

# GLMS COMPETITIVE CHEER TRYOUTS

Dear Cheer Candidate and Parents:

Following is information on the requirements, time and financial commitments, and qualifications for our program. Please read these very carefully:

## I. Requirements

### A. Tryouts

1. **Mandatory Parent Meeting** for candidate and parent is on October 30th , 2017 at 7:30 pm at the Middle School in the Mat Room.
2. **Candidates must attend the clinic and the tryout day.**
  - a. Clinic                      Monday, October 30th 5:30-7 p.m..
  - b. Tryout                      Wednesday, November 1st 5:30-7 p.m.
3. Additional Tryout Requirements
  - a. **Return code of conduct & application with candidate/parent signatures**
  - b. **Learn the precision drill and/or the first round cheer**
  - c. **Learn and perform two** of the following **jumps**: hurdler, herkie, toe touch
  - d. **Practice and perform two** of the following **tumbling skills**: forward or backward roll, split, cartwheel, and round-off (more difficult skills may be performed at the discretion of the coach).
  - e. Tryout clinics and the actual tryout will be open only to candidates and coaches. Athletes should wear dark shorts, an athletic t-shirt, good athletic shoes; have their hair up and out of their eyes, fingernails trimmed down, and no jewelry.
  - f. **Physical must be on file with main office**

### B. Time – Competitive Cheer is a sport which demands practice and performance time

1. Practices will be held three days a week (a fourth day will be added if needed)
2. There will be one scrimmage and five competitions
3. A calendar/schedule will be provided at the parent meeting

### C. Financial – Costs for which each participant is responsible (tentative)

- |                       |                   |   |
|-----------------------|-------------------|---|
| 1. Shoes              | \$40              | *Please do not let cost deter you or your |
| 2. Bodysuit           | \$15              | athlete from our sport. We have funds to  |
| 3. Jazz Pants         | \$5               | help when and where needed!               |
| 4. Pay to Participate | \$50 (school fee) |   |

### D. Transportation – Due to budget cuts, transportation for athletes is limited. Parents will have to share in driving athletes to and from competitions.

## II. Program Rules

- A. Please read the attached code of conduct very carefully. Both the candidate and parent must sign it before trying out

Gull Lake Cheer is a source of pride for our community, and we are excited that Gull Lake Middle School is part of the tradition! If you have any questions, please contact us.

Dana Green  
HS Coach  
(269)832-8745  
dana.green0323@gmail.com

Lexi Hensley  
MS Coach  
(269)270-5149  
lexihensley16@yahoo.com

Maddy Kalkowski  
MS Coach  
(269)986-6482  
[madisonkalk14@gmail.com](mailto:madisonkalk14@gmail.com)

Maegan Kalkowski  
MS Coach  
(269)339-4924  
maegan.nicole11@gmail.com

## GLMS COMPETITIVE CHEER CODE OF CONDUCT

All of the middle school academic and athletic rules concerning eligibility requirements and the use of illegal substances are in effect for our program.

In addition, we have established the following rules to maintain the safety, professionalism, and the pride that are essential to GLMS competitive cheer. By signing and returning the attached form, you are agreeing to abide by these rules and all cheer coach decisions. These rules are intended to help guide athletes in responsible, ethical, and moral decision-making. We believe these rules help foster good communications skills, time management, and team building. The rules will be enforced at the discretion of the coach.

**Competitive Cheer Team members will not be allowed to practice or participate in a competition if they are:**

- Wearing jewelry (this is ALL jewelry, including all body piercing)
- Chewing gum or eating
- Not dressed properly (athletic shoes, appropriate shorts and t-shirts)
- Out of uniform or in a dirty uniform for a competition
- Wearing fake nails or having nails longer than safety rules allow

**Competitive Cheer Team members will be required to sit out of a competition or a portion of a competition for:**

- Excessive talking, disruptions, or inappropriate behavior during practice or competition
- Being late to or leaving practice early without a valid written excuse
- Being late to practice two times due to an after school detention
- Being late to a competition
- Wearing fingernail polish, any illegal makeup or hair devices to a competition
- Using obscene or vulgar language at any time (including facebook, twitter, online etc.)

**Competitive Cheer Team members will automatically sit out at least one competition for:**

- An unexcused absence from a practice or a competition
- Missing the practice the day before a competition
- Skipping class
- Not cooperating with coaches, teachers, administrators, or officials

**Competitive Cheer Team members will be asked to turn in their uniform and dismissed from the team:**

- If they miss ½ of the practices or competitions due to suspension or illness

Suspension from a competition requires the individual to attend in uniform and sit with the coach or team for the entire competition.

The coaching staff may establish additional rules as deemed necessary to run the team in an effective way.

**Practices will be held during the week with Competitions on Saturdays. Athletes are expected to be at every practice and competition. Competitive Cheer also practices during holiday breaks.**

**PARENT/GUARDIAN AND CHEER ATHLETE CONSENT/AGREEMENT**

**I have read, understand, and agree** to all of the enclosed information and am giving \_\_\_\_\_ my permission to try out and cheer for the Gull Lake Middle School Competitive Cheer Team during the 2017-2018 winter season.

I understand that cheerleading is a very demanding sport of both time and energy. I understand that my daughter will be expected to adhere firmly to all established athletic policies, the code of conduct, and any additional rules established by the coach.

In addition, I have attended the mandatory parent meeting and understand the tryout requirements, the time involved, and the financial commitments of this sport. I understand that all practices and competitions must be attended.

\_\_\_\_\_  
Date

\_\_\_\_\_  
Cheer Athlete Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Grade

\_\_\_\_\_  
Home Phone Number

**COMPETITIVE CHEER ATHLETE APPLICATION**

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE \_\_\_\_\_

PARENT \_\_\_\_\_

BIRTH DATE \_\_\_\_\_

**GOAL STATEMENT (what do you have to give the GLMS competitive cheer team?)**

\_\_\_\_\_ I agree to cheer for the 2017-2018 Competitive Cheer Season  
Date

\_\_\_\_\_  
Cheer Athlete Signature