

Morton Middle School

Cheerleading



Clinics and tryouts will be held in Morton's gym

Clinic dates:

May 11th – 13th 7:15 a.m. – 8:45 a.m.

Try-outs:

May 14th 7:15 a.m. – 8:45 a.m.

Things to know=

- **You cannot participate in any clinics or try-out without an up to date KHSSA Sports Physical.**
- Wear appropriate cheer clothing (spirit clothes and colors make an impact as well) to all clinics and the try-out.
- The contract must be read, and contract sheet must be signed and returned before a participant may try out.
- If you were on the team last year you must have a 2.5 or above during the last semester of school in order to try-out.

For further questions contact:

Heather Gadberry: 606-669-0693 or Heather.gadberry@fayette.kyschools.us

Shelby Taylor: 859-382-6916 or Shelby.taylor1@fayette.kyschools.us

Time and Financial Commitments

Time Commitments:

During the school year, calendars will be delivered and posted during the previous month for the upcoming month. Practices will typically occur in the mornings before school begins from 7:15 a.m. until 8:45 a.m. (some practices may begin at 7:00 am). The doors will not open until ten minutes before practice begins so please do not drop your child off before that time.

We will have some practices on Saturdays and evenings as well.

Cheerleaders will cheer for all the home football and both girls' and boys' basketball teams. During tourney time for all sports, cheerleaders are also expected to cheer the away games.

At the writing of the contract not all competition dates have been posted but we do know that the team will be required to compete at the following competitions, but are also not limited to these competitions:

- ❖ UCA Camp
- ❖ KAPOS Middle School Regionals
- ❖ KAPOS Middle School State (if we advance)
- ❖ UCA Regionals
- ❖ UCA Nationals (???)
- ❖ Fayette County Showcase
- ❖ Cheer for the Holidays
- ❖ Cheer for the New Years
- ❖ And possible other performances/exhibitions/competitions

If you are to make the team after try-outs, your immediate time commitment is as follows:

>UCA/Varsity Summer Camp:

Four day camp in July

Cost is \$282.00 per cheerleader.

>UCA/Varsity Safety Certification/Choreography Camp:

one weekend in July

Cost is \$175.00 per cheerleader.

Financial Commitments:

As cheer is a year-round activity, it is hard to predict all financial obligations. **During our first parent meeting, we will discuss this along with fundraising responsibilities.** There are some necessities, which include safety items such as:

- Cheer Shoes
- Body Suit
- Cheer Socks
- Hair Ties
- Ribbon and Bows

- Lollies
- Warm-up
- Hoodie
- Athletic insurance

Other expenses include:

- Tumbling
- Practice Clothes
- Competition fees including a possible Nationals Trip
- Choreography and music fees
- And miscellaneous items that is needed to compete

MORTON CHEER CONTRACT 2019-2020

Rules and regulations for MORTON MIDDLE SCHOOL Cheerleading for members and parents

1. Your first responsibility is to the MORTON Cheer Team, with the exception to academics, family and religious obligations. This includes any other cheer teams, school related teams/club activities, and other extracurricular activities. If there is a conflict, you must contact the coaches immediately and the situation and solution will be discussed and compromised. The coaches must be contacted prior to a missed absence if there is any possibility of the absence being excused.

2. **Scheduled practices** - Each practice is mandatory, no exceptions!!! If you are ill and going to miss a practice then you must contact the coaches **prior** to the absence in writing to all coaches in the form of an email or text. Absences not reported in this manor will be considered unexcused (in the event of an emergency please contact us soon as possible). If possible, please submit a doctor's excuse when you return from the absence. In the event of any illness, if possible, you need to attend practice and observe unless the illness is contagious or you have a fever. Please remember Fayette County's sick policy. If you are running a fever or are contagious you should not be at practice or school that day. If a team member misses practice it is his/her responsibility to learn any missed material on his or her own. Any routines/material missed may not be made up during practice or performance times. Failure to make up missed material will result in sitting out during the next performance (game or competition). If you will miss school on the same day that there is a performance/game you will not be able to cheer/perform. Please contact the coaches immediately if this occurs, so that adjustments can be made to formations. If you are at school at any given day then it is expected that you will attend a cheer activity.

All celebrations, events, and regular appointments (such as doctor, orthodontist, dentist, nail, and hair) must be scheduled on non-practice and non-game days/times. Please try to schedule all make up tests, study sessions, and other school events on non-practice days if possible. If for any reason, you cannot schedule appointments around our practice schedule the coaches needs to be contacted immediately and prior to the date.

It is never appropriate to send messages with other team members that you will be late or miss a practice. Tardiness and absences must be reported in writing through email or text to the coaches prior to the absence.

If you are not participating at a game or competition due to a prior illness, absence, low grades or any other reason, you must dress out in uniform and arrive at the event at the same time as the team and sit on the bench with the coach. Each practice is important; missing can cause you and the team to fall behind. Team members will not be allowed to arrive late or leave early at practices or performances. If you are sitting out of a game, practice or performance for any reason, you will not be permitted to use your cell phone. Any cheerleader who misses 3 weeks of activities due to poor grades will be expelled from the team.

Parents, it is not acceptable to use scheduled practices, games, or other team events as punishment for inappropriate behaviors at home/outside of school/school events. Please do not use cheer as a method of punishment. Restricting your child from participating in team related events often punishes the entire team, not just your child. The coaches ask that consequences you choose to enforce for negative behavior at home not compromise team related activities.

Practice, performance, and game calendars will be emailed monthly. Schedules may vary from month to month due to facility availability, games and competitions.

Consequences for unexcused tardies and absences -

- An unexcused absence will result in sitting out during the next performance, game or event.
- Tardies - after a 5-minute grace period you will receive a tardy and be assigned a number of laps to run and a number of jumps (depending on the number of minutes late). Three tardies will result in an unexcused absence.

After three unexcused absences, you will be dismissed or suspended from the team as decided by the coaches.

The coach reserves the right to determine what qualifies as an excused or unexcused absence/tardy.

6 absences (excused or unexcused) will result in automatic dismissal from the team. Special circumstances will be taken in to consideration, such as health/family emergencies or long term illnesses. In this situation absences will be evaluated on an individual basis. Please submit a doctor's note for all medical/health emergencies.

Examples of excused absences are as follows:

- Must be excused in advance
- Mandatory school function (such as a chorus concert, **not a test retake**)
- Illness
- Funeral

- Religious obligation

Examples of non-excused absences are as follows:

- No advance notification
- Doctor's appointment that could've been scheduled at a different time/date
- A different team, club, or sport
- Non family or religious event
- Social Event
- *Basically any event that is not listed under excused absences.

The coaches will keep an attendance log. All notes from parents and doctors will be kept in the team member's folder. If at any time, you are labeled truant in the Fayette County school system during the school year you will be benched from the team for a period of three weeks. If you are labeled truant more than once during the school year you will be dismissed from the team.

3. Pick-up policy - It is important that team members be picked up promptly from all games, competitions, and events. If you will be late to pick up your child from any event you must contact the coach prior to the events end so arrangements can be made to keep your child safe. Team members will be allowed to phone their parent/ride approximately 20 minutes before the events end to give parents plenty of time to get to their child. Consequences will be enforced for any team member that has not been picked up within 10 minutes of the events ending.

Consequences for late pick-up:

□ Team members will be allowed one unexcused late pick-up from an event. After that all late pick-ups will result in an unexcused absence for that team member. Please keep in mind the attendance policy.

4. If you are suspended from school you are not allowed to practice, perform, or be on the schools property until your suspension is over. In the event of suspension from school a meeting will be held to determine if you will be dismissed from the team. Suspension from school will result in unexcused absences for any events missed. If you are sent to SAFE you will not be eligible to practice/perform/participate at our next event following your SAFE referral.

Dismissal from team/quitting - If you are dismissed from the team or quit during the year you must return all uniforms within 10 school days clean and undamaged. There will be no refunds on any fees paid during the year. If a team member chooses to quit the team at any time during the year they will be asked to sign and date a letter of resignation that will be kept on file in their folder. Any team member who quits the team before the season is over will not be permitted to try out the following year.

6. Uniforms - All uniforms are the property of Morton Middle School, regardless who paid for them. The coach will keep all uniforms and distribute them as needed throughout the year. If at any time a uniform is lost or damaged it is the team member's responsibility to pay for the item to be replaced. All uniforms should be either dry cleaned or hand washed and hung to dry. All uniforms must be dry cleaned before returning them at the end of the year. Final turn in date for uniforms will vary each year. If uniforms are not turned in by the due date set by the coach the team member will not be permitted to try out for the team the next year.

7. Appropriate dress - We will be ordering matching practice outfits to practice in. Baggy sweats, sweaters and jackets will not be allowed during practices...take them off after you stretch out. During practice, hair should always be pulled back away from the face (bangs too) and jewelry should NEVER be worn! NO GUM CHEWING!

□ During practice cheerleaders will be expected to wear their practice clothes that will be given out in the beginning of the school year. **Cheerleaders are expected to wear tennis shoes or cheer shoes during all practices except for flyers, which will need to wear cheer shoes during all practices.** It is requested that the competition shoes that will be purchased in the fall not be worn at all practices or football games. We do realize that these shoes need to be broken in but we want them to look nice for competitions. During football games cheerleaders will need to have on tennis shoes (white) and cheer shoes for basketball games and competitions. Please do not wear the good competition shoes outside of cheerleading events! White crew socks will be worn at all games. Socks will be purchased by coaches for competitions.

□ **Consequences for not dressing appropriately/being prepared for a cheer activity (which includes practices, games, competitions, etc.):**

- ❖ ❖ If you are not dressed appropriately for practice (hair and jewelry included) you will be asked to run laps, or perform jumps.

- ❖ If you are not dressed appropriately for a performance/game you will be asked to sit out the entirety of that activity.

8. Academic eligibility - All team members are required to maintain a 2.5 grade point average (GPA) throughout the school year as well as satisfactory conduct in all classes. The coaches will check grades and conduct weekly. The coach also has computer access to each team member's grades and conduct, through Infinite Campus, and will do random checks as desired. If your GPA drops below a 2.5 you will sit out of all practices and performances until it has been raised. You will still need to attend practice and dress out, where you will either complete schoolwork to improve your grades or will be asked to condition. Any team member receiving a D or an F on any weekly grade sheet can be asked to sit out until the grade is improved. You will have three weeks to raise your GPA/below average grades, if your grades are still not satisfactory after the three weeks you will be dismissed from the team. If you are asked to sit out due to conduct or low GPA you are still required to, dress out and attend all practices and performances.

9. Conduct at practice and performances - Disrespectful or negative attitude towards a coach, other team members, other teams and parents are not acceptable and will not be tolerated. If this becomes a problem a warning will be given and you will be asked to sit out from our next performance/event. If disrespectful attitude continues to be an issue then you will be dismissed from the team. Regardless of your personal opinions about anything related to the cheer team and routines you are expected to maintain a positive attitude. The coach reserves the right to dismiss any team member from the team at any time for misconduct.

The use of cell phones, iPods, and any other "technology toys" during games, practices, performances and competitions is prohibited and will be considered as misconduct. Team members will be allowed to make phone calls as needed for rides home or other emergency situations.

All team members are expected to watch/participate/cheer for our team during games. We are privileged to get to cheer together as a team and the coaches expect all team members to represent our school and our team appropriately. Team members are expected to stay for the entire game that we are cheering/performing.

10. Addressing issues with the Coaches - Should you need to address an issue with the coaches concerning something you may be upset over please follow the procedures below:

>Please allow yourself 24 hours to "calm" and contemplate the concern before contacting the coaches. Sometimes immediate issues resolve themselves or do not seem so serious after taking a day to consider the situation. If there is a serious concern or emergency that does not relate to our coaching styles/decisions (that you feel needs immediate attention) please contact all coaches immediately. We, again, will discuss and get back to you as soon as possible.

>A meeting will be scheduled for you to meet with the coaches at our earliest convenience.

□ The coaches have the right to amend this contract at any time. Any changes will be recorded and redistributed to each member that is on the team.

□ Coaches can dismiss, demote, or promote any team member at any time.

****Read, sign and return one of the following contract signature pages before try-outs begin****

Contract Signature Sheet

Student:

I, _____, have read all rules and understand all rules and regulations as outlined in the 2019-2020 Morton cheer contract. Upon my acceptance to the team, I will comply with all procedures as outlined.

Signature: _____ date: _____

Parent:

I, _____, have read all rules and understand all rules and regulations as outlined in the 2019-2020 Morton cheer contract. Upon my child's acceptance to the team, I will comply with all procedures and uniform return policies as outlined.

Signature: _____ date: _____

I, _____, have been made aware of my financial obligations if my child should make the Morton cheer. I am fully aware that all financial deadlines must be met for my child to participate in all events as scheduled.

Signature: _____ date: _____

I, _____, have been made aware of all tryout expectations including the judge's score sheet. I am aware of my parental obligations. I am aware that my child will not be permitted to participate in tryouts if all forms are not turned in before try-outs on April 27th, 2019.

Signature: _____ date: _____

2019-2020 Cheer Contact Information

Cheerleader Name: _____

Parent Name: _____

Cheerleader Phone Number: _____

Parent Phone Number: _____

Cheerleader Email: _____

Parent Email: _____

Any other contacts you would like the coaches to have on file:

Morton Middle School Tryout Score Sheet

Student number _____ Judges Initial _____

Appearance _____ (10 points) Total Score _____ /100 total

Correct technique - Needs work - Incorrect technique

10 points 5 points 0 points

Toe touch _____

Jump of Choice _____

Sideline Cheers:

Sharpness of motions & arm placement _____ /10

Voice projection, spirit, and energy _____ /10

Dance:

Sharpness of motions & arm placement _____ /10

Technique, style, and execution _____ /10

Overall:

Showmanship/facials/energy/attitude _____ /10

Memory _____ /5

*Coaches points for attitude, spirit, and efforts during clinics _____ /15