADING TRYOUTS ARE CLOSED

(Only cheer candidates and coaches will be allowed in the tryout area)

- ❖ **MANDATORY Tryout Clinics** will be held on the following evenings at the times designated below:
 - Tuesday, March 20 - Thursday, March 22 (4:00-6:00pm)
 - If there is a conflict, cheerleaders should speak to Coach G on day 1 of tryouts
 - ⊕ Candidates should meet **promptly** after school for roll call in small gym.
- ❖ **Cheerleader candidates will be evaluated every day**
 - Rising sophomores, juniors, seniors: Tryouts begin at 4:00 pm each day
 - Freshmen candidates: Will be worked in when they arrive
- ❖ **BASKETBALL CHEERLEADING TRYOUTS WILL BE HELD IN SEPTEMBER**
- ❖ Kennesaw Mountain High School Football and Competition Cheerleading teams will be posted by Friday, March 23, 2018.
 - To access the rosters, go to www.kmhscheer.com then click on "Rosters" in the tool bar

ALL candidates MUST review paperwork online ;

TRYOUT PACKET PAPERWORK

- KMHS Cheerleading Constitution Agreement Form
- Parental Participation/Consent Form
- Explanation of Inherent Risk Form
- Photo Release Form
- ❖ **TURN IN**
 - Signed Medication Form
 - Signed Agreement and Emergency Information Form

Please turn-in the forms directly to Coach G on Tuesday – 1st day of tryouts (If you have issues)

❖ **CCSD PHYSICAL FORM**

- Completed "Cobb County Physical Forms" must be on file with Kennesaw Mountain High School. **Newly completed physical forms can be given to Coach G prior to March 20**

Please refer to the Cheerleading Physical Examination Requirement Section for details regarding the physical form.



KENNESAW MOUNTAIN HIGH SCHOOL

RULES AND PROCEDURES

2018-19

PURPOSE

The purpose of the Kennesaw Mountain High School cheerleading program is to promote and uphold school spirit, develop a sense of good sportsmanship among students, and to strive for better relationships between schools during all athletic events.

I. GENERAL OBJECTIVES

Kennesaw Mountain Cheerleaders are student-athletes and must uphold the highest standards, both academically and physically. They must be dependable, responsible, cooperative, disciplined, enthusiastic, and willing to devote time to their teams while continuously striving to improve their skills. Disrespect of any kind does not reflect the image we encourage and will not be tolerated. Cheerleaders are **leaders** at Kennesaw Mountain and must conduct themselves as such both on and off campus; both in and out of the classroom. Cheerleading at Kennesaw Mountain High School is a privilege, **NOT** a right.

II. ELIGIBILITY

In order to be eligible to participate in the Kennesaw Mountain High School Cheerleading Program, cheerleaders **MUST...**

- A. Pass **AT LEAST** three out of their four courses each semester.
- B. Be on track academically towards graduation at the end of the year. On track means you must have: 5 academic credits to be a sophomore and pass English, Math and Science, 10 academic credits to be a junior and on track with English, Math, Science, and 16 academic credits to be a senior.
- C. Return signed grade/attendance sheet to coach throughout the season.

If a cheerleader quits or is removed from the program by the coaching staff or administration, he/she will not be allowed to tryout the next year. However, cheerleaders may appeal to a committee of the coaches and administration to tryout, and permission may be granted at the coaches/administration's discretion.

III. TEAMS

Teams will be selected based on the criteria outlined in this packet. Cheerleaders will report directly to the coach of their team for all matters. Cheerleaders are "on the job" all year long. Cheerleaders are often asked to assist in school functions and activities other than the seasonal sport. The captains of the different teams will be chosen by the coach of the team. Captains should be exemplary student-athletes and must be capable of leading cheers/chants, running the sideline under the guidance of the coach. The captain must display maturity and behavior above reproach. The coach reserves the right to change captains throughout the season.

IV. CHEERLEADING EVENT ATTENDANCE

As a member of the Kennesaw Mountain Cheerleading Program, you are required to contribute to the program and your team. When one person is absent, the whole team suffers and this causes



ineffective practice time. As a result, the following attendance rules are necessary and will be enforced:

- A. Cheerleaders **MUST** schedule work schedules around all cheerleading activities.
 - a. Work is **NOT** an excuse to miss or be late for practice. Please plan accordingly.
***Note:** Some cheerleading duties are often scheduled with little advance notice.
- B. All appointments such as doctor's, orthodontists, etc. **MUST** be scheduled around all cheerleading activities. Early release from or late arrival to practices and/or performances is unacceptable.
- C. Cheerleaders **MUST** be present at all practices, performances, fundraisers, pep rallies, sign painting sessions, camp, and any other activities designated by the coach.
- D. The **ONLY** absences that will be deemed "excused" are:
 - a. Death in the family
 - b. Signed doctor's excuse that indicates time and date of the sickness
 - i. If a cheerleader does not have a doctor's note, he/she **MUST** attend practice.
 - ii. Unless a cheerleader is contagious or confined to home by doctor's orders, then he/she **MUST** be at the game or practice.
 - c. School-related field trips
 - i. These events **MUST** be approved by the coach **prior** to the missed event.
- E. Any other excuses are at the discretion of the coach and each will be addressed on an individual basis. If a cheerleader is seen by a doctor for an injury or illness that may affect his/her ability to cheer, then a doctor's note must be submitted to the coach.
 - i. All doctor's notes **MUST** be the original (no copies or faxes).
 - ii. If, at any time, a doctor's note is submitted prohibiting a cheerleader from cheering, in order for the cheerleader to resume cheering, the doctor must **FULLY CLEAR** the cheerleader **IN WRITING** before **ANY** participation can occur.
- F. Failure to be *in proper uniform as described by the coach* will result in disciplinary action.

V. SCHOOL ATTENDANCE

Student attendance is fundamental to educational success. The primary goal of a high school student is to obtain an education. The Kennesaw Mountain Cheerleading Program is also committed to this goal. In this regard, our student athletes are expected to attend their classes every day and perform in those classes to the best of their ability. Attendance, whether it be in the classroom or on the sideline, is essential to being successful. Regular class attendance also sends a message to the faculty that the student-athlete is taking their high school career (both academic and athletic) seriously. It is important to not only attend all class sessions but to arrive to class on time and remain for the entire length of the class.

- A. In order to participate in any athletic activities (practice, pep rally, game, competition, etc.), a cheerleader must attend **AT LEAST 2 FULL BLOCKS** of their scheduled school day.
 - a. Competition or Saturday game eligibility (with respect to attendance) is determined based on the cheerleader's attendance on the last school day prior to the date of the competition (i.e. if a cheerleader was not in attendance at school on Friday for **2 FULL BLOCKS** of the school day, he/she would be ineligible to participate in a Saturday competition or game).
- B. Excessive absences and/or tardies from school may result in the cheerleader's inability to participate in events (games, pep rallies, competitions) or dismissal from the team.

VI. PARTICIPANT APPAREL/ACCESSORIES (NFHS Spirit Rules Book)

Art. 1... A coach must not permit a team member to participate if in the judgment of the coach, the participant does not conform to the NFHS rules.



Art. 2... Jewelry must not be worn except for religious medals, which shall be taped to the body (without a chain) under the uniform.

(This includes all piercings. It is NOT acceptable to use a plastic plug to prevent holes from closing up. Since jewelry is not allowed piercings should be done in the off-season. Any cheerleader who fails to comply with this rule will be told to sit out from practice and that practice will count as an UNEXCUSED absence.)

Art. 3... Unduly long fingernails, including artificial nails, can become a safety hazard. Therefore, fingernails, including artificial nails, must be kept at a length appropriate to minimize risk for the participants. *(Only clear polish can be worn at games.)*

Art. 4... Hair must be worn in a manner to minimize risk for the participant. *(Ex. Off the shoulders)* Hair devices, if worn, must be secure and appropriate for the activity.

Art. 6... Glitter ...on one's ...hair, face, uniform, costume or body is illegal.

Art. 8... Participants are not permitted to chew gum or have candy in their mouths during practice or performance.

VII. BEHAVIOR AND DISCIPLINE

As a member of the Kennesaw Mountain High School Cheerleading Program, cheerleaders are expected to maintain behavior above reproach, exemplifying the cheerleader's role as a leader at the school. Consequences for violating any regulation in this constitution will be at the discretion of the coach and will be handled according to the rules set forth in this constitution, rules and regulation set forth by the administration at Kennesaw Mountain High School as well as the Cobb County Public School Athletic and Academic Policies. Keep in mind the following rules:

- A. Any behavior, which is deemed by the coach or the Administration as reflecting poorly on the intended image of the school, is subject to dismissal from the program at the discretion of the coaching staff and the Administration.
- B. Insubordination and/or disrespect to the coaches and/or team will NOT be tolerated and may be grounds for dismissal from the program at the discretion of the coaching staff and the Administration.
- C. Smoking, drinking, use of drugs or profanity will NOT be allowed and is subject to dismissal from the program at the discretion of the coaching staff and the Administration.
- D. Skipping school is subject to probation, suspension or removal from the team as deemed necessary by the coach or the Administration.
- E. In or out of school suspension for ANY reason is subject to dismissal from the program.
- F. Cheerleaders who receive ISS will not be allowed to participate in any Cheerleading activity during the assigned ISS period and will not participate in the next event. This will be considered an unexcused absence.
- G. All discipline cases will be handled individually by the coach and/or administration.

* Tardiness will be determined by the coach's watch.

** When a cheerleader is benched for a game, he/she is required to attend the game in uniform and sit with the coach. He/she will yell cheers from the coach's side, but will not stand along the sideline with the other cheerleaders.

VIII. TRANSPORTATION

Cheerleaders will travel to and from football and basketball games by bus when the school provides a bus. When buses are not provided, permission slips specifying transportation will be provided to parents in a timely manner. Competitions cheerleaders will ride the team bus to competition sites, however, EACH cheerleader is responsible for coordinating their own transportation home from competitions.



IX. UNIFORM RENTAL/PURCHASED ITEMS

Uniforms for all Kennesaw Mountain teams will be rented to cheerleaders by the KMHSCBC. The rental fee is nonrefundable. The fee is used to help with the upkeep and maintenance of the uniforms. Additionally, to ensure all uniforms are returned in good condition, a \$150 deposit check (to be held by the KMHSCBC) must be submitted. This \$150 check will be returned to the cheerleader upon return of her uniform(s) – given the uniform(s) is in the same condition it was at the time of rental. Failure to turn in uniform(s) on the date specified by the coach will result in a forfeiture of the \$150 deposit.

If a uniform does not fit, it may be altered at the cheerleader's expense. **The alterations must NOT be permanent and must be REMOVED prior to returning the uniform.** Uniforms must be returned to the team's coach on the designated return date (i.e. a cheerleader who cheers for both a spirit and competition team must return the uniform pieces to the individual team coach for which the uniform was issued; spirit uniform to spirit coach, competition uniform to competition coach).

All uniform pieces must be turned in "clean" at the end of the season (or upon a cheerleader's dismissal/removal from a team) and returned to the coach.

NOTE: Returning cheerleaders are NOT guaranteed the same uniform in consecutive seasons.

X. FINANCIAL RESPONSIBILITIES

Every attempt will be made to cut down on the personal cost to the cheerleader. **Every cheerleader is REQUIRED to participate in ALL fundraising activities.** All money raised in school fundraisers belongs to the cheerleading program, not the individual student. All monies raised in Booster Club fundraisers belong to the Booster Club.

**For each fundraiser, all cheerleaders are responsible for raising the designated amount. Amounts will be determined by the number of cheerleaders and the costs for running the cheerleading program.*

FINANCIAL REQUIREMENTS

JV SPIRIT ~\$1200

**Varsity/ Competition (ONE TEAM)
~\$1700**

[Emmanuel College | June 25-28](#)

**First payment for all Cheerleaders
DUE AT FIRST MEETING OR BY APRIL 1- \$500
(this covers camp and pre summer items)**

***if you are chosen to cheer both football and basketball seasons, there will be a second season fee**

****ALL Fees will be paid directly to the***

KENNESAW MOUNTAIN HIGH SCHOOL
2018-19 Cheerleading Handbook

Kennesaw Mountain High School Cheerleading Booster Club (KMHSCBC)

Page 7 of 13



XI. VARSITY LETTERING REQUIREMENTS

Meeting or exceeding lettering requirements established for the cheerleading program sponsored by Kennesaw Mountain High School may earn an athlete a varsity letter. Criteria include attendance, discipline, adherence to rules, and performance standards established by the coaches. Criteria for lettering are outlined below. Lettering is significant to any cheerleading program because it recognizes the hard work and countless hours spent in support of the program. Therefore, the coaches reserve the right to make any final decisions concerning lettering. By doing this, hard working individuals who have made significant contributions to the Kennesaw Mountain High School Cheerleading Program will be considered.

The following list of requirements displays the criteria for lettering in cheerleading:

A. ATTENDANCE

1. Attendance at all scheduled games/practices/competitions.
2. Absences from games, practices, and competitions may be excused for:
 - a. All-day illness (or illness resulting in the student leaving school).
 - b. Family emergency
 - c. Hospitalization
 - d. Religious observation
 - e. Field trips & family trips with approval in advance by the coach
3. Two or more unexcused absences from games, practices, and/or competitions preclude earning a varsity letter.
4. Completion of the season in good standing (includes academic eligibility, etc.)

B. DISCIPLINE

1. Maintain a high level of self-discipline and control in and out of school.
2. Maintain a high level of good sportsmanship in and out of school.

C. TEAM STATUS

1. Only cheerleaders on the Varsity Football, Varsity Basketball and Varsity Competition teams may earn a varsity letter.
2. Only ONE chenille letter may be earned per athlete. Sports insignias and bars may be awarded to indicate further achievement.

D. PERFORMANCE STANDARDS

1. Injury default is considered on individual basis in conjunction with coach and athlete.
2. Minimum participation is required for the competition team. All athletes receiving a varsity letter for participation on the Varsity Competition team MUST...
 - a. Compete in at least ONE competition during the season and/or
 - b. **Participate** in EVERY practice by dressing out and following the directions of the coaches, this includes alternates.

E. SOCIAL BEHAVIOR

1. At school, student conduct in the classroom, hallways, dining hall and on school grounds have bearing upon their effectiveness as a member of a team.
2. In the community, students are expected to provide an outstanding example that reflects credit upon themselves, their family, their school and the Kennesaw Mountain High School Cheerleading Program.
3. While traveling as a team, student-athletes will be expected to be positive examples of Kennesaw Mountain High School through their personal conduct and dress.
4. At practice, acceptance of and following the rules set down displays a social maturity essential to being a good athlete.



XII. CCSD PHYSICAL EXAMINATION REQUIREMENTS

The Georgia High School Association (GHSA) states that all athletes must have a current physical on file at the school in order to participate in all athletics.

Most cheerleading tryout candidates fall into one of two categories with regards to physicals. Please read the categories below, and follow the instructions beneath. If you have questions, contact Coach G via email at sherri.gilliam@cobbk12.org.

Category 1: The candidate has participated in a Cobb County or Kennesaw Mountain High School sport during the current (2017-18) school year. A physical was done in order to participate, and the physical is on file in Coach Baker's office at Kennesaw Mountain High School.

Instructions:

- Your current physical is up to date ***for try-outs***.
- If the candidate earns a position in the program, he/she will need to have a new physical completed on a Cobb County physical form prior to the end of the school year (all physicals for the 2018-19 school year must be turned in to your coach **NO LATER THAN May 25** the last day of school).
 - ***The new physical MUST be signed and dated BY THE DOCTOR.***
 - The 2018-19 physical form can be picked up in Admin I at Kennesaw Mountain
 - The cheerleader will **NOT** be allowed to participate in any activities if the new physical has not been turned in (failure to have a completed physical and subsequently not being able to participate in scheduled activities will be deemed an ***unexcused*** absence from a cheerleading event).

Category 2: The candidate has **NOT** participated in a Cobb County or Kennesaw Mountain High School sport during the current (2017-18) school year.

Instructions:

- You will need a physical completed on Cobb County physical form ***prior to try-outs***.
 - The cheerleading candidate will **NOT** be allowed to participate in try-outs if the physical has not been turned in by first day of tryouts.



KENNESAW MOUNTAIN HIGH SCHOOL

CHEERLEADING PROGRAM

TEAM SELECTION PROCESSES

2018-19

Competition Team:

The selection process for the competition team will be based on filling the positions required for a successful competitive team. As with any competitive team, it is imperative that every position be covered; therefore the team will consist of the following individuals, provided tumbling requirements are met:

- a. Top 4 flyers
- b. Top 8 bases
- c. Top 4 spotters
- d. alternates

The individuals who qualify for one of the above spots (provided tumbling requirements are met) will be one of sixteen team members. **Alternates for the team will be selected on an as needed basis.** GHSA only allows 16 individuals to perform at a given competition, therefore, every position is critical and team chemistry is a must.

VARSITY Competition – all grade levels are eligible

JV Competition – juniors, sophomores, freshmen are eligible... provided there are enough athletes to field a second competitive team

Cheer Teams:

The selection process for each cheer team will be determined by the top scores of individuals eligible for the different teams. When choosing the football/competition teams, candidates will be evaluated on their stunting skills for a given position (flyer, base, or back spot).

Varsity Basketball Team

1. All Grade Levels
2. tryouts will be in the Fall (early September)

JV Basketball Team

1. Juniors, Sophomores, Freshmen
2. tryouts will be in the Fall (early September)

Varsity Football/Competition Team

1. Varsity Competition Cheerleaders (all grade levels)
2. This team will cheer VARSITY Football games and include alternates for competition

JV Football Team

1. Juniors, Sophomores, Freshmen
2. This team will cheer JV Football games

Freshmen Football Team (if there are enough to field a team)



1. Freshmen – cheer Fresh Football games and compete provided there are enough athletes to field a team



Kennesaw Mountain High School

CHEERLEADING PROGRAM

TENTATIVE TRYOUT EVALUATION SCHEDULE

2018-19

We are hoping to stay on schedule, keeping tryouts to the days outlined on this sheet. However, it is important to keep in mind that we may need to add more days to complete the evaluation process, depending on the number of candidates who tryout. ***NO TUMBLING OR STUNTING WILL BE TAUGHT AT TRYOUTS.***

ATTENDANCE IS MANDATORY FOR ALL OF THE CLINIC AND TRYOUT DAYS LISTED BELOW

Wear cheer shoes, white tee shirt and black shorts each day of tryouts

Day 1 Tuesday, March 20	Paperwork Check off (tryout packet and physical) Review tryout material <i>Girls are encouraged to record the material on their smart phones so they can practice at home.</i>
Day 2 Wednesday, March 21	Review Session <i>Free practice time for cheer, dance, and tumbling</i>
Day 3 Thursday, March 22	Review Session & Tryout <i>Free practice time for cheer, dance, and tumbling</i>

MANDATORY 2018-19

Uniform Fitting

Camp dates, fittings, and fee payment

It is MANDATORY that the selected cheerleader and a parent attend this meeting.

Girls will be fitted for ALL clothing items and shoes.

April 18, 2018

ALL CHEER FEES ARE DUE AT THIS MEETING

IMPORTANT REMINDERS:

- ❖ To participate in clinics and tryouts a current physical must be on file by the first day of tryouts.



KMHS CHEERLEADING PROGRAM

TRYOUT EVALUATION PROCESS

2018-19

Each cheerleader candidate will be evaluated based on the criteria detailed below:

- ∞ **Cheer:** Motion technique and sharpness
- ∞ **Dance:** Timing, rhythm and motion technique
- ∞ **Jumps:** Toe touch and one other jump determined by the competition coaches
- ∞ **Tumbling:** Standing back handspring to a running pass with a full
- ∞ **Stunting :** groups of 4 will demonstrate sequence of stunts
 - EACH competitive team consists of 4 flyers; 4 back spots; 8 bases and a host of alternates
 - In an effort to compete at the Varsity level we have to evaluate each position
- ∞ **Overall Categories**
 - Execution : Overall precision and technique
 - Projection : Voice and expression
 - Appeal: Showmanship and genuine spirit
 - Sportsmanship: Attitude and participation during tryouts
- ∞ **Evaluations will be conducted each day during the practice sessions to monitor progress.**

All candidates will be eligible for the competition team. The reasoning behind this idea is to give all candidates the opportunity to tryout for the competition team and the coaching staff can see what all of the candidates have to offer the KMHS program. The KMHS coaching staff will judge the tryouts and have the final decision over selected teams.

