

# **ROME MIDDLE SCHOOL 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 MIDDLE SCHOOL (706) 235-4695.

THANK YOU,  
ROME MIDDLE SCHOOL CHEERLEADING COACHES

## **PRACTICES-GAMES-COMPETITIONS**

### **COMPETITION**

- (1) PRACTICES CAN BEGIN THE FIRST DAY OF SCHOOL.
- (2) PRACTICES ARE MONDAY THROUGH THURSDAY. OTHER DAYS MAY BE UTILIZED IF NEEDED.
- (3) PRACTICES MAY CHANGE OR LENGTHEN DUE TO THE AVAILABILITY OF THE GYM AND AS NEEDED TO PREPARE FOR COMPETITIONS.
- (4) ATTENDANCE AT PRACTICES IS NECESSARY TO MAINTAIN A POSITION ON THE SQUAD.
- (5) COMPETITION CHEERLEADING IS A FALL SPORT. THE FIRST COMPETITION CAN BE HELD IN AUGUST.
- (6) COMPETITIONS ARE HELD ON SATURDAYS. THEY CAN BE ALL DAY EVENTS.

### **FOOTBALL**

- (1) PRACTICES CAN BEGIN THE FIRST DAY OF SCHOOL.
- (2) PRACTICES ARE MONDAY THROUGH THURSDAY.
- (3) PRACTICES MAY CHANGE OR LENGTHEN DUE TO THE AVAILABILITY OF THE GYM AND AS NEEDED TO PREPARE FOR GAMES AND/OR PEP RALLIES.
- (4) FOOTBALL GAMES ARE HELD ON SATURDAYS DURING THE FALL SEASON.

### **BASKETBALL**

- (1) PRACTICES BEGIN MID-OCTOBER.
- (2) PRACTICE DAYS AND TIMES WILL BE ANNOUNCED AS THE SEASON APPROACHES.
- (3) BASKETBALL GAMES ARE PLAYED ON WEEK NIGHTS DURING REGULAR THE SEASON. ALTERNATE DAYS MAY BE UTILIZED DURING TOURNAMENTS.

**\*CHEERLEADERS THAT ARE DISMISSED FROM A SQUAD OR QUIT WILL NOT RECEIVE A LETTER OR PIN REGARDLESS OF THEIR PARTICIPATION.**

**\*CHEERLEADERS THAT ARE DISMISSED FROM A SQUAD OR QUIT ARE REQUIRED TO QUIT ALL SQUADS THAT THEY ARE A MEMBER OF. SPECIAL CASES WILL BE HANDLED AT THE DISCRETION OF THE COACHING STAFF.**

# **ROME MIDDLE SCHOOL CHEERLEADER RESPONSIBILITIES AND EXPECTATIONS**

## **COMPETITION, FOOTBALL, BASKETBALL 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) *1.4.0 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.*

## **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 MIDDLE SCHOOL STUDENT HANDBOOK AND THE ROME CITY SCHOOL 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 MIDDLE 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 AND EXAMPLE TO THE REST OF THE SQUAD BY FOLLOWING THE RESPONSIBILITIES AND EXPECTATIONS OF THE ROME MIDDLE 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 AND BASKETBALL GAMES.
- (6) RELAY MESSAGES TO AND FROM THE COACH TO SQUAD MEMBERS.
- (7) ANY OTHER RESPONSIBILITIES REQUESTED BY THE COACHES.

**APPROXIMATE EXPENSES OF ROME MIDDLE SCHOOL CHEERLEADERS**

(FUND RAISING OPPORTUNITIES ARE AVAILABLE)

COMPETITION	EXPECTED COST:	\$300-\$450
FOOTBALL	EXPECTED COST:	\$300-\$450
BASKETBALL	EXPECTED COST:	\$200-\$300

\*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 3-6      4:00-5:00      RMS GYM**  
PARTICIPANTS WILL LEARN ALL MATERIAL FOR FORMAL TRYOUTS. THIS WILL INCLUDE DANCE, CHANT, CHEER, AND JUMPS. PARTICIPANTS WILL ALSO HAVE TIME TO TUMBLE AND STUNT WITH THEIR TRYOUT GROUPS.

TRYOUTS WILL TAKE PLACE IN THE WEST GYM AT RMS. 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 7      4:00-UNTIL      RMS 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 4:00. 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 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>(V) COMPETITION EXPECTATIONS</u> STANDING TUCK OR JUMPS TO TUCK ROUND-OFF TUCK ROUND-OFF HANDSPRING TUCK
(3) PARTNER STUNTS	GOOD TECHNIQUE CLEAN DISMOUNTS FLYERS FORM GOOD TIGHT AND CLEAN	<u>(V) COMPETITION EXPECTATIONS</u> TOSS EXTENTION (GUYS) ARABESQUE FULL DOWN (FLIERS) FULL-UP EXTENSION
<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

LAST NAME

FIRST NAME

# SQUAD SELECTION SHEET

**\*\*RETURN TO RMS CHEERLEADING COACHES NO LATER THAN MARCH 15, 2017\*\***

## SQUAD COMPOSITION

(A) COMPETITION

THIS SQUAD CAN CONSIST OF SEVENTH AND EIGHTH GRADE MEMBERS. MEMBERS OF THIS SQUAD CAN CHOOSE TO CHEER FOR EITHER OR BOTH THE FOOTBALL AND BASKETBALL SQUADS IN ADDITION TO THE COMPETITION SQUAD. ALTERNATES WILL BE DETERMINED BEFORE EACH COMPETITION. THE TOP SIXTEEN MEMBERS WILL COMPETE ON THE COMPETITION SQUAD. **ALTERNATES MAY VARY FOR EACH COMPETITION. THIS IS THE COACHES' DECISION. IT IS ROME CITY SCHOOLS' POLICY THAT PLAYING TIME WILL NOT BE DISCUSSED WITH PARENTS.**

(B) FOOTBALL

THERE WILL BE BOTH A SEVENTH AND AN EIGHTH GRADE FOOTBALL SQUAD. MEMBERS OF THESE SQUADS CAN ALSO CHOOSE TO CHEER FOR EITHER OR BOTH THE COMPETITION AND BASKETBALL SQUADS. MEMBERS WILL CHEER FOR THE SEVENTH AND EIGHTH GRADE FOOTBALL TEAMS, RESPECTIVELY. MEMBERS MAY TRAVEL TO SELECT AWAY GAMES.

(C) BASKETBALL

THIS SQUAD CAN CONSIST OF SEVENTH AND EIGHTH GRADE MEMBERS. MEMBERS OF THIS SQUAD CAN ALSO CHOOSE TO CHEER FOR EITHER OR BOTH THE COMPETITION AND FOOTBALL SQUADS. MEMBERS WILL CHEER FOR THE MIDDLE SCHOOL GIRLS AND BOYS BASKETBALL TEAMS. MEMBERS MAY TRAVEL TO SELECT AWAY GAMES.

### INSTRUCTIONS:

- 1) **COMPETITION:** CHECK YES OR NO
- 2) **SPIRIT SQUAD:** PLACE A 1 IN THE BOX BESIDE YOUR FIRST CHOICE AND A 2 IN THE BOX BESIDE YOUR SECOND CHOICE.

<b>COMPETITION:</b>	
YES	<input type="checkbox"/>
NO	<input type="checkbox"/>

<b>SPIRIT SQUAD:</b>	
FOOTBALL	<input type="checkbox"/>
BASKETBALL	<input type="checkbox"/>

**\*\*RETURN TO RMS CHEERLEADING COACHES NO LATER THAN APRIL 3, 2017\*\***



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

**-RETURN TO RMS CHEERLEADING COACHES NO LATER THAN APRIL 3, 2017-**

**PARENT ACKNOWLEDGEMENT**

I \_\_\_\_\_ GIVE PERMISSION FOR \_\_\_\_\_  
PARENT’S NAME ATHLETE’S NAME  
TO PARTICIPATE IN THE ROME MIDDLE SCHOOL 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 MIDDLE SCHOOL ADMINISTRATORS OR COACHES RESPONSIBLE FOR ANY MEDICAL EXPENSES THAT MAY ARISE.

I HAVE READ AND UNDERSTAND THE “RESPONSIBILITIES AND EXPECTATIONS” OF ROME MIDDLE SCHOOL CHEERLEADERS. I AGREE TO ACCEPT THE RESPONSIBILITIES AND SEE THAT MY CHILD ABIDES BY THE RULES OF ROME MIDDLE SCHOOL CHEERLEADING SQUADS.

IF MY CHILD IS CHOSEN AS A ROME MIDDLE SCHOOL 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 ROME MIDDLE SCHOOL CHEERLEADERS. I AGREE TO ABIDE BY EACH OF THE RULES AND REGULATIONS OF THE ROME MIDDLE SCHOOL 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 (6 TOTAL)
  - (5) \_\_\_\_\_ FORMED A TRYOUT GROUP OF NO MORE THAN FIVE PARTICIPANTS.
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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 3, 2017**

##### **Paperwork Due**

ALL tryout information is due to RMS Cheer Coaches by 3:40. 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 3-6, 2017 4:00-5:00 RMS 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 7, 2017 4:00-until RMS 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 RMS 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)