Liberty Middle School Cheer Tryout Packet 2024-2025



*****Important Dates****

Tryout Clinic: May 13-15, 2024 (4:30pm – 6:30pm) Mandatory – ALL candidates MUST be present for ALL days.

Tryouts: May 16, 2024-- 4:30pm – until.....

(ALL candidates MUST ATTEND TRYOUTS)

Results will be posted on the gym doors 1 hour after the tryouts have concluded.

(ONLY tryout numbers will be posted)

Mandatory Parent/Cheerleader Meeting:

May 20, 2024 @ 6:00pm. (A parent or legal guardian MUST attend with the cheerleader. The first payment of \$300.00 is due at this meeting. NO EXCEPTIONS.



LIBERTY MIDDLE SCHOOL 2024-2025 Cheer Knight Try-out Packet



Dear Parents:

We are pleased that your child has an interest in trying out to be a cheerleader at Liberty Middle School. This letter will provide you and your child with important information and our expectations for being a Liberty Middle School Cheerleader.

The purpose of a cheerleader is to promote interest and enthusiasm as well as to encourage school spirit and sportsmanship during games and other school related events. Academics are an important aspect to us and each cheerleader is required to maintain a credible academic record. Each cheerleader should maintain an overall C average or better in all classes. There will be study sessions implemented and required remediation/tutoring for cheerleaders if needed during the school year. It is IMPORTANT that the cheerleaders know that they are to shine on the field and in the classroom. Character and Integrity are vital to being a Liberty Cheer Knight!

Practice is a necessary part of being a productive cheerleader. Each cheerleader will be required to attend ALL practices unless the coach has been informed ahead of time.

We are poised to elevate the cheer program to the next level, and it will take a lot of time, dedication, and HARD WORK. Please keep this in mind when contemplating trying out for Cheer. We wish everyone the best of luck and look forward to an AWESOME and AMAZING 2024-2025 school year.

Cheerfully Yours,

Liberty Coaching Staff

Liberty Middle School Cheerleading

General Program and Tryout Information

Squad information -

There are only 22 slots for the 2024-2025 Cheerleading Squad.

Tryouts:

- Tryout Clinic will be held Monday, May 13th-Wednesday, May 15th
- The clinic will be held daily from 4:30 6:30pm daily.
- The clinic is CLOSED. There will be no spectators allowed in the gym.
 - o During this week, cheerleading candidates will learn cheers/chants, jumps, and a dance.
- OFFICIAL TRYOUTS will take place on THURSDAY, May 16th at 4:45 pm until in the LMS Gym. Team list will be posted 1 hour after tryouts on the gym doors! BEST OF LUCK!!!
 (PRACTICE, PRACTICE, PRACTICE!!!)
 - O Candidates will be placed in small groups to perform a routine. Candidates will be evaluated on cheer, jumps, dance, tumbling, presentation, motions, technique, form, and coordination.
 - *Girls must have a valid physical to participate in the clinic as well as tryouts. NO EXCEPTIONS.*

Official Tryout Attire:

- CLEAN white T-shirt, Black shorts (Cheer shorts preferred, NO BASKETBALL shorts)
- No cheerleading (LOGO) shorts, t-shirts, etc. will be worn during the tryout process.
- Hair must be worn UP and OUT OF FACE.
 - (Cheer bows worn will add to appearance score).
- Please do not wear any jewelry or bring any chewing gum or candy.
- White socks, Tennis or Cheer shoes. (Basketball shoes are not recommended).

Helpful Hints:

- Any tumbling you can do during judging will increase your tryout score.
- Coaches will be the ultimate deciding factor in final members of the squad!!!
- Teacher recommendations and grades will be CAREFULLY critiqued and will be a part of the tryout.

TIPS FOR PREPARING FOR TRYOUTS

- □ Stretch, and work on motions and jumps EVERYDAY.
- □ Work on cardiovascular health by running at least 3-4 days per week (30 minutes min. per workout).
- □ Strengthen muscle groups by doing abdominal exercises, push-ups, leg lifts, wall-sits, lunges, etc. Having a strong core is the key to athletic success.
- □ You may also want to work with a current LMS cheerleader or with others who are trying out to perfect skills.

1. Team Commitment (In-season)

During the football season we will practice 3-4 days per week. During the basketball season we will practice 3-4 days a week depending on the need.

- Football season we normally have one game a week. This may vary depending if the team makes the playoffs and then advances to the championship.
- Basketball season we have a total of 4 games a week.
 - o Two on Wednesdays (Girls play at 5:00 and the boys game immediately follows)
 - o Two on Fridays (Girls play at 5:00 and the boys game immediately follows)

The squad will cheer at ALL home and away football and basketball games to include traveling for playoffs and championships. Each cheerleader will also be required to attend other events outside of practice as they arise. Parents will receive prior notice for added events not listed on practice schedule.

Parent/Coach Role:

It is our belief that having parental support is vital to a successful program. We work very hard to keep all parents informed of the schedule, upcoming events, costs, responsibilities, etc. We also believe in maintaining an open line of communication between the coaching staff and parents. However, as coaches, we make all team decisions, and those decisions are final.

Decisions involving benching team members or disciplining members in any way will come directly from the coaching staff using the discipline policy outlined in the cheerleading constitution. We welcome parental support and believe that it is imperative to our program. Parents will be asked to volunteer their time by providing/serving meals or snacks, working events, donating items, etc. We also believe that it is the cheerleader's responsibility to communicate with the coaches and her parents. The cheerleader should voice all concerns first. Ultimately it is our hope to keep all problems/concerns in-house and deal with them directly. We ask that all parents and cheerleaders keep an open line of communication with each other as well as with the coaches since we all have to work as a TEAM!

Financial Responsibility: There is a financial responsibility involved with LMS cheerleading. <u>This year's fee is \$750.00.</u>

Please refer to the LMS Budget (below).

Athletic Fee: Each player is required to pay a \$35.00 athletic fee. (This fee will be deducted from the \$750.00)

Payments are to be made in cash or money order ONLY. ABSOLUTELY NO PERSONAL CHECKS will be accepted. ALL payments are to be made to Coach Franklin or Coach Rollins.

PLEASE BE PREPARED TO MAKE THE FIRST PAYMENT OF \$ 300.00 on Monday, May 20, 2024 AT THE PARENT MEETING @ 6:00pm.

It is our goal to order ALL items over the summer to ensure when school starts all ordering is complete and all expected items have been delivered. Some items take longer to order as the summer is the busiest season for cheer uniforms.

- The payment of \$250.00 is due June 17, 2024
- The remaining payment of \$250.00 is due July 15, 2024
- ALL accounts MUST be paid in full NO LATER than July 19, 2024.

PLEASE READ CAREFULLY

I UNDERSTAND THAT THERE WILL BE POSSIBLE EXTRA FINANCIAL SITUATIONS THAT COULD ARISE DURING THE 2024-2025 SCHOOL YEAR THAT I WILL ALSO BE RESPONSIBLE TO PAY.

By signing this form, I am fully aware all funds paid are non-refundable. In the event that my child is removed from the squad for academic or behavioral reasons I COMPLETELY understand that NO REFUNDS will be issued. No exceptions.

Parent's Signature	Date
Student's Signature	Date

Parent Permission Slip for Cheerleading Tryouts/Participation

My child,	has my permission to try out for
cheerleading at Liberty Middle School. I un	nderstand that she/I must abide by the rules and
regulations set forth by the athletic depar	tment and coaches. I understand that the forms in
this packet must be completed and return	ned to the coaches NO LATER THAN Thursday,
May 9, 2024, or your child will not be able	e to tryout. I understand that my child will be
evaluated by qualified judges and coaches, a	and we agree to abide by the decision of the judges
and coaches. I understand all potential costs	s involved as stated in the tryout packet.
I understand that physical training, ch	eerleading, and gymnastics carry a risk of physical
injury. No matter how careful the participar	nts and coaches are, how many spotters are used, or
what landing surface is used, the risk cannot	be eliminated. I understand these risks and will not
hold Liberty Middle School or any of its per	rsonnel responsible in the case of accident or injury at
any time.	
Student Signature	Date
Parent/Guardian Signature	Date

Information Sheet

This form should be completed and returned to Coach Franklin (B-22) or Mailbox by May 9, 2024.

(We must have this form completed in order for you to participate in tryouts).

Candidate's Name:	
Current Grade:	Homeroom Teacher:
Parent/Guardian	
	code)
Place of Work & Phone	
(both parents/guardians)	
Home Phone Number	
Parent Cell Numbers	
Cheerleader Cell Number	
Cheerleader Email Address_	
Emergency Contact	
Allergies	
Any other medical problems	

Liberty Middle School -Parent/Guardian Permission Form

Participant

Signature

This form must be notarized, or it is not valid. PLEASE PRINT CLEARLY AND IN PEN. I give my permission for to tryout and participate in the Liberty Middle School Cheerleading Program and travel with the team and/or coach and/or other cheerleader parent. I understand the cost involved for my child to participate and agree to support my child accordingly. *I understand* that failure to pay dues by the deadline may prevent my child's participation and could result in removal from the squad. The cheering area varies greatly from one location to another, outside or inside. 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. I acknowledge that even with the best coaching, use of the most advanced practice equipment, and strict observance of rules, injuries are still a possibility. I acknowledge that it is vital that cheerleaders 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 and travel. We understand and assume all risks associated with trying out, practicing, cheering at games/competitions, and traveling. In signing this form, we assume the inherent risks of cheerleading and travel and waive future legal action by our heirs, estate, executor, administrator, assignees, family members, and ourselves. Today's Date__ Signature Parent/Guardian

Today's Date____

Liberty Middle School -CHEERLEADING WARNING OF RISK

SERIOUS, CATASTROPHIC AND PERHAPS FATAL INJURY MAY RESULT FROM ATHLETIC PARTICIPAITON. By its very nature, competitive athletics may put student athletes (cheerleaders) in situations in which accidents may occur. Athletic competition can result in accidents, strenuous physical exertion, and numerous other exposures to risk injury.

Students and Parents must understand and assess the risks involved in such participation and make their choice to participate in spite of those risks. The obligation of parents and students in making this choice to participate cannot be overstated. There have been accidents resulting in death, paraplegia, quadriplegia, and other serious permanent physical impairment as a result of athletic competition.

Liberty Middle School athletes will be instructed in proper techniques to be used in athletic competition and in the proper utilization of all equipment worn or used in practice and competition. Student/Athletes must adhere to that instruction and utilization and must refrain from improper uses and techniques. However, no amount of instruction, precaution, and supervision will totally eliminate all risk of serious, catastrophic, or even fatal injury. By granting permission for your Child/Athlete to participate in athletic competition, you, the parent, or guardian, acknowledge such risk exists. By choosing to participate, you, the student/athlete, acknowledge that such risks exists.

If any of the foregoing is not compinformation.	pletely understood, please contact the co	paches or Athletic Department for further
information.		
Student Signature	Date	

Parent Signature	Date
	-

JUDGES AND FINAL SCORE AGREEMENT

I,	, and my child	, understand that he/she will be judged
by a panel of qualified	judges, and will be scored on the catego	ories listed under the "Evaluation Procedure"
headline. We understar	id at no time will my child's score nor a	ny other cheerleader's score be discussed or
provided to me as the p	arent, my child, or any other individual	outside of school officials. We also understand that
all decisions made by t	he judges are FINAL.	
Student Signature	Date	
Parent Signature	Date	

Cheer Questionnaire

This questionnaire is designed for the Coaches to get to know you and your desire to be on the cheer squad. Please write your responses in clear, thoughtful paragraphs.

You may type/write your answers on a separate piece of paper and attach them to this packet

Please note that your answers will be scored from 1-4 (low to high).

Trease note that your answers will be scored from 1-4 (low to high).
1. Being on the LMS cheer squad takes a lot of time and dedication. Will you be able to maintain your GPA as well as life/student balance? What is your current GPA? (Remember student first, athlete second!)
2. Do you see yourself as a leader? What are your strengths and weaknesses?
3. Why do you think you should be an LMS cheerleader? What qualities can you bring to the team? Any previous experience in cheer, gymnastics, or dance?
4. Do you feel you are ready to be on the LMS cheer squad? What are your concerns?

Liberty Middle School Cheerleading Tryout Checklist

Please be sure all of the following have been completed by the due date, Thursday, May 9, 2024.

It is suggested you make a copy of all forms for your records.

- o Copy of Current Physical (MUST be completed on the GHSA form provided in the packet.
- o Warning of Risk
- o Judges and Final Score Agreement
- o Permission Form (notarized)
- o Information Form/Medical Release/Emergency Contact Form
- o Teacher recommendation forms (6)
- **Failure to complete any one of the above items will result in the inability for the applicant to participate in clinics or tryouts. **

PLEASE KEEP FOR YOUR RECORDS!!

Please send to Franklin (B-22), Rollins (B-19) or Mailbox in front office

Cheer Knights Recommendation Form 2024-2025

Student:	Current School_		Current Gra	de		
This recommendation completed by:		Subj <u>e</u> c	t: ELA			
Please rate the student on each of the f	Please rate the student on each of the following areas of personal competence:					
(Please	check the appropria	ite box)				
Academic Performance: Stays on Task: Completes assignments, fulfills contracts: Accepts constructive criticism: Assumes responsibility: Is motivated to achieve: Has good work habits; is disciplined Has positive sense of self: Honesty/Integrity: Has foundation in basic skills: Maturity Total Score: Please check one:	[] Above Average [] Above Average	[] Average [] Average [] Average [] Average [] Average [] Average [] Average [] Average	2pts each [] Below Average	[] N/A [] N/A [] N/A [] N/A [] N/A [] N/A [] N/A [] N/A		
[] Highly recommend [] Recommend	[] Recommend wi	ith reservatio	n [] Do not recor	mmend		
Tonsideration should or	eacher's Statemen should not be given		nt because:			
Signature		Date _				

Please send to Franklin (B-22), Rollins (B-19) or Mailbox in front office

Cheer Knights Recommendation Form 2024-2025

Student:	Current School_		Current Gra	de
This recommendation completed by:	Subject: MATH			
Please rate the student on each of the f	ollowing areas of pe	ersonal con	npetence:	
(Please	check the appropriate	e box)		
Academic Performance: Stays on Task: Completes assignments, fulfills contracts: Accepts constructive criticism: Assumes responsibility: Is motivated to achieve: Has good work habits; is disciplined Has positive sense of self: Honesty/Integrity: Has foundation in basic skills: Maturity Total Score: Please check one:	[] Above Average [] Above Average	[] Average [] Average [] Average [] Average [] Average [] Average [] Average [] Average	[] Below Average [] Below Average	[] N/A [] N/A [] N/A [] N/A [] N/A [] N/A [] N/A [] N/A
[] Highly recommend [] Recommend	[] Recommend with	h reservatioı	n [] Do not recor	mmend
Teacher's Statement Consideration should or should not be given to this student because:				
Signature		_ Date _		

Please send to Franklin (B-22), Rollins (B-19) or Mailbox in front office

Cheer Knights Recommendation Form 2024-2025

Student:	Current School_		Current Gra	de
This recommendation completed by:	Subject: SCIENCE			
Please rate the student on each of the f	ollowing areas of pe	ersonal con	npetence:	
(Please	check the appropriate	e box)		
Academic Performance: Stays on Task: Completes assignments, fulfills contracts: Accepts constructive criticism: Assumes responsibility: Is motivated to achieve: Has good work habits; is disciplined Has positive sense of self: Honesty/Integrity: Has foundation in basic skills: Maturity Total Score: Please check one:	[] Above Average [] Above Average	[] Average [] Average [] Average [] Average [] Average [] Average [] Average [] Average	[] Below Average [] Below Average	[] N/A [] N/A [] N/A [] N/A [] N/A [] N/A [] N/A
[] Highly recommend [] Recommend	[] Recommend with	h reservatio	n [] Do not recor	mmend
Teacher's Statement Consideration should or should not be given to this student because:				
Signature		_ Date _		

Please send to Franklin (B-22), Rollins (B-19) or Mailbox in front office

Cheer Knights Recommendation Form 2024-2025

Student:	Current School_		Current Gra	de
This recommendation completed by: Subject: SOCIAL STUDIES				S
Please rate the student on each of the f	ollowing areas of p	ersonal con	npetence:	
(Please	check the appropria	ite box)		
Academic Performance: Stays on Task: Completes assignments, fulfills contracts: Accepts constructive criticism: Assumes responsibility: Is motivated to achieve: Has good work habits; is disciplined Has positive sense of self: Honesty/Integrity: Has foundation in basic skills: Maturity Total Score: Please check one:	[] Above Average [] Above Average	[] Average [] Average [] Average [] Average [] Average [] Average [] Average [] Average	2pts each [] Below Average	[] N/A [] N/A [] N/A [] N/A [] N/A [] N/A [] N/A
[] Highly recommend [] Recommend	[] Recommend wi	ith reservatio	n [] Do not recor	nmend
Teacher's Statement Consideration should or should not be given to this student because:				
Signature		Date _		

Please send to Franklin (B-22), Rollins (B-19) or Mailbox in front office

Cheer Knights Recommendation Form 2024-2025

Student:	Current School_		Current Gra	de
This recommendation completed by:		Subj <u>e</u> c	t: CONNECTIONS-	A DAY
Please rate the student on each of the f	ollowing areas of p	ersonal con	npetence:	
(Please	check the appropria	ite box)		
Academic Performance: Stays on Task: Completes assignments, fulfills contracts: Accepts constructive criticism: Assumes responsibility: Is motivated to achieve: Has good work habits; is disciplined Has positive sense of self: Honesty/Integrity: Has foundation in basic skills: Maturity Total Score: Please check one:	[] Above Average [] Above Average	[] Average [] Average [] Average [] Average [] Average [] Average [] Average [] Average [] Average	2pts each [] Below Average	[] N/A [] N/A [] N/A [] N/A [] N/A [] N/A [] N/A
[] Highly recommend [] Recommend	[] Recommend wi	th reservation	n []Do not recor	nmend
Teacher's Statement Consideration should or should not be given to this student because:				
Signature		Date _		

Please send to Franklin (B-22), Rollins (B-19) or Mailbox in front office

Cheer Knights Recommendation Form 2024-2025

Student:	Current School_		Current Grade	
This recommendation completed by:	Subject: CONNECTIONS-B DAY			
Please rate the student on each of the f	ollowing areas of p	ersonal con	npetence:	
(Please check the appropriate box)				
Academic Performance: Stays on Task: Completes assignments, fulfills contracts: Accepts constructive criticism: Assumes responsibility: Is motivated to achieve: Has good work habits; is disciplined Has positive sense of self: Honesty/Integrity: Has foundation in basic skills: Maturity Total Score: Please check one:	[] Above Average [] Above Average	[] Average [] Average [] Average [] Average [] Average [] Average [] Average [] Average [] Average	2pts each [] Below Average	[] N/A [] N/A [] N/A [] N/A [] N/A [] N/A [] N/A
[] Highly recommend [] Recommend	[] Recommend wi	th reservation	n []Do not recor	nmend
Teacher's Statement Consideration should or should not be given to this student because:				
Signature		Date _		