

Waynesville Middle School Cheer Tryouts Application Information Packet

Waynesville Middle School Cheerleading squad sideline cheers for football season, both women and mens home basketball games, and competes in regional, state, and national cheer competitions. WMS cheer squad is also involved in various service projects in our school and community. WMS will be hosting cheer try-outs at the Waynesville Middle School (big) gymnasium on Tuesday, May 25, beginning at 3:30. **Mandatory clinic will be held Saturday, May 22, 10am-2pm.** At this time, participants will learn the jumps, cheers, stunts, and dance for Tuesday's evaluations. Optional clinic will be Monday, May 24, 2:30-4. Tumbling is not required but highly encouraged. For applicants to participate in tryouts, the following items must be completed and turned in by 3:00 on evaluation day, May 7:

- Cheerleading Rules and Expectations signed by parent and cheerleader
- 2 teacher/coach/volunteer coordinator recommendation forms
- Current completed physical forms*
- Consent to Treat form
- Concussion statement form

Please plan to arrive a few minutes early so we may begin promptly. Make sure to wear comfortable clothing that you can exercise in as well as tennis shoes. No jewelry, please. Remember to bring your water bottle and a small, healthy snack.

If you have any questions, please email Coach Brooke Haynes
rockytopgal99@yahoo.com

and she will respond within 24 hours.

Thank you and Good Luck!

*Current 6th and 7th graders, stop by Ms Holly's office to check for your current physical.

Waynesville Middle School Cheerleading Rules and Expectations

Please read the following information. Please sign and return the contract with your cheer application.

Dates to Remember:

Mandatory Parent meeting: 6/1 @ 5pm

Camp Deposit Due 6/1

Virtual Fitting 6/2

Summer Workouts: **6/9; 9-11; 7/7; 9-11; 7/28; 9-11**

Mandatory Practice begins: August 2; 2:30-5

Mandatory Summer Camp: August 4, 5, 9,10,11; 9am-4pm

Cheer Banners Due: August 2

Cheer Camp Balance Due: August 2

Athletic Fee Due: August 16

Practice Wear Due: August 16

Showcase at THS: TBA

Pre-state Competition at Enka High:

Cost Breakdown:

Cheer Camp: \$150

Returning Cheerleader Season Wear: \$300 (estimate)

New Cheerleader Season Wear: \$600 (estimate)

Athletic Fee: \$35

Private Sessions with Will Hutchinson: \$20 (not to be collected until closer to competition)

Banner Fundraiser:

We participate in fundraisers for the program to help offset costs. Our major fundraiser is our Sponsor Banner Sales. This sale is an opportunity for cheerleaders to earn money to pay toward individual fees. We will assign previous buyers of Sponsor Banner Ads equally among the team. Part of the money earned can be used to pay for Varsity Spirit wear and the other part will be used at coaches' discretion for competition entry fees, pep rallies, new team gear (as needed) etc.

*Once Varsity Spirit items are ordered, you are responsible for paying your bill regardless if your cheerleader quits or is removed from the team. In the event of outstanding costs or any monies owed to Haywood County Schools, a cheerleader will be placed on the obligations list which keep them from buying or participating in any other school activities. This includes turning in uniforms, poms, and rain jackets at the end of the season. Please review your athlete's order form before submitting to Varsity. This includes all sizing and correct items. Items can not be returned nor exchanged.

WMS Cheerleader Candidate Recommendation Form

Candidates Full Name: _____

The above named candidate is being considered for WMS Cheer Squad. Coaches and judges will use this form to determine if he/she meets the WMS Cheer Squad's high standards of teamwork, service, leadership, and character. Please complete this survey to the best of your ability. If you have questions or comments, please contact Coach Brooke Haynes at rockytopgal99@yahoo.com

Please fold this document in thirds, seal the document with tape, and sign along the tape in black permanent marker and return to the student, or place in a sealed envelope with your signature over the seal.

Thank you in advance,

Brooke Haynes

Candidates Full Name: _____

Person Completing the Form: _____

Relationship to Student: _____

Please rate the student using the scale provided. For responses of 2 or lower, please comment

1=poor, 3= average, 5=excellent

Character trait	Rating 1-5	Comments
Attitude		
Acts Responsibly		
Attendance		
Social Skills		
Respectfulness		
Initiative		
Ability to keep commitments/meet deadlines		
Punctuality		
Leadership Potential		
Results Oriented		
Maturity		
Team Work		
Ability to be coached/accept corrections with dignity		

Overall impression of the candidate (please circle one)

Highly Recommend
recomm

Recommend

Recommend with reservation

Do not
recomm

Additional Comments/Concerns:

Signature _____

Date _____

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Brooke Haynes

Candidates Full Name: _____

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Relationship to Student: _____

Please rate the student using the scale provided. For responses of 2 or lower, please comment

1=poor, 3= average, 5=excellent

Character trait	Rating 1-5	Comments
Attitude		
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recommnd

Recommend

Recommend with reservation

Do not
recommnd

Additional Comments/Concerns:

Signature _____

Date _____

HAYWOOD

REGIONAL MEDICAL CENTER

PARENT CONSENT FOR EXAMINATION AND TREATMENT

(This must be completed prior to your child participating in sports)

ATHLETE NAME _____ AGE _____ GRADE (**Fall 2021**) _____

SCHOOL _____ DATE OF BIRTH _____

Parent/Guardian Name _____

Home Address _____

Home Phone _____ Cell Phone _____

Insurance Information _____ Policy # _____

Emergency Contact Person _____ Phone _____

Family Physician _____ Phone _____

PRE-SCREENING PHYSICAL: I hereby give my informed consent for the participating physician(s) to perform a pre-participation screen physical examination on my child. I realize that this is only a screening examination and does not take the place of a complete examination. During a screening, the physician is not responsible for any ongoing medical care or treatment of any injuries that occur on the day of the examination or subsequently. My child has no known serious medical conditions that would prevent him/her from participating in sports, of which I am aware. I agree to follow up with my local physician if anything preventing participation is found by the screening.

EMERGENCY TREATMENT: In the event of a medical emergency, every attempt to notify the parent or guardian will be made. However, if you cannot be reached, we ask that you grant permission for your child to be treated for a medical emergency by a licensed physician, certified athletic trainer or any other person trained in emergency care.

In the event that I cannot be reached, I grant permission to the HAYWOOD COUNTY SCHOOLS / HAYWOOD REGIONAL SPORTS MEDICINE to provide emergency medical treatment to my son or daughter (named above) by a licensed medical physician.

PRACTICE / GAME INJURY CLINIC TREATMENT CONSENT: Local, licensed physicians will be serving as our team physicians. We ask that you sign and give permission to these physicians to treat your son or daughter for any sports related injury. I understand that no surgical procedures will be performed without my further consent.

ATHLETIC TRAINING SERVICES CONSENT: Nationally certified and stated licensed athletic trainers will be providing prevention and care of athletic injuries to the Haywood County Schools student athletes. The prevention of athletic injuries may include the taping, wrapping, padding or bracing of involved / injured areas. The treatment and care of athletic injuries may include the use of therapeutic modalities. Modalities available for use by the athletic trainers included: ice, moist heat pack, therapeutic ultrasound and electrical stimulation. We ask that you sign and give permission to the athletic trainer to provide athletic training services to provide care and treatment for any sports related injury.

MODEL RELEASE: Haywood Regional Hospital honors a patient's right to give or withhold informed consent to produce or use information, recordings, films or other images of the patient for purposes other than his or her care. I do hereby give Haywood Regional or assignees the irrevocable right to use my name, information and/or photograph in all forms and in all manners for advertising or any other lawful purpose; and I waive the right to inspect or approve the finished product that may be created. Information, recordings, photos or audio tapings can be used for television segments, print advertising or news articles; or for marketing materials such as brochures, billboards and Web content. Such media will be heard or seen in public. I have the right to request cessation of the recordings or photography of my child at any time.

In addition to financial responsibilities, please be aware of the following expectations for cheerleaders and parents:

Cheerleader Responsibilities:

Cheerleading requires a great amount of time, commitment, and dedication on the part of the cheerleaders. Academics should always be priority, cheerleading should be next with all other activities to follow. Responsibilities include but are not limited to the following:

1. The cheerleader will maintain academic eligibility in regard to attendance, grades and behavior.
2. The cheerleader will follow all safety guidelines.
3. The cheerleader will represent Waynesville Middle School in a positive manner, action, dress and overall conduct, and will exhibit acceptable standards of citizenship and sportsmanlike conduct at all times (e.g. In the halls, in the classroom, at events, in the community, on social media, at games and practices, and during interactions with teachers, coaches and peers, etc.)
4. The cheerleaders will refrain from gossiping or any form of verbal or physical confrontation.
5. The cheerleader will raise school spirit by participating in pep rallies, spirit days, goody bags for football and basketball teams and always showing sportsmanship.
6. The cheerleader will be prepared with appropriate uniforms for games and/or outfits on specific days, practices, and scheduled events.
7. The cheerleader will follow through with all commitments. The cheerleader will attend all games, practices, and functions. They will also be on time to each one. Further, she/he will plan family outings, appointments, and other activities with the cheerleading schedule in mind first and foremost. She/he will take responsibility for reminding their parent of contacting a coach about any absence.
8. The cheerleader will silence his or her cell phone and keep it in his or her bag at all practices and games.
9. The cheerleader will accept assignments, placements, and awards with dignity and class.
- 10. The cheerleader will conduct him/herself appropriately in all forms of social media (ie Snap Chat, Instagram, Facebook, Tick Tock, etc) as they are representatives of the WMS squad, its coaches, and Waynesville Middle School. Cyber bullying and cyber exposure will not be tolerated.**

Noncompliance with these rules can result in one mile ran before practice or possible dismissal from the WMS Cheerleading team.

SCHOOL RULES:

All school rules laid out in the agenda book and athletic contract applies to cheer as well. Furthermore, instigating physical violence is not tolerated at all.

Parent Responsibilities:

Cheerleading requires a great amount of time, commitment, and dedication on the part of the parents. Please:

1. Encourage him/her to abide by the rules set forth by coaches and administrators
2. Attend all parent meetings and fully participate in all fundraisers
3. Pay bills on time and provide punctual transportation
4. Do not attempt to sit near or communicate with cheerleaders or coaches during games due to distractions
5. Direct concerns about your cheerleader on an individual basis directly to the coach first, through email. Coaches will respond within 24 hours. Meetings can be scheduled through email, and there will be no meeting during games or practices.
6. Agree to notify the coach immediately if your child is ill and provide documentation from a medical provider.
7. Parents/guardians will please check emails and Remind notices daily for all updates. There is no excuse for being uninformed.
8. Please refrain from making negative comments about the cheer program, individual cheerleaders or coaches on social media or to other parents, and support coaches as they run practices, make rules, enforce consequences and make team decisions.

Please recognize that unforeseen circumstances do occur: interim changes to anything in this document may be made at the discretion of administration.

Noncompliance with these rules can result in possible dismissal from the WMS Cheerleading team.

If you have any questions, please feel free to email Coach Brooke (rockytopgal99@yahoo.com) and she will respond in 24 hours. Please do not text or iMessage.

ABSENCES (excused/unexcused):

1. One absence from practice will result in NO quarter change nor halftime performance that week.
2. Two absences from practice will result in suspension from game.
3. More than two **unexcused** absences may result in dismissal from the team.

-An excused absence is followed by a Dr's note due to sickness.

Fifteen-minute rule- Practice ends promptly at 5:00 pm, please be on time (within fifteen minutes) to pick up your athlete. More than two offenses may result in dismissal from the team.

DRESS CODE:

- No jewelry- NO EXCEPTIONS
- No fake nails or long nails past the pad of fingertips
- Keep makeup conservative
- Follow school dress code because you are intended to be a leader in our school.

Noncompliance with this rule will result in a change of attire and one mile ran before practice.

WMS Cheerleading Demerit System

The system is an objective way to monitor and track behavior. It provides support and resources for cheerleaders to make positive choices. As cheerleaders strive to achieve WMS cheer squad expectations, it is critical that coaches, administrators, and parents hold cheerleaders accountable when they make poor decisions. The demerit system seeks to support cheerleaders in making good decisions. (Maximum of 10 demerits per season before possible dismissal).

Vision

- To teach cheerleaders accountability and team comradery

Outcomes

- Be considerate and generous to coaches and team mates
- Exercise self-discipline and responsibility
- Become vested in entire squad
- Develop sound leadership qualities
- Form mountaineer and community pride

Objectives of the demerit system

- To promote self-discipline, accountability, and exemplary conduct
- Aim to establish a purposeful team environment dedicated to accomplishing the vision of the cheer squad and Waynesville Middle School
- Develop and maintain respect and commitment toward teammates, coaches, and parents
- The standard and expectation of the squad will always be made clear but the ability to act responsibly, independently of direct adult supervision is considered the ultimate achievement.

Demerit System for WMS Cheer 2021

Note: All practices and games are mandatory. Only doctor's notes, a note from parent/guardian or an emergency will excuse an athlete from a practice or game.

Half Demerit

- Late for practice (by more than 15 minutes)
- Parent late picking up athlete from practice (by more than 15 minutes)
- Use of cell phone/electronic device during practice/game

One Demerit

- Late for game (more than 15 minutes)
- Parent late picking up athlete from game (by more than 15 minutes)
- Cheerleader not informing cheer coach before an absence from practice (sickness no exception)
- 2 practice absences unaccompanied by doctors note
- Failure to wear proper uniform at practice or game including cheer shoes, poms, and bow

Two Demerits:

- Cheerleader not informing cheer coach before an absence from game
- Disruptive behavior at practice or game
- Fake nails or long nails past the pad of fingertips
- Dressing in a way that is inappropriate for an athlete/cheerleader/representative of the school and WMS dress code
- Not dressing up for spirit days or home ball games

Five demerits

- Unsportsmanlike conduct
- Not attending game or practice (except excused or emergency)
- ISS (1st offense), automatic 1 week suspension from squad

Possible grounds for immediate dismissal:

- Smoking, vaping, or drinking
- Use of foul language
- Cyberbullying or cyber exposure
- Failure to adhere to the rules set forth in the school handbook and code of conduct
- ISS 2nd offense
- OSS
- Walking off of practice/game floor and saying "I quit" or blatant disrespect to any coach.
- Accumulating 10 demerits

Cheerleading Rules and Expectations Contract

I have read the following rules and expectations. I fully understand noncompliance with these rules could result in dismissal from the WMS Cheerleading team.

Parent Signature/Date: _____

Cheerleader Name: _____

Cheerleader Signature/Date: _____

When stunting, I am most comfortable: (circle all that apply):

Basing

Backspotting

Flying

When stunting, I prefer to (place in priority order where 1 is your first choice and 3 is your last choice)

_____ Basing

_____ Backspotting

_____ Flying