

Huntington Middle School
Game Squad Cheerleading Eligibility/ Requirements

Eligibility:

- A candidate must be a rising seventh or eighth grade student to try out for any cheerleading squad.
- A candidate must meet the eligibility requirements set forth by the Houston County Board of Education by passing five out of six classes and all of his or her academic classes.
- Each candidate must turn in a complete Physical by a medical doctor stating that he/she has passed a physical examination and is capable of cheering.
- Each candidate must carry school insurance or present a waiver signed by parents stating that they have adequate accident insurance.
- Each candidate must turn in an application packet with signatures from a parent and/or guardian.

Requirements:

- Tight motions
- A positive attitude and be coachable
- Tumbling is not required, but please show what you can do without assistance

Team Selection:

- Athletes will be chosen based on the following qualities:
 - Spirit (voice volume & audience appeal)
 - Personality/attitude and behavior
 - Individual skills (jumps and/or tumbling)
 - Motions (tightness during dance and cheer)
 - Execution & Knowledge

Huntington Middle School Game Squad Cheerleading Fees

The total cost for game squad cheer is \$450. Please keep in mind that if your cheerleader is participating on both Game and Competition Squad, you are responsible for covering the cost of both. The total cost for cheerleaders who make both game squad and competition is \$500 for new cheerleaders. This cost includes the competition uniform. This does NOT include the \$20 fee that is due the day of the parent meeting.

1. Camp wear package (warm up, sports bra, bow)
 2. Shoes and cheer bag
 3. Uniform (shell, skirt, bloomers)
- **These items are to be used the entire season.**
 - **All cheerleaders are expected to help with fundraisers for the cheerleading program throughout the season. This is to help the cheerleader clear their balance, and also to contribute to any team activities that we may do, or items that we may order for the team (ex.: team building activities, gifts, etc.)**

Payment Schedule:

- **July 30: \$150**
- **August 15: \$150**
- **September 15: Remaining balance**

****After September 15th: If your balance is unsettled, you will not receive merchandise or be allowed to perform until the balance has been settled in full.**

Your full payment entitles you to your merchandise. The cost is non-refundable, and no refunds will be given under any circumstances (ex. Moving and/ or dismissal from squad). If you move or decide you no longer want to cheer after being fitting for uniforms on July 17th, the total balance still must be paid. Because the merchandise is custom made to fit each cheerleader, it is imperative that the balance is paid no matter the circumstance.

You will be asked to contribute things, such as, purchase drinks and snacks which are customarily given at each game.

The cheerleader is responsible for payment of the total amount of cheerleading fees as determined by the HMS cheerleading coaching staff according to a payment schedule set by the coaches.

Huntington Middle School Game Squad Cheerleading Important Dates

Practices:

Practices will be held at Huntington Middle School.

- Fall: Beginning when school starts
 - Mondays and Tuesdays: Practice will be from 3pm-4:00pm

Football Games:

Football Games may be at the following locations: McConnell- Talbert Stadium (MAC), Bonaire Middle School (BMS), Northside Middle School (NMS), or Perry High School (PHS).

- Game dates will be posted on the monthly calendar and in First Touch.
- Every cheerleader will be assigned a game to bring snacks or drinks. It should be a fair contribution from the entire team, therefore please bring in snacks/drinks when it is your turn.
- If you cannot provide snacks/drinks on your assigned week, please swap with another teammate. This does not mean that you are exempt from providing snacks/drinks. Swapping means that you will do it the other person's assigned week that you swapped with.
- We would like for the snacks and drinks to be turned in by Monday of your assigned game week.

Basketball Games:

Basketball game locations will rotate every game day. The cheerleaders will have to cheer for two games, boys and girl's game. If your cheerleader is playing basketball, they must still cheer during the boys' game. They must be dressed and ready to cheer by the end of the first quarter of the boys' game.

- Game dates will be posted on the monthly calendar and in Group Me.
- Every cheerleader will be assigned a game to bring snacks or drinks. It should be a fair contribution from the entire team, therefore please bring in snacks/drinks when it is your turn.
- If you cannot provide snacks/drinks on your assigned week, please swap with another teammate. This does not mean that you are exempt from providing snacks/drinks. Swapping means that you will do it the other person's assigned week that you swapped with.
- We would like for the snacks and drinks to be brought in as soon as possible.

Huntington Middle School
Game Squad Cheerleading Attendance Policy

Practices:

- Practices are mandatory. Once the season officially begins (Aug. 4) consequences for missing practices will increase (benched/suspension, alternate status) and will ultimately result in removal from the team after **5 unexcused absences** from practice.
- Cheerleaders must dress out for practice. Please check your monthly calendar for which practice outfit to wear daily. Not having the correct outfit, shirt, or correct color shorts will result in a demerit for that cheerleader.
- Excuses will be given only for emergencies and extreme medical conditions. Athletes are not excused for appointments of any kind, tutoring after the designated time (athletes can go to tutoring from 2:55pm to 3:30pm on practice days), or for anything that is not an actual emergency. In case of an emergency, parents and/or athletes are expected to contact one of the coaches ASAP if they are going to miss practice.
 - **All non-emergency appointments should be scheduled so that they do not interfere with practice (i.e. teeth cleaning, birthdays, hair appointments, doctor's appointments, etc.) Please try to schedule monthly appointments on an "off" day of practice, school breaks, or before practice.**
 - **Non-emergency doctors' appointments, vacation, and all-star practices are not excuses for missing practice or events.**
- **If you are absent from school, then you cannot attend practice and/or any event that day.**
- Cheerleaders should be on time to practice. This means dressed and ready to begin practice at the start time, not getting dressed or putting on shoes when practice starts.
- Cheerleaders need to be **picked up no later than 30 minutes after practice ends**. Any cheerleader that is picked up late will receive **3 demerits and be benched for the next event**.
- **All HMS Cheer practices are CLOSED. This is for liability and distraction reasons.**
- **NO PRACTICE SHALL BE HELD WITHOUT THE PRESENCE OF THE COACH.**

Games:

- Games are mandatory for all cheerleaders. Missing a game for any reason other than an emergency or serious illness will result in demerits. **Parents must notify the coach prior to the event if their cheerleader will miss a performance/game/fundraiser due to illness, injury, death in the family, etc.** Please understand this does not cover anniversary or birthday parties.
 - a. Notification must be prior to the event.
 - b. Documentation must be provided to the Coach.

c. Injured or benched cheerleaders must attend all games regardless of participation, dress out, and sit with the team.

- Excuses will be given only for emergencies and extreme medical conditions. In case of an emergency, the parent and/ or guardian is expected to contact either of the coaches ASAP if the athlete will miss a game.
- Cheerleaders will ride the bus to all football games. All cheerleaders must be picked up at the location of the game.
- Any cheerleader that is picked up late will receive **3 demerits and be benched for the next event. Late means 30 minutes after the game ends.**
- **If a cheerleader misses practice the day before a game for an unexcused reason, the cheerleader will not be allowed to cheer at that game. They still must travel with the team, dress, and sit with the coaches. Cheerleaders will not be allowed to walk around or sit with friends or family. They are still considered a part of the team. This also goes for if you are benched for a game as well.**

**** Calendars will be issued to help in knowing when and where to pick up your athlete from practice or a game. Please make every effort to follow the calendar. If changes are necessary, the coaches will notify parents in advance to allow for changing home routines.**

Huntington Middle School Game Squad Cheerleading Dress Code

Practices:

- Athletes will wear assigned practice clothes for each day of practice. Cheerleading is a team sport, and practicing in matching clothes creates an atmosphere of unity that will condone teamwork and bonding. It is also a visual performance sport, so wearing matching clothes makes it easier to critique and clean up skills.
- No jewelry is to be worn at practice.
- Hair must be up and out of the way at practice. Please keep this in mind as you are choosing different protective styles.

Games:

- Athletes will arrive “game ready”.
- “Game Ready” means: full uniform on, shoes with cheer socks on, hair up, bow in hair, no jewelry on, and a bag packed with all items needed for after the game (warm ups, assigned outfits, etc).
- Absolutely no changing clothes will take place outside of a bathroom or locker room. We will not be the team that has athletes changing clothes in public.
- No jewelry and no nail polish is to be worn at a game (GHSA).

Athletes are expected to protect and take care of their HMS practice and game squad attire. Athletes are not allowed to let others wear their HMS cheerleading clothes. Demerits will be given for this offense as we need to maintain our uniforms and attire during the season. Coaches will confiscate any HMS cheer team clothes worn by students who are not on the team, and there will be demerits given to the athlete whom the items belong to. Cheerleaders are not to wear their practice outfits or uniform outside of practice, games, and events.

Cheerleaders will be required to keep uniforms clean and in good condition. It is the responsibility of the cheerleader and parent/guardian to notify one of the coaches in a timely manner if they have lost an accessory or if it's no longer wearable. In this event, they are expected to buy another one to replace it through the designated uniform company. This is not the responsibility or financial responsibility of HMS, HMS Athletic Department, or HMS Cheerleading. **Failure to do so will result in the cheerleader having to sit out (no demerit) until the arrival of their replacement.**

Huntington Middle School
Game Squad Cheerleading Behavior Expectations

At Practices/Games/Events:

- Cheerleaders will represent HMS with pride at practices, games, and events, maintaining appropriate behavior in order to uphold a positive image for HMS.
- Cheerleaders will respect all teammates, other athletes at the school and all athletes at other schools.
- Cheerleaders will respect all coaches, adults, parents and families at practices, games, and events.
- Cheerleaders will respect all equipment and facilities and always clean up after themselves at practice, games, and events.
- Cheerleaders will follow any directions given by coaches.
- At all times, and especially while in uniform, all cheerleaders are expected to refrain from inappropriate bodily contact with others.

At school:

- **Cheerleaders will adhere to all school rules.**
- Cheerleaders will represent HMS with pride at school, maintaining appropriate behavior in order to uphold a positive image for HMS.
- Cheerleaders will respect all teachers, students, administrators and staff at HMS.
- Cheerleaders will follow all HMS school and athletic department rules.

Outside of School:

- Cheerleaders will represent HMS with pride, maintaining appropriate behavior in order to uphold a positive image for HMS. **This also includes all forms of social media, social interactions, etc.**

****Gossip, negative talk, inappropriate comments, or conversations will not be tolerated in practices, at games, events, etc. The HMS Cheer Staff would like to create a positive environment for our cheerleaders to learn and grow in. We expect every parent to operate in unity with other parents, the coaching staff, and the teams. We also expect adults to model mature and appropriate ways to resolve disagreements and communication issues with each other. Please help us enforce this throughout the year.**

*****Cheerleaders are not to post photos or videos on social media while in uniform unless being approved by a coach first. Cheerleaders must be mindful of what they post on social media even without uniform because they still represent Huntington Middle School. Demerits will be given if what they post is considered negative or a misrepresentation of being a Huntington Hawk Cheerleader.**

Should internal conflict arise, members are to leave discussion of them within the group, rather than discuss them with outside sources, unless the intervention of a coach and/or administrator becomes

necessary. **When it becomes necessary to take steps in resolving an issue, the member should first discuss the problem with the coach. If the issue cannot be resolved, the member or his/her parents should then take the issue to the Athletic Director, and then to the principal, in that order. Failure of parents and cheerleaders to follow this chain of command could result in the dismissal of the cheerleader and could jeopardize placement on the squad the following year.**

Huntington Middle School Game Squad Cheerleading Communication

The HMS Coaching Staff will communicate to the team one of three ways:

1. Email
2. Group Me
3. Phone Call

**** Text message is not an acceptable form of communication, and will not be answered if you text a coach.**

- **Email**
 - We will send emails with detailed information (i.e. calendars, event letters, instructions, etc)
 - Please be sure to check emails on a regular basis.
 - Please be sure that the coaches have the correct email address on file.
 - If multiple parents should receive emails or notification from the coaches, please provide the coaches with that information.
- **Group Me**
 - All communication for this season will be sent in Group Me.
 - You will be able to do the following in the Group Me app:
 - Receive messages/ send individual messages.
 - Access calendars (Practice calendars will be emailed also and paper copies will be sent home).
 - Pictures
 - Last minute changes (cancellations, changes, etc).
 - Set Up: you will receive an invitation from Group Me once the coaches have input your phone number in the group.
 - You will need to download the app, Group Me, which is free. This is your responsibility to do so, therefore please let one of the coaches know if your cell phone is not compatible with the app.
- **Phone Call**
 - **Phone call is accepted during reasonable hours: 7am to 7pm. If you need to call one of the coaches outside of these hours, it should be for emergencies only.**
 - The coaches' phone numbers are not to be distributed to parents and students that are not involved with HMS Cheerleading.
 - Only call the coaches' for reasons related to cheerleading. If your cheerleader has either coach as an academic teacher, do not call their cell phone in regards to academics, email or call the school.

HUNTINGTON MIDDLE SCHOOL CHEERLEADER/PARENT AGREEMENT

CHEERLEADER: _____ **DATE:** _____

Parent Agreement/Acknowledgement of Inherent Risk:

I/We, the parent/s of the above-named child, have read the cheerleading contract and fully understand all the requirements, policies, and consequences of improper actions. I/We understand the coaches have final say in my/our child remaining on the squad.

I/We also acknowledge that there are fees associated with this program and that if selected, those fees must be paid in full according to the payment schedule established by the coaching staff. I understand that all fees are non-refundable in the event that my child quits or is dismissed from the squad. In addition, any unpaid balances must be paid in full or my child's final report card will be held and records flagged until a settlement is reached. I/we understand that I/we will be called upon to help with fundraising in some ways throughout the year which are within our capacity to help.

I/We understand that by participating in the sport of cheerleading, my child will be exposed to the risk of serious injury, including, but not limited to, the risk of sprains, fractures, and ligament and/or cartilage damage which could result in temporary or permanent, partial or complete, impairment in the use of limbs; brain damage; paralysis, or even death. Notwithstanding such warnings, and with full knowledge and understanding of the risk of serious injury which may result to my/our child named above, I/we give my/our full consent to participate in the sport of CHEERLEADING.

If any grievances arise, I/we agree to discuss the matter first with the coach, then with the Athletic Director, and finally with the principal if necessary.

SIGNED: _____
Parent Signature

Member Agreement/Acknowledgement of Inherent Risk:

As a candidate for an HMS cheerleading squad, I have fully read the HMS Cheerleading Program Contract and fully understand what is expected of me to remain a member in good standing. I will keep myself knowledgeable and informed of all rules, and I realize that the consequences of poor behavior or inappropriate actions reflect negatively on me, as well as the squad I represent. I will do all that I can to uphold the honor and tradition of the HMS cheerleading squads and Huntington Middle School. I will respect my fellow team members, my school, and all persons associated with school spirit at all times.

I hereby acknowledge that I have been properly advised, cautioned and warned by the proper administrative and coaching personnel of the Houston County School District, that by participating in the sport of CHEERLEADING I am exposing myself to the risk of serious injury, including, but not limited to, the risk of sprains, fractures, and ligament and/or cartilage damage, paralysis, or even death. Having been so cautioned and warned, it is still my desire to participate in the above named sport, and I do so with full acknowledgement and understanding of the risk of serious injury to which I am exposing myself by participating.

SIGNED: _____
Student Signature
(School Copy)

HUNTINGTON MIDDLE SCHOOL CHEERLEADER/PARENT AGREEMENT

CHEERLEADER: _____ **DATE:** _____

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Student Signature

(Parent Copy)