

2019-2020

Kennesaw Mountain Cheerleading



Tryouts for Varsity & JV Football

KMHS Head Cheer Coach, Alissa Mislow

March 18th – 21st

KMHS Small Gym

Current 9th-11th grade girls: 4:00-6:00pm

Current 8th grade girls: 5:00-7:00pm

(Please email alissa.mislow@cobbk12.org with any schedule conflicts)

Paperwork Checklist (All forms must be turned in by March 18 in order to tryout)

	<p>ONLINE - CCSD Athletic Registration – located on ParentVUE <i>NOTE: A physical evaluation by a doctor is required.</i> A user guide for parents: http://www.cobbk12.org/kennesawmountain/athletics/AthleticRegistrationParentGuide.pdf</p>
	<p>\$20 non-refundable Tryout Fee (cash only) in an envelope labeled clearly with name</p>
	<p>KMHS Cheerleading Contract</p>
	<p>KMHS Cheerleading Participation and Consent Form</p>
	<p>KMHS Cheerleading Explanation of Inherent Risk Form</p>
	<p>KMHS Cheerleading Contact Information & Questionnaire Sheet</p>
	<p>KMHS Cheerleading Photograph Release Agreement Form</p>
	<p>Three (3) Teacher Recommendation Forms (to be returned directly by teacher)</p>

Important Dates and Paperwork Deadlines

Thank you for your interest in being a part of the Kennesaw Mountain High School Cheerleading Program during the 2019-20 season. Important details regarding cheerleading responsibilities, tryout attendance requirements and paperwork deadlines follow.

Please consider the following responsibilities of KMHS 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 2019-20 cheerleaders
- **Mandatory fundraising** for the 2019-20 season
- **Attendance** at all practices, games, meetings and other cheerleading events is MANDATORY
- **Exemplary behavior at school and outside of school is expected of all Kennesaw Mountain cheerleaders.** Please note the standards of acceptable behavior.
- KMHS cheerleaders are responsible for maintaining **high academic standards.**

Tryout Schedule

Monday, March 18 – Thursday March 21 KMHS Small Gym Current 9-11 th grade girls 4:00-6:00pm Current 8 th grade girls 5:00-7:00pm	Attire for tryouts is PLAIN white top (no logos/writing), black shorts, and hair in ponytail. No jewelry. Girls should be prepared for workouts that will include conditioning, stunting, tumbling, cheering, other activities and to have fun!!!
Friday, March 22 (after school)	Teams will be posted on www.kmhscheer.com
Wed, March 27, 6:30-8:00pm Cafeteria	Mandatory parent and cheerleader meeting. First installment of cheer fees will be due at this meeting.

CHEERLEADING TRYOUTS ARE CLOSED

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

2019 FEE BREAKDOWN FOR FOOTBALL CHEER

*Estimated based on check/cash payment discount and subject to change based on number of cheerleaders in program.

JV Football Fees	Returning 2018 JV Cheerleader: \$850 New 2019 JV Cheerleader: \$1,075
Varsity/Competition Football Fees	Returning 2018 Varsity/Comp Cheerleader: \$1,500 Returning 2018 Varsity Cheerleader- 2020 Seniors only: \$1,650 New 2019 Varsity/Comp Cheerleader: \$1,950

See 2019 Football Cheer Fee Breakdown for list of payment due dates and more details.

**All fees will be paid directly to the
Kennesaw Mountain High School Cheerleading Booster Club (KMHSBCB)**

Fundraising is required! FEES ARE NON-REFUNDABLE

KMHS Cheerleading Contract (page 1 of 2)

Practices:

1. Be at the small gym by 3:45 dressed and ready, unless you receive word from your coach to meet elsewhere. Each minute late THE TEAM will do one BURPIE.
2. If you come unprepared for practice, THE TEAM will run sprints or bear crawls before starting practice.
3. If you are sick but attend school, you are expected to stay and observe competition practices UNLESS you check out of school.
4. 1 day missed practice = sprints after completion of the practice you returned.
5. Excused Practices = Death in family or written doctor excused injury/serious illness or preapproved absence by coach.
6. 3 missed unexcused practices = Dismissed from the program with **no refund**
7. If you have to miss practice, **you must** contact your coach previous to the absence.
8. If a practice is missed the day before a game you will be suspended for half of the football game.
9. Leaving practice early or arriving to practice late must be pre-approved by coaches.

Games & Competitions:

1. 1 **unexcused** missed game/competition = Dismissed from the program **without refund**.
2. Follow all instruction given by coach for attire (ie: hair, nails, jewelry, etc)

Other:

1. To participate in any cheerleading activity, the student must be in school 2 full blocks. A student who is suspended (ISS or OSS) may not participate in the following game. Two suspensions will result in dismissal from the program with **no refund**.
2. Behavioral Expectations- As part of an athletic team at KMHS, athletes are representing the school both on and off the floor. The coaching staff expects that all student athletes will conduct themselves in a manner that demonstrates respect for themselves and their teachers/coaches. Also, students are expected to follow the Code of Conduct explained in the Cobb County Athletic Physical, Insurance, and consent form. Any conduct that violates Code of Conduct or conduct that the coaching staff or administration feels in inappropriate will be evaluated. Possible penalties (reduced playing time, dismissal from the team, etc.) may be enforced.
3. All decisions regarding playing time will be made by the coaching staff. This includes cheering on the sidelines, pep rallies, competitions, etc.

Requirements for Earning a Varsity Letter a Player Must:

1. Have exhibited good sportsmanship during all cheerleading activities.
2. Made a positive impact on her teammates.
3. Contributed to the success of the varsity team.
4. Not violate the Code of Conduct or received **ISS** or **OSS**.
5. Not exhibit any behavior that the coaching staff and administration feels poorly represents the cheerleading program.

Social Media Code of Conduct:

1. Do not post anything on Snapchat, Facebook, Twitter, or any type of social network that you don't want a coach, teammate or an administrator to see.
2. Do not post inappropriate pictures that you do not want a coach or administrator to see.
3. Any social bullying on or off campus will result in administrative referral.

KMHS Cheerleading Contract (page 1 of 2)

Parents Code of Conduct:

The KMHS Cheerleading Booster Club and coaches hope that parents will participate in their daughter's team activities while abiding by the following guidelines:

1. Promote sportsmanship, teamwork and competitive spirit in a positive manner.
 2. Don't question the judgment of an official/judge.
 3. Support your daughter and coaching staff by allowing coaches to manage the team in a way that benefits the entire team.
 4. When questioning a decision of a coach, please discuss the issue with that coach or the head coach. Discussing it with others can lead to miscommunications.
 5. Do NOT discuss events with the coaches after an event, please set up an appointment or email the coach after the event.
 6. Timely payment of all fees, as outlined in tryout packet.
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I _____ verify that I have read and understand the cheerleading contract for the 2019-2020 cheerleading season.

I/We _____ the parent/parents of _____ verify that I have read and understand the cheerleading contract for the 2019-2020 cheerleading season.

Parents Signature

Cheerleader Signature

KMHS Cheerleading

Constitution Participation and Consent Form

Cheerleader Candidate's Full Name: _____

Grade: _____

Age: _____

I, as parent/guardian of the above listed cheerleader candidate, have read and fully understand the rules and regulations, as laid out in the KMHS Cheerleading Constitution, which will govern my child if chosen to represent Kennesaw Mountain High School as a cheerleader. I also understand that this is an extracurricular activity and that attendance at ALL practices, games, performances and fundraisers are requirements of the elected cheerleaders. I understand that due to the nature of the activity, there is a risk of physical injury. I also understand that if my child is chosen as part of a KMHS cheerleading team and is later dismissed from the program for any reason, I will receive no financial restitution. I hereby give my consent to the above-mentioned student to participate in cheerleading tryouts, and, if chosen, to participate as a member of a Kennesaw Mountain High School cheerleading team for the upcoming year.

My child will participate in all required fundraisers during the 2019-20 cheerleading season.

I, _____ (parent/guardian), agree to participate in all required fundraisers during the 2019-20 cheerleading season.

Signature of Parent/Guardian: _____

Date: _____

KMHS Cheerleading

Explanation of Inherent Risks for Cheerleading

Cheerleader Candidate's Full Name: _____

Cheerleading is an exciting time consuming sport that involves flyers, bases, and spotters. Flyers are lifted into stunts by the bases, with the safety oriented spotters when needed. Bases and spotters are responsible for catching the flyers when the stunts come down. Cheerleading also requires forceful motions, tumbling, voice projection, and jumping. The cheering area varies greatly from one location to another, inside or outside. Because of these conditions inherent to the sport, participating in cheerleading exposes an athlete to many risks of injury. Those injuries include, but are not limited to: death, paralysis due to serious neck and back injuries, brain damage, damage to internal organs, serious injuries to the bones, ligaments, joints, and tendons, and general deterioration of health. Such injuries can result not only in temporary loss of function, but also in serious impairment of future physical, psychological, and social abilities, including the ability to earn a living. In an effort to make cheerleading as safe as it can be, the coaching staff will instruct athletes concerning the correct techniques for stunts and rules of cheerleading. It is vital that athletes follow the coach's skill instructions, training rules, and team policies to decrease the possibility of serious injury.

We have read the information above concerning the risks of cheerleading. We understand and assume all risks associated with trying out, practicing, and cheering at games/competitions. In signing this form, we assume the inherent risks of cheerleading and waive any further legal action by our heirs, estate, executor, administrator, assignees, family members, and ourselves.

Date:

Signature of Athlete:

Signature of Mother (or legal guardian)

Signature of Father (or legal guardian):



KMHS Cheerleading Contact Information Sheet

(please print)

Student Information

Name: _____

Address: _____

Grade: _____ T-shirt Size: _____ Birth Date: _____

Current School: _____ CCSD#: _____

Student Cell # _____ Allergies: _____

Student Email _____

Parent Information

Parent(s) Name: _____

Parents(s) Cell #: _____

Parent(s) Email: _____

Are you interested in being a Team Mom/Dad? Yes _____ No _____

KMHS Cheerleading Questionnaire (Page 1)

Cheerleader name: _____

2019-2020 Grade: _____

Cheerleading Experience

Please list all cheerleading teams / cheerleading programs where you have participated. Indicate if the team was competition, sideline, or both.

What is your primary stunting position?

Main Base Side Base Back Base Flyer Unknown

Which stunting positions do you have experience with in a game or competition setting? Please check all that apply.

Main Base Side Base Back Base Flyer Unknown

Which stunts are you PROFICIENT with as either a base or flyer in a game or competition setting? Please check all that apply.

Half Extension Heel Stretch Front Stretch
 Bow and Arrow Scale Scorpion Arabesque
 Toe Touch Basket Full Basket Kick Full Basket Full Up
 Full Down Switch Up Coed / Two Mans No Stunting Experience

What tumbling skills do you have a mastery of and can perform without assistance on a resi-floor?

Please note that you will be expected to perform listed skills during the tryout period

Standing Tumbling: Check all that apply

Back Handspring 2 Back Handsprings 3 Back Handsprings Specialty Pass
 Standing Back Tuck Back Handspring Back Tuck 2 Back Handsprings Back Tuck 2 Back Handsprings Layout
 1 Back Handspring Layout 2 Back Handsprings Full Twisting Layout 1 Back Handsprings Full Twisting Layout Standing Full

Running Tumbling: Check all that apply

Cartwheel Round Off Cartwheel Back Handspring Cartwheel Back Tuck
 Round Off Back Handspring Round Off Multiple Back Handspring Round Off Back Handspring Tuck Round Off Back Handspring Layout
 Round Off Back Handspring Layout-Step Out Round Of Back Handspring Full Specialty Pass – Please List

KMHS Cheerleading
Photograph Release Agreement Form

Cheerleader Name: _____

Parent Name: _____

Address: _____

Project: 2019-2020 Cheerleading Season Photos

Date: March 2019-May 2020

Place: Kennesaw Mountain High School

Release of Photographs

I hereby grant to **"KMHS Cheerleading"** and its affiliated companies and its successors and assigns **"KMHS Cheerleading"** the right to make certain Photographs (as defined below) and use, re-use, publish, republish, display, perform, distribute, broadcast and copyright, my image, video and photographic portraits or pictures of me (collectively the "Photograph(s)"), in whole or in part, or composite or distorted character or form, without restriction as to changes or alterations, in conjunction with my own or a fictitious name, or reproductions thereof in color or otherwise, through any medium, including, but not limited to television, print and Internet advertisements for an unlimited period throughout the world for its own business purposes.

For I (Parent) _____ hereby give my

consent to **"KMHS Cheerleading"** to photograph

(Child) _____.

Date: _____

Signature : _____

Parent Signature

Print Name : _____

KM Cheer Teacher Recommendation Form

Cheerleading Candidate Name: _____ CCSD #: _____

Teacher Name: _____ Class: _____

The student whose name is listed above is trying out for cheerleading at Kennesaw Mountain High School for the 2019-20 school year. In making our decision, we would like the input of the classroom teachers. We would appreciate your taking the time to complete the following recommendation form with a score of 5 being the best and 1 being the worst. This recommendation will be treated confidentially, so please be as honest as possible. Please feel free to email Coach Mislow at alissa.mislow@cobbk12.org with any comments or questions.

Sincerely,
The Kennesaw Mountain High School Cheerleading Coaching Staff

This student...	Worse				Best
1. is a positive representative of her school.	1	2	3	4	5
2. is a positive role model for other students.	1	2	3	4	5
3. respects all teachers as authority figures.	1	2	3	4	5
4. is punctual and has exemplary attendance.	1	2	3	4	5
5. is responsible.	1	2	3	4	5
6. is courteous and civil to others	1	2	3	4	5

Please check ONE:

- I recommend this student for cheerleading enthusiastically & without reservation.
 I recommend his student for cheerleading.
 I recommend this student for cheerleading with some reservation.
 I do not recommend this student for cheerleading.

Teacher Signature: _____

Teachers please put this form in Coach Mislow's mailbox or email by March 18th. Do not return to student.

- Middle School/non-KMHS teachers: please email a copy of this form to alissa.mislow@cobbk12.org

Left blank for notes: