



Varsity Basketball
Cheerleading

Tryout Packet

*Packet and Required Items are **due no later than**
Thursday, March 28th to Coach Carpenter
Room C205 at James Clemens*

Requirements to tryout for 2024-2025 Cheerleading Squad

1. You must be a James Clemens High School student entering the 9th, 10th, 11th, or 12th grade for the 2024-2025 school year.
2. You must be eligible for the 2024-2025 season from your previous school year, based off of AHSAA rules.
3. You must be in attendance to the clinic dates prior to tryouts. **All attendance is mandatory.**
4. You must be able to attend summer **practices, camp, fall/winter practice, all games and events** involving the JC Cheerleaders throughout the year. *All practices are mandatory and should be treated like so. Failure to be at practice/miss frequently could result in dismissal from the team.
5. You must be physically able to tryout. *If your physical notes have any hesitations, even if cleared, we MUST have a doctor's note saying that conditioning, stunts, cheer, dance and jumps are permitted.*
6. **You must accept all monetary obligations.** Cheerleaders are required to participate in fundraisers to help offset the costs of the season. If a parent/guardian chooses not to, they will be responsible for the total cost as listed below. *If a cheerleader is in financial hardship, there are scholarships available to help offset a portion of the season.*
7. You must accept that you will be a student athlete. Your grades come first. If any grade dips below a 70, you will be benched until the grade improves. You also are an athlete, which means conditioning and fitness are part of our squad.
8. You must be aided by the James Clemens High School Cheerleading Demerit System/expectations.
9. You must turn all of the required forms in by March 28, 2024.

I understand all of the requirements expected of parents/guardians and of cheerleaders, and accept them, as the tryout process begins. If my child/myself makes the team. I recognize that I am a representative of the team, JCHS and our community and will hold myself to the highest standard. **In addition, I am accepting and**

Parent/Guardian Signature _____

Cheerleader Signature _____

Mandatory Cheer Clinic and Tryouts

Who: Any rising 9th-12th graders who will attend James Clemens High School, during the 2024-2025 school year, interested in cheering for our varsity girls and boys basketball teams

When:

- **Closed Clinic Day #1:** Monday, April 8th, 4:00 pm-6:00 pm
- **OPTIONAL Clinic Day with our seniors:** Tuesday, April 9th, 12-3pm
- **Closed Clinic Day #2:** Wednesday, April 10th, 4:00 pm-6:00 pm
- **Closed Tryout:** Thursday, April 11th, 4:00 until complete

Where: James Clemens High School Cheer Gym & JCHS Competition Gym “The Hangar”

Attire:

- **Clinic Days:** White t-shirt, Black shorts, and tennis/cheer shoes
- **Try-Outs:** Black shirt, black shorts, white socks (ankle or no show), shoes, white ribbon/bow

Clinic and Try-Out Rules:

- Hair in a ponytail or pulled up off of the shoulders and out of the face **ribbon/bow for tryouts**
- No jewelry at all (including earrings).
- Short, nude nails - fake nails will not be permitted.

Tryout Overview:

During clinic, you will be practicing what you will be performing at tryouts. We also will be putting together stunt groups. ***During clinic, you will be judged on teamwork and willingness to learn and improve.***

You will tryout in small groups. During tryouts you will be performing a halftime cheer, basketball cheer, chant, dance routine and 3 jumps. You have the option to tumble in place of a jump.

IMPORTANT: In order to participate in the clinic and try-outs, each cheerleader candidate must have the following forms completely filled out and signed-up online. All of these forms need to be placed in an envelope with the candidate's name and delivered to the coach.

CHECKLIST:

- Signed - up online (<https://forms.gle/6dL4R1Cib9nVcUiCA>)
- Join our Band (QR Code to the right)
- Completed Cheerleading Application (in this packet)
- Upload to Dragonfly:
 - Current Physical Form (*from within the past calendar year and signed by a doctor*)
 - Birth Certificate
- Printed PowerSchool Grades from Fall 2023
- Signed Current Class Average Form (in this packet)
- Recommendations from all current teachers



Upcoming/Summer Dates (subject to change):

All are **Mandatory** to attend

Information Meeting: Tuesday, March 26 @ 4:00pm in the Harvard Room

Uniform Fitting: Wednesday, April 24th @ 3:00pm Gym **parents are encouraged**

Mandatory Parent Meeting/Program Meeting: Wednesday, April 24th @ 5:00pm Gym

UCA Camp overnight: Friday, June 14 - Monday, June 17th at Auburn University

Team Bonding: Sunday, July 14th, TBD

Cheer Bootcamp: Monday, July 15th - Thursday, July 18th (7-11 am) JCHS Cheer Gym

Upcoming Fundraisers

Culver's Spirit Night: TBD

Trash Pandas: the day after tryouts, Coach K will assign each parent/teen (any two people per family over the age of 16) to a slot. Two people from each family will be expected to work each month, or each column below. If you cannot make your assigned slot, you must switch with someone to have the spot covered. If you have work commitments, Coach K is happy to work with you for slots that fit. From the money earned, in April 75% will go to your uniform and 25% to the team. After, it will be 50/50.

Fri, April 26 4:30pm	Thurs, May 9 4pm	Sat, June 8 4:30pm	Tues, July 9 4:30pm	Sat, July 27 4pm	Thurs, Aug 29 4pm
Sat, April 27 4pm	Fri, May 10 4:30pm	Tues, June 18 4pm	Thurs, July 11 4:30pm	Thurs, Aug 8 4pm	Thurs, Sept 5 4pm
Sun, Apr 28 12:30pm	Sat, May 11 4:30pm	Thurs, June 20 4pm	Sun, July 14 1:30pm	Sat, Aug 10 4pm	Sat, Sept 7 4pm

Sponsorships: Each cheerleader will be required to find, at least, one sponsorship for our team. The sponsorship information will be distributed at the parent meeting.

Upcoming Costs

UCA Camp: \$500

Uniform: *note this is based off last year and pre-fundraisers. On March 25, I will know the finalized price, pre-fundraisers. I will have the final breakdown at the meeting on March 26.*

- Shell, Skirt, Bodyliner, Briefs, Shoes, Socks, Bow: \$420 **required for all**
- Poms: \$40 **required for all**
- Shipping: about \$40 **required for all**
- Four Tanks: \$25 **required for all**
- Printing of Tanks: \$25 **required for all**
- Outerwear (Jacket & Pants): \$210 **required for new**
- Sweatshirt: \$60 **required for new**
- BookBag: \$71 **required for new**

Upcoming Payments:

- \$100 due by April 17
- \$100 due by May 1
- *Remaining will be determined by payment plans and fundraisers*

Cheerleader Candidate Application

Must be completely filled out and returned with the completed packet by March 28, 2024.

First, Middle, Last Name: _____

Current School and Grade Level: _____

Emergency Contact 1: _____ Relationship: _____

Phone Number: _____

Questionnaire:

1. Why do you want to be a James Clemens Basketball Cheerleader?

2. Are you a good teammate? What does being a good teammate mean to you?

3. What is your cheer experience? *Note: experience is not required to tryout*

4. T-Shirt Size: _____ Tank Size: _____ Shorts Size: _____

Any Medical Conditions, allergies and/ or Medications:

My child, _____, has my permission to tryout for the cheerleading squad at James Clemens High School. I understand that he/she must abide by the rules and regulations set forth by the coaches and administration of James Clemens High School and the expected monetary obligations. I understand that my daughter/ son will be evaluated by qualified judges, and we all agree to abide by the decision of the judges. A copy of an individual candidate's scores may be provided to that candidate's parent and/ or guardian upon request. After one month, all scores will be shredded.

Parent Signature: _____ Date: _____

I am trying out for the position of: MAIN BASE SIDE BASE BACKSPOT FLYER TUMBLER

In filling out this application, you _____ are expressing a desire to be a representative of James Clemens High School. Other activities (dance, all-star cheerleading, clubs, etc) and your job can not interfere with practice, games, or other cheerleading activities. Participation in these activities are fine as long as it does not interfere with James Clemens Cheerleading schedule.

Applicant Signature: _____ Date: _____

JCHS Basketball Cheerleader Tryouts Teacher Evaluation/Recommendation

Please complete and turn into Coach Carpenter's mailbox at JCHS or email to klcarpenter@madisoncity.k12.al.us by March 28, 2024.

Teacher _____ Student _____

Thank you for your help and cooperation in evaluating this student for the JCHS Basketball Cheerleader Tryouts. I respectfully ask that you be as informative and clear as possible in answering the following questions and include any comments that you feel are relevant to this student's ability to be a successful leader in her position on the team. Please be advised that any and all score sheets and evaluations will be made available for review by parents and students after tryouts, if they so desire.

Point system below 1-5

1. Poor 2. Below Average 3. Average 4. Above Average 5. Excellent

Punctuality and preparedness:	1	2	3	4	5
Honesty, dependability, follow through with commitments	1	2	3	4	5
Class Conduct	1	2	3	4	5
Ability to get along with others	1	2	3	4	5
Cooperative attitude	1	2	3	4	5

Glow: _____

Concerns: _____

Teachers Signature _____ Date _____

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Glow: _____

Concerns: _____

Teachers Signature _____ Date _____

JCHS Basketball Cheerleading Team Rules

1. When you join this team, you are agreeing to cheer for the entirety of the season. Games change unexpectedly, and games are added. You will be notified of changes in schedule as soon as the coach knows. An absence from a game must be excused. Postseason games are mandatory. **Failure to attend a postseason game will result in immediate dismissal from the team.**
2. You are a student athlete. First, a student. Then, an athlete. You are to maintain an average of 70 or higher in each class taken. You will be benched until a progress report states that your average has come back up to 70 or higher and/or significant progress is being made. A print out each week from PowerSchool will be fine.
3. If you are caught cheating on class work, homework, a project, quiz, or test, you will be assigned 2 demerits.
4. All team members must wear the same thing at practice. Hair pulled back out of face, solid black top or assigned cheer tank, solid black shorts, no-show solid white socks, and team's cheer shoes. **Failure to do so will result in one demerit each time.**
5. All team members wear the exact same thing on game day. Hair out of face with bow in front. AHSAA rule: tail of the bow must be away/opposite of their eyes. Coach K can happily show you! Everyone is to have **solid white** no-show socks. Your team's cheer shoes are the only shoes acceptable for games. Old cheer shoes are acceptable for practice. **Incorrect attire at a game, will result in not being able to cheer that game and you must sit beside Coach K. Two Demerits will be given. You will be benched for forgetting just your bow. Bra straps should not be seen for any reason. Keep them hidden, or you will not participate. If your bra straps are shown, you will get two demerits.** At the designated time of arrival to a game, you should show up to school dressed for the game. There is to be no unnatural hair color in your hair for games (neon pinks, blues, greens, etc.) **If you are late or incorrectly dressed, you will receive one demerit for each occurrence.** In addition, you must wear the assigned warmup. Failure to not wear the warmup to school and/or the game will result in one demerit per occurrence.
6. Nails must be neutral and fingertip length. No exceptions will be made. If you break this rule, you will be bench AND receive two demerits for each occurrence.
7. No jewelry of any kind. This applies to practice, camps, events and games. Please do not get any new piercings over the summer, including nose and belly buttons. **If it can't be taken out for camp, practices, or games, you will be benched and two demerits will be given. This also includes Apple Watches, anklets, and FitBits.**
8. You must be present at school for at least ½ day in order to participate in practices or games for that day.
9. No socializing during games. **NO Public Display of Affection or two demerits will be given for each occurrence.** This includes holding hands, hugging, or kissing.
10. You can only eat before the game or at half time. There is not to be food in the stands during the game.
11. Cell phones and all electronics will not be out during practice or games. **1 demerit will be assigned for every occurrence.**
12. Everyone is expected to be at every game and at every practice. Leaving early to attend other practices or classes is not acceptable. This includes all star cheer team practices/competitions, gymnastics, or dance practice/competitions. **Please do not schedule dentist/orthodontic appointments during practice times.** Excused absences include death in the family, illness,

and school functions which are off campus. **Unexcused absences or leaving early will result in two demerits per occurrence.** Doctors notes are needed for multiple day illnesses. Both coaches need to be made aware of the an absence before practice. College visits and vacations are excused, however Coach needs to be made aware as soon as they are planned.

13. **Being late to a practice/game will result in 1 demerit unless it has been pre-approved by the coaching staff.** If you stay late working on something for a teacher, you must bring a note signed by them including the correct time and date.
14. If you visit detention for any length of time during the school day, you will run extra laps at practice. If it's game day, you will not cheer that day but still will be required to attend the game and sit with me. Two demerits will be given each time you visit detention. If a student is assigned detention or ISS for 1 full day, they may not practice or attend games for that day and 4 demerits will be assigned per 1 day of ISS (i.e. if you are in ISS 2 days that warrants 8 demerits which is dismissal from the team.)
15. **One demerit will be assigned every time that a coach is contacted by any teacher/substitute for inappropriate conduct in and outside of the classroom. Minor offenses will receive one warning.**
16. If you receive OSS under any circumstances then you will be dismissed from the squad **effective immediately.** **No Exceptions.** It doesn't matter if it was your fault or not.
17. Your requirements to the squad are effective the day you make the squad.
18. If you are benched, **you will receive an additional two demerits for having to sit on the bench.**
19. **You still must attend games even if you know ahead of time that you are benched and will not be participating. 2 additional demerits will be distributed if you don't show up. If you have been in ISS for a full day, then you must go home and 4 demerits will be assigned.**
20. Remember who you are representing in the JCHS uniform - yourself, your family, your team and your school. Any inappropriate or offensive behavior demonstrated at games or practices such as attitude with coaches, teammate, taunting the other team's players/cheerleaders/visitors, teacher, staff member, and/or administrator will result in 4 demerits, up to 6, depending upon the offense, conversations had about the issue, and possible dismissal from the squad depending upon the offense.
21. Any modifications to cheering, practice, or the routine due to an injury need a doctor's note after 1 game/practice. A doctor's note will also be needed to release a cheerleader to fully participate after any serious injury in addition to being cleared by
22. There will be a GroupMe created for cheerleaders and parents. In addition, there will be ONE group text thread created for cheerleaders. There is no need for other online groups/group chats involving cheerleading for parents or cheerleaders. Parents, you will receive information via GroupMe. If another thread is found, a conditioning practice will be added to the schedule.
23. Bullying or unkind behavior of any type will not be permitted. This includes SnapChat, Instagram, and any other texting app. Any type of bullying behavior will NOT be tolerated by members of this squad. Based on the offense, a minimum of 4 demerits will be given. The cheerleader could be dismissed from the squad.
24. If at any point during the course of the season you choose to quit the squad you are **NOT PERMITTED TO REJOIN AT A LATER TIME.** Once you quit that is a final decision. Also, if you

are a 9th, 10th or 11th grader and choose to quit, you **forfeit your right to tryout the following school year.**

25. A total of 8 demerits will result in **dismissal from the squad, no exceptions.**

You are a representative of James Clemens High School as well as our community. You will carry yourself in a way that will make us proud, and make yourself proud, or you will not be a member of this cheerleading squad.

The coaching staff reserves the right to amend this set of rules as needed.

I understand and agree to all rules and the demerit system that have been set for the squad.

Athlete's Name Printed _____

Athlete Signature _____

Parent Signature _____

Coach's Signature _____

Athletic Director's Signature _____