

# **6<sup>th</sup> GRADE CHEERLEADING CONSTITUTION**

DEAR PARENTS AND GUARDIANS:

*THE PURPOSE OF THE RCS CHEERLEADING PROGRAM IS TO PROMOTE SCHOOL SPIRIT FOR ALL SCHOOL AND COMMUNITY FUNCTIONS DEEMED APPROPRIATE BY THE COACHES AND ADMINISTRATORS. SCHOOL SPIRIT WILL BE PROMOTED IN A WAY, WHICH IS SUPPORTED BY THE CHEERLEADING SQUADS' AND MASCOT'S PHYSICAL PRESENCE, OR, AS DETERMINED BY THE CHEERLEADING COACHES FOR ALL ACTIVITIES.*

*IF THERE ARE ANY QUESTIONS OR CONCERNS AFTER TRYOUTS, AN APPOINTMENT CAN BE MADE TO MEET WITH THE CHEERLEADING COACHES AND THE APPROPRIATE ADMINISTRATOR. TO MAKE AN APPOINTMENT, PLEASE CONTACT THE SCHOOL DIRECTLY. ALL DISCUSSIONS CONCERNING TRYOUTS WILL TAKE PLACE IN THE SCHEDULED MEETING WITH COACHES AND ADMINISTRATION. ROME HIGH SCHOOL (706) 235-9653.*

THANK YOU,  
ROME CHEERLEADING COACHES

## **PRACTICES-GAMES-COMPETITIONS**

### **FOOTBALL**

- (1) PRACTICES CAN BEGIN THE FIRST DAY OF SCHOOL.
- (2) PRACTICES ARE TUESDAY AND THURSDAY EVENINGS. LOCATION WILL BE ANNOUNCED BY THE COACH AT A LATER DATE.
- (3) PRACTICES MAY CHANGE OR LENGTHEN DUE TO THE AVAILABILITY OF THE GYM AND AS NEEDED TO PREPARE FOR GAMES AND/OR SPECIAL EVENTS.
- (4) FOOTBALL GAMES ARE HELD ON SATURDAY MORNINGS DURING THE FALL SEASON.

## **6<sup>th</sup> GRADE CHEERLEADER RESPONSIBILITIES AND EXPECTATIONS**

### **FOOTBALL CHEERLEADERS**

- (1) CHEERLEADING RESPONSIBILITIES BEGIN AS SOON AS THE NAMES ARE POSTED UNTIL TRYOUTS THE FOLLOWING YEAR.
- (2) CHEERLEADERS MUST BE AVAILABLE FOR ALL SUMMER CAMPS, PRACTICES, AND ACTIVITIES. FAMILY VACATIONS AND OTHER EVENTS SHOULD BE PLANNED WITH YOUR SUMMER COMMITMENT TO THE TEAM IN MIND.
- (3) ONLY ABSENCES EXCUSED BY ROME CITY SCHOOLS ARE PERMITTED AS EXCUSABLE FROM ANY CHEERLEADING EVENT. A PARENT AND/OR DOCTOR'S NOTE MUST ACCOMPANY ANY ABSENCE FROM A GAME OR COMPETITION.
- (4) CHEERLEADERS MUST CHEER AT ALL PRACTICES, GAMES, PEP-RALLIES, AND OTHER ACTIVITIES THAT MAY ARISE DURING THE SEASON.
- (5) CHEERLEADERS MUST PARTICIPATE IN TEAM FUND RAISING ACTIVITIES.
- (6) CHEERLEADERS MUST ACCEPT AND FULFILL ALL RESPONSIBILITIES THAT OCCUR THROUGHOUT THE SEASON NOT LISTED HERE.
- (7) CHEERLEADERS MUST MAINTAIN A POSITIVE TEAM OUTLOOK.
- (8) A MEMBER MUST MAINTAIN THE MINIMUM TUMBLING PASS THEY USED DURING THE TRY OUT PROCEDURES THROUGHOUT THEIR TERM OF SERVICE. IF THEY REFUSE OR BECOME UNABLE TO PERFORM, THEY WILL BE SUBJECT TO PROBATION OR DISMISSAL.
- (9) I.4.0 *ATHLETIC PARTICIPATION OUTSIDE THE ROME HIGH ATHLETIC PROGRAM: ROME HIGH ATHLETIC TEAMS WILL HAVE FIRST PRIORITY OVER ALL TEAMS, COMPETITIONS OR EVENTS OUTSIDE THE RHS PROGRAM. THIS TOPIC SHOULD BE DISCUSSED BEFORE ALL TRYOUTS AND AT PARENT MEETINGS. IT WILL BE THE DECISION OF THE HEAD COACH WHEN CONFLICTS OCCUR AS TO THE AMOUNT OF FLEXIBILITY ALLOWED. (GHSA)*

## CONDUCT

- (1) CHEERLEADERS REPRESENT THE SCHOOL AT ALL TIMES, EVEN WHEN NOT IN UNIFORM. THEREFORE, CONDUCT WILL ALWAYS BE PROPER AND BEYOND REPROACH. THIS INCLUDES “PUBLIC DISPLAYS OF AFFECTION.” FAILURE TO COOPERATE WILL BE REVIEWED AND MAY CAUSE DISMISSAL FROM THE SQUAD.
- (2) CHEERLEADERS WILL NOT SMOKE, DRINK ALCOHOL, OR USE ILLEGAL SUBSTANCES OF ANY KIND.
- (3) CHEERLEADERS VIOLATING CRIMINAL OR CIVIL LAW WILL BE SUBJECT TO DISMISSAL FROM THE SQUAD BY THE COACH.
- (4) CHEERLEADERS ARE EXPECTED TO UPHOLD THE RULES AND PROCEDURES LISTED IN THE ROME CITY SCHOOLS STUDENT HANDBOOK AND ATHLETIC CODE.
- (5) CHEERLEADERS MAY NOT USE CELL PHONES DURING PRACTICES, GAMES, OR OTHER ACTIVITIES.

## CONSEQUENCES

MISSING CHEERLEADING PRACTICES, GAMES, AND/OR PERFORMANCES WILL RESULT IN SUSPENSION/PARTIAL SUSPENSION OF THE NEXT EVENT. *NO PRACTICE = NO PLAY!* MISSING A SCHEDULED EVENT WILL RESULT IN SUSPENSION OF THE NEXT EVENT. EXCESSIVE ABSENCES WILL BE SUBJECT TO DISMISSAL.

FAILURE TO COMPLY WITH ROME CITY SCHOOL CHEERLEADING PROCEDURES AND RESPONSIBILITIES WILL RESULT IN SUSPENSIONS OR DISMISSAL FROM THE SQUAD. INDICATION FROM OUTSIDE SOURCES THAT THESE PROCEDURES AND RESPONSIBILITIES HAVE BEEN VIOLATED WILL BE INVESTIGATED.

**ANY MEMBER MAY BE DISMISSED FROM THE TEAM FOR ANY OF THE FOLLOWING REASONS AS DETERMINED BY THE COACHING STAFF:**

- A. ATTITUDE
- B. LACK OF ABILITY
- C. ATTENDENCE OR TARDINESS
- D. PERSONALITY CONFLICTS
- E. INABILITY TO FOLLOW RULES AND PROCEDURES
- F. COACHES DECISION FOR THE BEST INTEREST OF THE TEAM
- F. BEHAVIOR DEAMED INAPPROPRIATE BY THE COACHING STAFF—i.e. INSUBORDINATION
- G. ACADEMIC INELIGIBILITY

### **3 STRIKES DISCIPLINE PLAN:**

- FIRST OFFENSE—WARNING FROM COACH  
SECOND OFFENSE—PARENTAL CONTACT  
THIRD OFFENSE—POSSIBLE SUSPENSION OR DISMISSAL

DISMISSAL/SUSPENSION FROM A SQUAD WILL BE DETERMINED BY THE CHEERLEADING COACHES. IN EXTREME CASES IMMEDIATE DISMISSAL FROM A SQUAD IS WARRENTED. IN THESE CASES THE PROGRESSIVE DISCIPLINE PLAN IS SUSPENDED.

## SELECTION OF CAPTAINS

THE COACHING STAFF WILL MAKE THE DECISION TO SELECT CAPTAINS AND CO-CAPTAINS FOR EACH SQUAD. SELECTION OF CAPTAINS WILL BE BASED ON RESPONSIBILITY, YEARS OF PARTICIPATION, AND DEDICATION. ALL TEAM MEMBERS MAY BE GIVEN THE OPPORTUNITY TO PERFORM EXTRA DUTIES DECIDED BY THE COACH.

### **DUTIES OF A CAPTAIN/CO-CAPTAIN**

- (1) SET AN EXAMPLE TO THE REST OF THE SQUAD BY FOLLOWING THE RESPONSIBILITIES AND EXPECTATIONS OF THE ROME CITY SCHOOL CHEERLEADING PROGRAM. CAPTAINS WILL SET AN EXAMPLE BY DOING MORE THAN THEIR SHARE.
- (2) BE AT PRACTICE EARLY AND START PRACTICE ON TIME. THIS MIGHT INCLUDE RESPONSIBILITIES SUCH AS ROLLING OUT/UP MATS AND LEADING STRETCHING.
- (3) ACT AS A PEACEMAKER IN CASE OF DISAGREEMENTS.
- (4) BE RESPONSIBLE FOR WELCOMING VISITING SQUADS AND SETTING A GOOD EXAMPLE OF SPORTSMANSHIP FOR OTHER CHEERLEADERS.
- (5) BE THE LEADER IN CALLING CHEERS AND CHANTS AT FOOTBALL GAMES.
- (6) RELAY MESSAGES TO AND FROM THE COACH TO SQUAD MEMBERS.
- (7) ANY OTHER RESPONSIBILITIES REQUESTED BY THE COACHES.

### **APPROXIMATE EXPENSES OF 6<sup>TH</sup> GRADE CHEERLEADERS**

(FUND RAISING OPPORTUNITIES ARE AVAILABLE)

FOOTBALL	EXPECTED COST:	\$200-\$350
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\*COMPLETE CHEERLEADING UNIFORMS ARE PURCHASED INDIVIDUALLY BY EACH CHEERLEADER.

**\*\*ALL DEBTS MUST BE PAID IN ORDER TO TRY OUT FOR THE NEXT SEASON. \*\***

## CHEERLEADING TRYOUTS

**PRE-TRYOUT PREPERATION CLINIC    MARCH 13-15    4:00-5:00    RHS WEST GYM**  
**COST: \$5 PER DAY**

PARTICIPANTS (6-12) WILL HAVE AN OPPORTUNITY TO PRACTICE MOTIONS, JUMPS, TUMBLING AND STUNTING IN ORDER TO PREPARE FOR TRYOUTS. NO TRYOUT MATERIAL WILL BE TAUGHT EARLY AT THIS CLINIC. PARTICIPANTS MUST HAVE AN UP-TO-DATE PHYSICAL ON FILE TO PARTICIPATE.

**TRYOUT CLINIC DAYS    APRIL 10-12    5:30-6:30    RHS WEST GYM**

PARTICIPANTS WILL LEARN ALL MATERIAL FOR FORMAL TRYOUTS. THIS WILL INCLUDE DANCE, CHANT, CHEER, AND JUMPS. PARTICIPANTS WILL ALSO HAVE TIME TO PRACTICE INDIVIDUAL TUMBLING.

TRYOUTS WILL TAKE PLACE IN THE WEST GYM AT RHS. THE GYM WILL BE SET UP IN STATIONS THROUGH WHICH PARTICIPANTS WILL MOVE EACH DAY.

PARTICIPANTS WILL BE JUDGED BASED ON THE FOLLOWING:

- \*DANCE
- \*CHANT
- \*CHEER
- \*3 BEST JUMPS (MUST INCLUDE TOE-TOUCH)
- \*STANDING/RUNNING TUMBLING
- \*STUNTS
- ENERGY AND SPIRIT
- ATHLETICISM AND PHYSICAL FITNESS
- ATTITUDE, INITIATIVE, TEAMWORK, LEADERSHIP, WORK ETHIC, ENTHUSIASM, AND COACHABILITY.

\*PLEASE SEE THE ATTACHED TRYOUT PROVISIONS FOR A BREAKDOWN OF EXACTLY HOW EACH OF THESE AREAS WILL BE EVALUATED.

DURING TRYOUT CLINIC DAYS PLEASE WEAR COMFORTABLE, LENGTH APPROPRIATE SHORTS AND T-SHIRT OR TANK TOP. SPORTS BRAS MUST BE WORN. NO BASKETBALL OR DENIM SHORTS OR PAJAMAS. NO JEWELRY OR LONG ARTIFICIAL NAILS ARE ALLOWED. NAILS SHOULD BE TRIMMED TO SPORTS LENGTH (EVEN WITH SKIN OF FINGER). YOUR HAIR SHOULD BE PULLED BACK AND OFF YOU SHOULDERS. TENNIS SHOES MUST BE WORN AT ALL TIMES.

**FORMAL TRYOUTS    APRIL 13    5:30-UNTIL    RHS WEST GYM**

- FORMAL TRYOUTS ARE CLOSED TO EVERYONE.
- PARTICIPANTS WILL TRY OUT WITH THEIR GROUPS IN FRONT OF THE CHEER COACHES ON THE LAST DAY OF THE TRYOUT PROCESS.
- TRYOUTS WILL BEGIN PROMPTLY AT 5:30. PARTICIPANTS ARE FREE TO LEAVE CAMPUS AS SOON AS THEIR GROUP FINISHES.
- ON FORMAL TRYOUT DAY GROUPS ARE ENCOURAGED TO WEAR COORDINATING OUTFITS COMPRISED OF A SOLID COLOR SHIRT AND SHORTS.
- NO ROME CHEERLEADING APPAREL MAY BE WORN FOR FORMAL TRYOUTS.
- HAIR SHOULD BE PULLED BACK AND OFF SHOULDERS. JEWELRY AND LONG ARTIFICIAL NAILS ARE NOT ALLOWED. NAILS SHOULD BE TRIMMED TO SPORTS LENGTH (EVEN WITH SKIN OF FINGER).

**CHEERLEADING TRYOUT PROVISIONS**  
**CRITERIA IS BASED ON GHSA EVALUATION**  
**THE ROME CITY CHEERLEADING COACHES EVALUATE EACH PARTICIPANT**

PROVISION	EVALUATION	DEFINITION
<b><u>CHEERLEADING FUNDAMENTALS:</u></b>		
(1) JUMPS	GOOD HEIGHT GOOD FORM TOES POINTED GOOD LANDING VARIETY - DIFFICULTY	CHEST UP  FEET TOGETHER
(2) TUMBLING	GOOD USE GOOD FORM/TECHNIQUE GOOD HEIGHT VARIETY – DIFFICULTY	<u>MINIMUM REQUIREMENT</u> ROUND-OFF
(3) PARTNER STUNTS	GOOD TECHNIQUE CLEAN DISMOUNTS FLYERS FORM GOOD TIGHT AND CLEAN	
<b><u>REQUIRED COMPONENTS:</u></b>		
(1) DANCE	ENERGY/ENTHUSIASM/CROWD APPEAL  GOOD MOTIONS EXECUTION/KNOWLEDGE OF ROUTINE	FACIAL EXPRESSION, POISE, CONFIDENCE  SHARP, FULLY EXTENDED CORRECT LEVELS, NO MISSED WORDS/MOTIONS
(2) CHEER/CHANT	ENERGY/ENTHUSIASM/CROWD APPEAL  GOOD MOTIONS EXECUTION/KNOWLEDGE OF ROUTINE  VOICE PROJECTION	FACIAL EXPRESSION, POISE, CONFIDENCE,  SHARP, FULLY EXTENDED, CORRECT LEVELS, NO MISSED WORDS/MOTIONS,  CLEAR ENUNCIATION, LOUD VOLUME
<b><u>TEACHER EVALUATIONS:</u></b>		
(1) GRADES	CLASS PERFORMANCE	
(2) ATTITUDE	TOWARD TEACHER AND PEERS	
(3) DEPENDABLE/RESPONSIBLE	ASSIGNMENT COMPLETION/PUNCTUALITY/ETC.	
<b><u>COACHES OBSERVATION DURING TRYOUTS:</u></b>		
(1) ATTITUDE	TOWARD COACHES/PARTICIPANTS/TRYING NEW SKILLS	
(2) MOTIVATION	POSITIVE/SELF MOTIVATED/DOES NOT STAND AROUND	
(3) DETERMINATION	WILLINGNESS TO TRY	
(4) SPORTSMANSHIP	SUPPORTIVE ATTITUDE TOWARD ALL SITUATIONS	

**Expectations for Varsity Competition Cheerleading:**

- 1) Standing tuck or jumps to tuck
- 2) Round-off tuck or round-off handspring tuck
- 3) Arabesque full down or full-up extension
- 4) Male cheerleaders should show toss extension and hands-lib.

**Varsity Football Expectations:**

Standing Back Hand Spring

**6<sup>TH</sup> GRADE CHEERLEADING APPLICATION**  
**PLEASE PRINT ALL INFORMATION**  
**-RETURN TO CHEERLEADING COACH NO LATER THAN APRIL 10, 2017-**

**\*\*ALL 6<sup>TH</sup> GRADE PAPERWORK SHOULD BE SENT TO COACH KRISTIN HALL AT RMS.\*\***

PERSONAL INFORMATION:

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LAST NAME	FIRST NAME	MIDDLE NAME
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STREET ADDRESS/ PO BOX	CITY	ZIP CODE
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PHONE	BIRTH DATE
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PLEASE LIST OTHER EXTRACURRICULAR ACTIVITIES THAT YOU ARE ACTIVE IN DURING THE YEAR.

PARENT INFORMATION:

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MOTHER'S NAME	FATHER'S NAME
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PHONE	PHONE
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WORK/CELL PHONE	WORK/CELL PHONE
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EMERGENCY CONTACT:

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NAME (OTHER THAN PARENT)	HOME PHONE
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WORK/CELL PHONE

**PARENT ~ CHEERLEADER ACKNOWLEDGEMENT SHEET**  
**“RESPONSIBILITY ~ PERMISSION TO PARTICIPATE ~ EXPENSES”**

**-RETURN TO CHEERLEADING COACH NO LATER THAN APRIL 10, 2017-**  
**\*\*ALL 6<sup>TH</sup> GRADE PAPERWORK SHOULD BE SENT TO COACH KRISTIN HALL AT RMS.\*\***

**PARENT ACKNOWLEDGEMENT**

I \_\_\_\_\_ GIVE PERMISSION FOR \_\_\_\_\_  
PARENT’S NAME ATHLETE’S NAME  
TO PARTICIPATE IN THE ROME CITY SCHOOLS CHEERLEADING PROGRAM.

I UNDERSTAND THAT CHEERLEADING IS A SPORT. EVEN WITH STRICT SAFETY PROCEDURES AND SUPERVISION, THERE IS ALWAYS A POSSIBILITY OF SERIOUS INJURY, AND/OR DEATH. I WILL NOT HOLD ROME CITY SCHOOL SYSTEM, ROME CITY SCHOOL ADMINISTRATORS OR COACHES RESPONSIBLE FOR ANY MEDICAL EXPENSES THAT MAY ARISE.

I HAVE READ AND UNDERSTAND THE “RESPONSIBILITIES AND EXPECTATIONS” OF 6<sup>TH</sup> GRADE CHEERLEADERS. I AGREE TO ACCEPT THE RESPONSIBILITIES AND SEE THAT MY CHILD ABIDES BY THE RULES OF ROME CITY SCHOOLS CHEERLEADING SQUADS.

IF MY CHILD IS CHOSEN AS A ROME 6<sup>TH</sup> GRADE CHEERLEADER, I AGREE TO PAY EXPENSES AS REQUIRED.

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PARENT/GUARDIAN SIGNATURE

DATE

**ATHLETE ACKNOWLEDGEMENT**

I HAVE READ AND UNDERSTAND THE “RESPONSIBILITIES AND EXPECTATIONS” OF 6<sup>TH</sup> GRADE CHEERLEADERS. I AGREE TO ABIDE BY EACH OF THE RULES AND REGULATIONS OF THE ROME CITY SCHOOLS CHEERLEADING PROGRAM.

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ATHLETE SIGNATURE

DATE

## YOUR TRYOUT CHECKLIST

- (1) \_\_\_\_\_ CHEERLEADING APPLICATION COMPLETED & RETURNED (FRONT & BACK)
  - (2) \_\_\_\_\_ ACKNOWLEDGEMENT SHEET COMPLETED & RETURNED
  - (3) \_\_\_\_\_ CURRENT PHYSICAL ON FILE
  - (4) \_\_\_\_\_ TEACHER EVALUATIONS TO EVERY TEACHER (2 TOTAL)  
\*PLEASE SEND VIA COURIER TO KRISTIN HALL @ RMS\*
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### IMPORTANT DATES

#### **FEBRUARY 28, 2017 6:00 RHS Auditorium Cheerleading Tryouts Informational Meeting**

All students interested in trying out for cheerleading for the 2017-2018 school year are invited to attend this informational meeting. Parents are also highly encouraged to attend. This meeting will inform students about the duties and responsibilities, preferred skills, requirements, and costs associated with each squad. Important paperwork, including physical forms and teacher evaluations, will be handed out at this meeting.

#### **MARCH 13-15, 2017 4:00-5:00 RHS West Gym Pre-Tryout Preparation Clinic**

Participants (6-12) will have an opportunity to practice motions, jumps, tumbling, and stunting in order to prepare for tryouts. No tryout material will be taught early at this clinic. Participants must have an up-to-date physical on file to participate. Cost is \$5 per day.

#### **APRIL 10, 2017 Paperwork Due**

ALL tryout information is due to the 6<sup>th</sup> grade cheer coaches. If ALL tryout information is not completed and returned by the first day of the tryout clinic, you will not participate. This includes your physical form.

*\*Physicals are not considered complete unless all insurance information is included and they are signed by a parent.*

#### **APRIL 10-12, 2017 5:30-6:30 RHS West Gym Tryout Clinic**

During these days you will learn all material. You will need to be in a group of up to five participants. Do not come to the tryout clinic to learn how to tumble and stunt. This cannot be taught in three days! Tryouts are closed to everyone.

#### **APRIL 13, 2017 5:30-until RHS West Gym Formal Tryouts**

You will try out with your group in the order drawn during the week. After your group performs you are dismissed. Parents, please be prompt picking up your child from tryouts. Results will be posted outside the RHS gym following tryouts and the RHS Athletic website.

#### REMINDERS!

- TRYOUTS ARE CLOSED TO EVERYONE. THIS INCLUDES SIBLINGS AND FRIENDS WHO WANT TO SIT AND WATCH. THEY WILL BE ASKED TO LEAVE THE GYM AREA.
- DO NOT COME TO THE TRYOUT CLINIC TO LEARN HOW TO TUMBLE AND STUNT. THIS CANNOT AND WILL NOT BE LEARNED IN 5 DAYS. WE ARE HERE TO TEACH YOU THE MATERIAL FOR TRYOUTS ONLY.
- PARENTS, PLEASE BE PROMPT PICKING UP YOUR CHILD FROM TRYOUTS.
- IF ALL TRYOUT INFORMATION IS NOT COMPLETED AND RETURNED BY THE FIRST DAY OF THE TRYOUT CLINIC, YOU WILL NOT PARTICIPATE.
- PLEASE CONTACT HEAD COACH, JENNIFER DOUGHERTY, VIA EMAIL WITH ANY QUESTIONS YOU MAY HAVE. [jdougherty@rcs.rome.ga.us](mailto:jdougherty@rcs.rome.ga.us)