

# 2020 Alpharetta High School Football Sideline & Competition Cheerleading Tryout Packet (Updated 7-15-2020)

The cheerleading coaches of Alpharetta High School as well as the administration, faculty, and staff are happy that you have shown interest in participating in the cheerleading program. Please read all information in this packet very carefully.

## TRYOUTS

There will not be Competition tryouts this year. All girls interested will be split between JV and Varsity.

Tryouts for Football Sideline are at AHS on:

- Thursday, July 30<sup>th</sup> OR Monday, August 3<sup>rd</sup> between 4:00pm – 7:00pm
- Cheerleaders will sign up via google form and then be notified by email of their tryout time prior to August 30<sup>th</sup>

## What to Expect

- Athletes will be evaluated throughout the week, including the final tryout day. The judges are looking for candidates with the best possible skills, which includes tumbling, jumps, motions, dance, spirit, and attitude.
- Tryouts will be held in the cafeteria – NO parents will be allowed to view tryouts.
- If a candidate is injured and unable to perform a particular skill, no video tapes or letters from outside coaches will be permitted. This process may be amended at coach's discretion under extreme circumstances.
- On the final tryout day, cheerleaders will be placed in a tryout group and will be called in from the gym so other tryout groups cannot see them. There will be mats for cheerleaders to tumble & practice on.
- Each cheerleader must have a FCS physical on file in DRAGONFLY that is valid through tryouts.
- Cheerleaders are required to stay on the final day of tryouts until all cheerleaders are finished and the coaches have dismissed you. This is very important; do not ask to leave when your tryout is over. If we need to call you back for a question or to demonstrate a skill, it is important that you remain in the gym – bring homework ☺
- Results are **FINAL** and will be posted on the AHS Cheerleading Website ([www.ahscheer.org](http://www.ahscheer.org)) the day after the final tryout by 8:00 AM. **AGAIN, ALL RESULTS ARE FINAL!**

## Tryout Dress Code

- All athletes trying out need to be dressed in athletic shorts, athletic shoes, no jewelry, and hair pulled back so that it does not touch your shoulders and please make sure your nails have been cut short. Please remember that we do not allow clothing with an all-star gym logo or gym/team names on it at practices or tryouts.

## Final Tryout Dress Code

- Dressed in black athletic shorts (stripes around the sides or edges are okay)
- White t-shirt
- Hair must be pulled back off face and your shoulders in a ponytail with a white bow or ribbon
- Athletic shoes

## **ONLINE TRYOUT FORM & CHEER MEETING**

In order to be eligible to try out for Alpharetta High School cheerleading, you **MUST** complete the Online Cheerleading Application: [www.tinyurl.com/AHSCheer2020App](http://www.tinyurl.com/AHSCheer2020App)

If you make a squad, there will be a very important meeting on **TBD** at **TBD** in the AHS Media Center for both parents and cheerleaders. We will address the following:

- Clothing Order
- Financial Obligations
- Volunteer Positions

## **ELIGIBILITY**

You must meet the following requirements according to the GHSA "no pass, no play" rule.

1. I passed 5 out of 6 classes last semester and I am on track for graduation.  
*\*I understand that I must maintain these grade standards if I am selected as an Alpharetta High School cheerleader.*
2. Additionally, I understand that I must be a current student at AHS or AHS feeder middle school (WBMS or HMS) in order to try out.

## **BOOSTER CLUB / MINI CAMP / PARENT VOLUNTEERS / PROJECTED COSTS**

The Alpharetta High School has a Cheerleading Booster Club to support the football and competition cheerleading squads. By having our own Booster Club, we have been able to use our funding to continue to support each of the cheerleading teams at AHS.

Each cheerleader will be expected to participate in mandatory fundraising activities, including the Alpharetta Mini Cheer Camp. This year the camp is scheduled for the week of June 1 – 4, 2020. Parents are also expected to volunteer for various jobs as requested by the AHS Cheerleading Booster Club and Cheerleading Coaches at AHS.

### Football Sideline Cheerleading Projected Costs

- \$125 participation fee to AHS Cheer via OSP (Online School Payments)  
AND additional fees for other required items (pullover, leggings, bow, water bottle, team shirts, spirit items, team bonding, etc.) depends on the team you make:
  - 9<sup>th</sup> and JV Sideline New: ~\$235
  - JV Sideline Returning: ~\$130
  - Varsity Sideline New: ~\$335
  - Varsity Sideline Returning: ~\$145

### Competition Cheerleading Projected Costs

- \$250 participation fee to AHS Cheer via OSP (Online School Payments)  
AND additional fees for other items is TBD for:
  - Competition Fees
  - Music
  - Choreography
  - Clothing
  - Tumble block

\*NOTE: if a cheerleader makes both a sideline and competition team, they will only need to pay the \$250 participation fee through OSP, but the cheerleader will still need to buy the required items for each team unless they already have purchased the items in previous years.

## **ALL CHEER TEAM RULES**

### Attendance

All cheerleaders must have a good attendance record. If you miss school for a half-day or more, then you may not be able to cheer at practice, a game, a pep rally, or any other function that occurs the day you were absent. Please schedule your appointments so that they do not conflict with your cheerleading schedule. When you are absent from school call your coach and leave a voicemail or email your coach during the day.

### School Behavior

A cheerleader must maintain positive behavior in all classes and school activities. This means setting an example for others to follow. Any conduct which results to dishonor the athlete, the team, the school, or the community will not be tolerated. Behavioral expectations and prohibitions apply 365 days a year, 24 hours a day, in and out of the specific extracurricular season, and on or off school grounds (including social media). The following violations will not be tolerated and will be given appropriate punishment determined by the coach:

- Use of tobacco
- Use of illegal drugs
- Undesirable or immoral behavior
- Use of alcoholic beverages
- Violation of the honor code
- Public display of affection
- Bullying and hazing
- Any behavior considered inappropriate by a school representative

Cheerleaders are to obey all rules in the Alpharetta High School handbook and all GHSA rules.

### Cell Phones

Cell phones may not be used during practices or games unless in the case of an emergency. If you have something that calls for immediate attention, please talk to your coach first. You may use your phone during half-time of games, but once the game resumes it must be put away.

### Transportation

Cheerleaders are required to ride the bus to and from functions.

### Behavior

- Talk over ALL potential problems with the coach
- Do not talk about a cheerleader in a negative way
- Cooperate with and respect each other
- DO NOT argue in public as a squad
- Do your share of the work
- Show good sportsmanship at all times
- Give 100% in all aspects of cheerleading
- Be neat in appearance
- No gum chewing in uniform or at practice
- Jewelry is not allowed at practice, games, or competitions
- Hair must be pulled back for practice, games, and competitions
- Keep your nails short. Nail polish is not permitted
- Remember that there are a lot of athletes that wish they were in your shoes
- Be proud of yourself, work hard, and strive to improve yourself and your squad

### Uniforms

The uniforms are expensive and must be taken care of with respect for the next cheerleaders to wear them. You will be required at the end of the season to have your uniforms cleaned and returned in the conditioned they were issued. You will be responsible for replacing any uniform you misplace or damage. Under no circumstances is another student allowed to wear any part of your cheerleading uniform.

### Injury

The school and coach assume no responsibility for an accident or injury that might occur at school, during an event, or away from the school grounds.

### Resignation from the Team

If you must resign from the team you and your parents must first contact the coach. If you resign from the team:

- You will be unable to participate in any other sports that have the same season (per GHSA)
- You will be unable to try out for any other sport until the cheerleading season has ended (per GHSA)
- You will not be eligible to receive a refund for any items

## **ADDITIONAL COMPETITION INFO**

### Performance Clause

- Team selection is only based on skills. No preference will be given to athletes based on age, grade, or past team membership.
- As a member of the competition team, I need to continue to work on my skills in order to continue to be considered as a competing member on either team.

### Summer Participation

- I understand that I am expected to keep and improve my skills outside of the regular season.
- Although mandatory practices do not begin until August 1, I understand that my attendance at summer workouts/camp is important to my individual improvement and to the team.
- I understand that I must notify the coach if I will not be able to attend a summer workout.

### Alternates

- I understand that if I am not selected as a performing member on the team, then I will be an alternate.
- As an alternate I am expected to attend every practice and every competition.
- I am expected to actively practice and participate at all practices. This includes, but is not limited to: jumping, tumbling, stunting, stretching, etc.
- I understand that I am expected to know the routine and be prepared to compete as needed.
- I understand that I am expected to continue to work on my skills in order to be considered as a competing member on the team.

## **QUESTIONS**

Football Sideline: Whitney Decaminada @ [decaminada@fultonschools.org](mailto:decaminada@fultonschools.org)

Competition: Tiffany Michalec @ [michalec@fultonschools.org](mailto:michalec@fultonschools.org)