

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 NOTE: A physical evaluation by a doctor is required. 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

2019 KMHS Football Cheerleading Schedule

*these dates are tentative and are subject to change/additions/cancellations

DATE	LOCATION & TIME	TEAM	DESCRIPTION
April 9, 11, 16, 18, 23, 25, 30 May 2, 7, 9, 14, 16	KMHS Small Gym 4:00-6:00pm *8 th graders 5-6pm	JV (Thursdays only) & Varsity (Tuesdays & Thursdays)	Conditioning
Week of May 19		NO PRACTICE	Final Exams
Week of May 26		NO PRACTICE	Memorial Day Holiday
June 4, 6, 11, 13, 18, 20, 25, 27	KMHS Small Gym 4:00-6:00pm	JV & Varsity	Summer Conditioning
Week of July 1		NO PRACTICE	4 th of July Holiday
July 16, 17, 18	8:00-11:00am KMHS Small Gym	JV & Varsity	Spirit Camp & Pool Party (after camp)
TBD *Mandatory*	TBD	Varsity/Comp	Choreography Camp
July 23, 25	KMHS Small Gym 4:00-6:00pm	JV & Varsity	Summer Conditioning
Saturday, August 3	11:00am Field/Gym	JV & Varsity	Team & Senior Photos
FALL TERM - Wednesdays	KMHS Small Gym 4:00-6:00pm	JV & Varsity	Spirit Practice
FALL TERM- Tuesdays & Thursdays	KMHS Small Gym 4:00-6:00pm	Varsity/Comp	Comp Practice
FALL TERM - Thursdays	Dinner after school, then football game	JV	JV Football games
FALL TERM - Fridays	Dinner after school, then football game	Varsity	Varsity Football games
September 14	KMHS Gym	JV & Varsity	MCC *Mandatory*
Competitions	TBD (3 competitions)	Varsity/Comp	Local Competitions
Friday, October 26	3:30-7:00pm + game	JV & Varsity	Football-Homecoming
Friday Varsity game	TBD	JV & Varsity	Football-Senior Night
November 9	TBD	Varsity/Comp	Regional Competition
November 14-16	TBD	Varsity/Comp	State Competition

Kennesaw Mountain High School
Cheerleading Constitution

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 refers to the guidelines set forth based on your grade level and the GA DOE specifications for each grade level (i.e. credit and core completions)
- C. Maintain knowledge and performance expectations as set forth by the coach. This relates directly to cheerleading responsibilities – including by not limited to performance and knowledge of cheers/chants on the sideline.

If a cheerleader quits or is removed from the program by the coaching staff or administration, she will not be allowed to try out the next year. If a cheerleader quits or is removed from any squad, she will be removed from the program as a whole including any other squads she has previously committed to. Upon dismissal, uniforms must be cleaned and returned to the program, no monetary reimbursements will be made upon dismissal.

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 captain(s) of the different teams will be chosen by the coach of the team. Captain(s) should be exemplary student athletes and must be capable of leading cheers/chants, running the sideline under the guidance of the coach. The captain(s) must display maturity and behavior above reproach. The coach reserves the right to change captain(s) 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 practices, plan accordingly.
 - b. Note: Some cheerleading duties are often scheduled with little advance notice.
- B. All appointments such as doctors, orthodontists, etc. must be scheduled around all cheerleading activities designated by the coach.
- C. Cheerleaders must be present at all practices, performances, fundraisers, pep rallies, community service events and any other activities designated by the coach. Absences, early release from or late arrival to any cheerleading event is unacceptable.
 - a. If a cheerleader is not performing to the coach's expectations at any time she must sit as deemed necessary by the coach.
- D. The only absences that will be deemed excused are:
 - a. Death in the family
 - b. Signed doctor's excuse that indicated time and date of the sickness
 - i. If a cheerleader does not have a doctor's note, she must attend practice.
 - ii. Unless a cheerleader is contagious or confined to home by doctor's orders, 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 their ability to cheer, then a doctor's note must be submitted to the coach.
 - a. All doctor's notes must be the original (no copies or faxes).
 - b. 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, etc.) a cheerleader must attend at least 2 full blocks of their scheduled school day.

- a. 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 game. If a cheerleader was not in attendance at school on Friday for 2 full blocks of the school day she would be ineligible to participate in a Saturday game.
 - b. If a cheerleader attends any portion of the school day or is absent from school, but not contagious, she must come to the cheerleading event and sit with the coach for the duration of the event.
- B. Excessive absences and/or tardies from school may result in the cheerleader's inability to participate in events (games, pep rallies, etc.) or dismissal from the program.

VI. 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. Offenses which fall under Cobb County Public School Athletic and Academic Policies will be dealt with accordingly.
- 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.
- H. Tardiness will be determined by the coach's watch.
- I. When a cheerleader is benched for a game, she is required to attend the game in uniform and sit with the coach. She will yell cheers from the coach's side but will not stand along the sideline with the other cheerleaders.

VII. Transportation

Cheerleaders will travel to football games by bus when the school provides a bus. Competition cheerleaders will ride the team bus to competition sites, however, EACH cheerleader is responsible for coordinating their own transportation home from the competitions.

VIII. Uniform Rental/Purchased Items

Uniforms for all Kennesaw Mountain teams will be rented to cheerleaders by the KMHSCBC. To ensure all uniforms are returned in good condition, a \$50 per uniform (home, away & competition) deposit (up to \$150) check, to be held by the KMHSCBC, must be submitted.

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. 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.

IX. 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.

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

***Payments by cash/check (\$50 total discount) to
KMHSCBC or through PayPal (bank & credit cards
accepted).*

Fundraising is required!

If \$200 personal fundraising goal (not including
MCC) isn't met by **October 1, 2019**, an additional
payment for the WILL be due at that time.

FEES ARE NON-REFUNDABLE

2019 JV Football Fees		
All JV Sideline Girls Due 3/27/2019 <i>Payment #1</i>	*Registration Fee/Equipment/Banquet/Donations/Admin/Coaching	\$275
	Sideline Uniform Rental (home & away @ \$50 each)	\$100
	Spirit Camp	\$100
	Athletic Fee	\$25
	Booster Club Fee	\$50
	TOTAL DUE ON March 29-ALL GIRLS -\$50 Discount if all dues paid by cash/check	\$550
*plus \$150 Uniform deposit check that will be held until uniform is returned		
All JV Sideline Girls Due 4/26/2019 <i>Payment #2</i>	2 Spiritwear Outfits/Make-It Shirt/Bow/Waterbottle/Hoodie	\$250
	Shoes	\$80
	Poms (girls will keep own poms)	\$20
	TOTAL DUE ON FITTING DAY - ALL JV GIRLS –no orders if not paid	\$350
*New JV Girls Due 5/24/2019 <i>Payment #3</i> <i>(if applicable)</i>	JV Rain Jacket	\$50
	Warmups & Black Compression Shorts	\$125
	Sideline Cheer Bag	\$50
	ADDITIONAL DUE ON May 24 - *New JV GIRLS – no orders if not paid	\$225
2019 Varsity/Comp Football Fees		
All Varsity Sideline Girls Due 3/27/2019 <i>Payment #1</i>	*Registration Fee/Equipment/Banquet/Donations/Admin/Coaching	\$275
	Sideline Uniform Rental (home & away @ \$50 each)	\$100
	Spirit Camp	\$100
	Athletic Fee	\$25
	Booster Club Fee	\$50
	TOTAL DUE ON March 29-ALL GIRLS-\$50 Discount if all dues paid by cash/check	\$550
*plus \$150 Uniform deposit check that will be held until uniform is returned		
All Varsity/Comp Girls Due 4/26/2019 <i>Payment #2</i>	(previous items listed in section for all JV sideline girls)	\$350
	1 Comp Spiritwear Outfit/Bow/State Shirt	\$125
	TOTAL DUE ON FITTING DAY-ALL Varsity GIRLS-no orders if not paid	\$475
*New Varsity/Comp Girls Due 5/24/2019 <i>Payment #3</i> <i>(if applicable)</i>	Varsity Raincoat/Pink Jersey	\$150
	Sideline Cheer Bag	\$50
	Warmups & Black Compression Shorts	\$125
	Competition Backpack	\$125
	ADDITIONAL DUE ON May 24- *New Varsity/Comp -no orders if not paid	\$450
*Senior Fee Due 5/24/2019 <i>Payment #3 (if senior)</i>	Banners/Sash/Senior Gifts	\$150
	TOTAL DUE ON May 24 - SENIORS ONLY – no orders if not paid	\$150
All Varsity/Comp Girls Due 6/21/2019 <i>Payment #4</i>	Competition Uniform Rental Fee	\$50
	Choreography, Music, Competition & State Fees	\$175
	Coaching Fee	\$300
	TOTAL DUE ON June 21 - ALL COMP GIRLS – no competitions if not paid	\$525

X. 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, hardworking 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 and 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 and may result in dismissal from team.
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.

XI. 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. A physical is valid for one calendar year. All physicals must be uploaded to ParentVUE. If you do not have access, contact the school to obtain required password. A user guide for parents can be found here:

<http://www.cobbk12.org/kennesawmountain/athletics/AthleticRegistrationParentGuide.pdf>

Candidates will not be allowed to participate in tryouts if the physical has not been uploaded by tryouts. The only exception would be if the physical expires after tryouts. In this case, once selected for a team the physical must be uploaded by expiration date.

Team Selection Process

Varsity Competition Teams

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: top 4 flyers, top 8 bases, top 4 spotters and 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 and will be required to pay full Varsity/Competition fee.** GHSA only allows 16 individuals to perform at a given competition, therefore, every position is critical and team chemistry is a must.

Cheer Teams

Varsity Football/Competition Team

1. Varsity Competition Cheerleaders (all grade levels). * Seniors will only be considered for Varsity.
2. This team will cheer Varsity Football games and special events.

JV Football Team

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

Tryout Evaluation Process

- 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 try out 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.

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.
-

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:**