



**NETTLETON
HIGH SCHOOL CHEERLEADING
TRYOUT PACKET
2020-2021**

COACH: MRS. JOLLY

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IMPORTANT DATES TO REMEMBER

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NHS CHEERLEADING TRYOUT INTEREST MEETING FOR PARENTSë

- January 30, 2019 @ 6 pm in Elementary Auditorium

TRYOUT PACKET, FORMS, AND TRYOUT FEE DUEë

February 3

NHS CHEERLEADING TRYOUT CLINICSë

- February 5 3:30-5:00 pm Cheer Clinic (guys and girls) @ Primary Gym
- February 6 3:30-5:00 pm Cheer Clinic (guys and girls) @ Primary Gym
- February 7 3:30 pm-until Mock Tryout @ Primary Gym

NHS CHEERLEADING TRYOUTSë

February 8 8:00 am-until Primary Gym

NEW TEAM PARENT MEETING--MANDATORY!!ë

February 9 2:00 pm High School Library **\$250 Due**ë

NEW TEAM MEETING/VARSITY FITTING--MANDATORY!!ë

February 10 3:00 pm-until High School Library

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CHEER CAMP--MANDATORYë

June 25-28 @ The University of Mississippi

July TBD Competition Routine 2-day camp

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PRACTICE DAYS AND TIMES:ë

If selected, please be sure to plan accordingly.ë

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Spring-- Starting March 16-May 20ë

Training/Skills on Mondays and Wednesdays 3-5:00 TBD

Tumbling on Wednesdays 3-5:00 (starting in April) @ Old Gym

Summer--ë

Training/Skills on Tuesdays 8-11 am

Practice on Thursdays 8-11 am

Tumbling on Wednesdays 10:30-11:30 am @ Primary Gymë

Summer workouts and stretches will be submitted as a video on Mondays, Wednesdays, and Fridays

Game Day Prep videos must be submitted on Sundays

No practices or training/skills in July, only tumbling and competition camp

Fall--ë

Practice days and times TBD after the squad is selected.

There will be a 7th period cheer class.

TRYOUT ELIGIBILITY

In order to tryout for cheerleader/mascot at Nettleton High School each candidate must:

1. Adhere to all Misshsaa and Nettleton School District Eligibility Rules.
2. Currently be enrolled at Nettleton Junior High School (for 8th graders only) or Nettleton High School (grades 9-11).
3. Have at least an overall "C" or a 2.0 GPA in order to tryout.
4. Must be covered by an insurance policy.
5. Pay \$25; Cash ONLY by February 3. This will pay for the cost of the judges' fees and any other costs encountered at tryouts.
6. Each candidate will need an up to date physical/medical release from a physician. Most doctors or care clinics have a standard athletic participation form. The physical MUST be turned in NO LATER than February 3. You will not be able to participate in clinics without a medical release.
7. Each candidate and parent/guardian will need to sign the parental permission that states the candidate has permission to tryout and that all rules, regulations, and financial obligations have been read and are agreed upon by the parent/guardian AND the candidate before trying out to be an NHS cheerleader/mascot, as well as the participation in sports form and concussion information form. Everyone involved needs to understand the rules, regulations, costs, responsibilities, and risk of injury before agreeing to tryout.
8. All forms in the tryout packet must be turned in NO LATER than February 3.
9. If you were dismissed from the cheerleading/mascot squads and/or quit the previous year, OR are in In School Suspension, Out of School Suspension, or Alternative School the week of tryouts, you will not be an eligible candidate for the team.

****All must be completed and turned in no later than the date listed above. Even if one component is missing, you will not be eligible for tryouts.****

TRYOUT INFORMATION

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Tryouts will be conducted at the Primary School gym on Saturday, February 8 @ 8:00 am. There will be a two-day mandatory clinic for all males and females on Wednesday and Thursday, February 5th and February 6th in the Primary School gym from 3:30 - 5:00 pm. You must attend the clinic days in order to be an eligible candidate for tryouts. A Mock Tryout will be held on Friday, February 7 3:30-5:00 pm at the Primary School Gym.

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All completed forms and money need to be turned in to Mrs. Jolly no later than Monday, February 3, in order to attend tryout clinics. Do not turn things in separately.

This includes:

- Tryout packet signed and complete
 - Parental release
 - Medical release
 - Participation Form
 - Concussion Form
 - Official Grade Report Signed off by your school's counselor
 - Merit/Demerit Contract
- \$25 tryout fee (cash or money order only)

The female cheer candidates will learn a sideline chant, cheer, and dance. Male cheer candidates will learn the sideline chant, as well as the cheer, and in place of the dance they will learn a fight song. All candidates will be responsible for their own entrance, tumbling skills, jump skills, as well as their display of spirit. The instructor/and or coach for the clinic will NOT be allowed to help you outside of the clinics in ANY way.

Mascot candidates: During practice you will have time to wear the mascot suit. You will also have time to work on your skit or routine.

You will not be required to learn all of the cheerleading tryout material.

The mascot uniform will be worn during tryouts. Hair should be worn up and out of face. No jewelry, fingernail polish, or glitter is allowed. Each candidate will perform a routine in front of the judges. Your routine can consist of a dance, skit, etc. You are showing that you can get the crowd involved and show school spirit. You may use props. Your routine will be 3 to 5 minutes in length. You are responsible for your own music.

There will be no videotaping any part of the clinic. No one is allowed to watch clinics or tryouts except for the judges, approved school personnel, and the instructor of the clinic. Breaking any of these rules will disqualify you from trying out for the NHS cheerleading/mascot squad. Any candidate must be present at school AND clinics each day in order to be an eligible candidate for tryouts.

Extra points are given for tumbling ability. However, please do not let this discourage you from trying out if you are unable to tumble. If you do have tumbling skills, you will be able to showcase these to the judges at tryouts. Extra points for tumbling WILL NOT be given for the following skills: forward roll, backbend, cartwheel, and/or round off alone.

****Tumbling will be a requirement for 2021-2022 cheerleading tryouts.****

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Make sure to have transportation to pick you up PROMPTLY at 5:00 pm each day. THIS IS VERY IMPORTANT!!! Every year there are always some parents consistently late, please do not let this happen.

For each day of the clinic, the candidates may wear practice clothes of their choice. For the day of tryouts, everyone must dress in a plain white t-shirt or tank, black shorts, and tennis shoes. Logos (small or large) are not allowed on tryout clothing. Hair must be pulled off the face and shoulders. Candidates must not wear jewelry. Bra straps are not to be exposed unless it is a sports bra. 1 point deduction will be given the day of tryouts for each rule that is not followed.

A random panel of 3 judges are selected by the Universal Cheerleading Association for scoring.

A candidate for the cheerleading squad may have the coach show a video of his/her performance for the judges only if he/she is incapable of required physical activity. The coach must receive a doctor's note the day after the injury or the first day of the clinic and must state the reason(s) for the inability to tryout/participate in certain aspects of the tryout. The medical doctor's note must indicate the specific skill the student is incapable of performing as well as any limitations associated with the injury. The video to be shown must be approved by the coach, cannot exhibit a skill that the cheerleader will no longer be able to perform. The final determination of eligibility to tryout using a video will be at the coach's discretion. The video will be judged using the same criteria as candidates without injury.

Once you have finished your tryout, you will remain in the waiting area until tryouts are over in case a tie arises and candidates need to be called back. We will inform the candidates to call their rides when the time is close to leave. The building principal and athletic director will examine and tally the tryout scores.

****Only the top 14 female scorers and the top 4 male scorers will be selected to compete on the 2020-2021 cheer squad. In addition, two female candidates will be selected as alternates for the cheerleading squad. The alternates will cheer sideline only (if they pass checkoffs), must attend camp and all practices, and must be ready to step in to compete on an as needed basis. If you are a male candidate trying out, you will only be selected for the team if your score falls in the range of the top 14 female scorers.****

Only one mascot will be selected.

The results of the squad will be posted on the front door of the High School Building no later than 3 pm on February 8. It will also be posted on the NHS Cheer Social Media pages the following day. You will click "Cheerleading" to find the results. Candidates will also receive a note when they leave tryouts reminding them when and where to check for team selection results, as well as the mandatory meeting the following day. If you are selected and are not present at the meeting the following day, you will forfeit your spot on the squad.ë

IMPORTANT PARENT INFORMATION

I. BOOSTER CLUB :

Booster fundraisers for the upcoming cheer season will be discussed and decided on in detail at the first booster meeting after the team is selected. If new officers are needed for the upcoming season, a vote will be decided on at the first parent meeting on February 9.

Booster Club fee will be \$15. Make checks payable to NHS Cheer Boosters.

All fundraisers must be approved no later than August 1st of the upcoming school year. Fundraisers for the upcoming season CAN NOT start until July 2021. These must be approved by the Athletic Director, building Administrator, and Superintendent before they are held or promoted.

Please note that the Booster Club is established to act as an aid to the coach and the squad, as well as to assist with funds when the coach deems necessary. Refusal to work with the coach when assistance is needed can result in the booster club being disbanded and all monies will be deposited into the school NHS cheer account.

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The coach will know about ALL purchases before hand, shall be kept up-to-date with how much money is raised from fundraisers, as well as be informed of the total amount in the account at the end of each month.

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Be in mind that there are NO INDIVIDUAL ACCOUNTS with cheer fundraising. Everything fundraised goes towards the cheer program as a whole to benefit ALL cheerleaders.

All money for payments will be given to the NHS Cheer Booster Treasurer for deposit.

II. NHS CHEERLEADING COSTS, PAYMENT PLAN, AND DEPOSIT DATES

Below is a list of anticipated/estimated costs, payment due dates, and breakdown of how the NHS Cheer Program will accept payments towards your child's cheer balance if selected the team. Not all expenses are listed below. There is a chance other amounts will come up throughout the year (ex: goodie bags for football players, camp miscellaneous items, pep rally miscellaneous, etc.). Fundraisers will be held to help offset the costs listed below.

Please be aware of the deadlines and payment amounts BEFORE trying out. Pricing and totals will not be discussed with the coach before or after tryouts. These prices and estimates are set. You are 100% responsible for any remaining balance that is not made through fundraising. Keep in mind that shipping costs will be added onto your child's total only after fittings and before orders are placed. Estimate \$30-\$50 for shipping costs per order.

IMPORTANT: At the Mandatory New Team Parent meeting on February 9, each cheerleader will owe \$250. This will go ahead and get payments/orders started. Orders can take up to 6-8 week just for production. This will also include the \$15 booster fee.

***Below is an estimated breakdown of costs and payments as of now and are subject to change after tryouts. Prices will vary based on new and returning cheerleaders. Failure to meet payments by the due dates will result in removal from the cheer team. No Exceptions!! At this point you will still be responsible for any money owed and any late fees accumulated. Nettleton School District nor any employee will not be held responsible for your balance due. A set total for uniforms, practice gear, *** ë

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Payment Breakdown

1. Navy Uniform - \$187.50
2. White Uniform - \$301 (Same uniform from last year. We will add the white body liner for every cheerleader (\$78.95)).
3. Summer camp- \$345 @ The University of Mississippi
4. Outerwear- \$265.70
5. Bag- \$98 (Includes embroidery and name tag)
6. Camp/Practice Wear (outfits worn all year: for mascot and cheerleaders) - Estimate \$250-350 (price will vary based on new and returning cheerleader)
7. Sideline Shoes (sideline only)- estimate \$65
8. Accessories and Miscellaneous items- estimate \$200-380 (price will vary based on new and returning cheerleaders)
9. Tumbling Classes- \$45/month (April-October)
10. Choreography/choreography music- Game Day \$135/cheerleader Traditional \$200/cheerleader
11. Mascot will purchase a bag, camp/practice clothes, and cooling equipment (cooling equipment estimate \$150). (Outerwear, shoes, and accessories are optional).

Estimate Total: New female cheerleader- \$2,400 Returning female cheerleader- \$1,600 New male cheerleader- \$1,500
Returning male cheerleader- \$1,200 Mascot - \$800 *This is a rough estimate of overall total for the season*

**You may pay in full or participate in a payment plan. Totals for each deposit are due on those days. If you are wanting to participate in the payment plan, the deposits listed below are. All money must be turned in NO LATER than the deposit day listed to remain an NHS cheerleader. Some costs will be covered by the NHS cheer program account and booster account. A detailed breakdown will be given at the first parent meeting. **

Payment Plan Deposit Dates

February 20 Practice wear/uniform/bag Deposit #1 Due
March 5 Practice wear/uniform/bag Deposit #2 Due
March 19 Accessories Deposit #1 and Camp/Clinic Deposit #1 Due
April 16 Accessories Deposit #2 and Camp/Clinic Deposit #2 Due
April 30 Camp/Clinic Deposit #3 Due
May 18 Choreography/Music Deposit #1 Due
June 18 Choreography/Music Deposit #2 Due
July 21 Choreography/Music Deposit #3 Due
August 14 Warm Ups/Sweatshirts Deposit

Payment Send Off Dates

(These are the set dates that the Booster Treasurer will write a check to be deposited/sent off. This is not a day that you turn in \$. These will not change.)

March 6 Practice wear/uniform \$ send off
April 1 Tumbling for April
April 17 Accessories \$ send off
May 1 Camp \$ send off
May 6 Tumbling for May
May 18 Choreography deposit #1
June 3 Tumbling for June-July
June 18 Choreography deposit #2
July 21 Choreography deposit #3
August 5 Tumbling for August-October
August 17 Warm Ups \$ send off

NHS CHEERLEADING CONSTITUTION

I. ATTENDANCE

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Excused absences from practice/events include ONLY illness (must be absent for the entire school day), death in the family, and attending another school-sponsored event (field trips, participation in other athletic contests, etc.) If the absence is school related, the cheerleader MUST make the coach aware of the event BEFORE it occurs. Not showing up and assuming the coach knows you are at a school event, is not the responsibility of the coach, but of the cheerleader. The cheerleader must produce a note from a parent, doctor, or school activity sponsor/teacher the following school day for the absence to be counted as excused.

Injury or illness that will require a cheerleader to miss 2 or more consecutive events requires a doctor's excuse. Lack of participation in 2 or more consecutive events without a doctor's excuse will be considered an unexcused absence. If you become injured for any reason, you still must attend all cheer functions that are approved by your doctor, (tattoo/ribbon/game duty, games, performances, competitions, and practices and come in uniform), unless given prior approval by the coach to not attend.

An absence for a prolonged event (ex: injury requiring no participation for 1+ week or leaving town for a family emergency) will only be excused by a parent/guardian note and/or doctor excuse.

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Work is not considered an excused absence. Schedules are given WELL IN ADVANCE to give your employers.

All upcoming summer events will be given to the coach no later than May 1. Any event not given by May 1st will result in an unexcused absence. Vacations/Summer Camps will ONLY be excused in the summer if the coach is given information by the set due date. Please plan accordingly. Attendance and being on time is imperative in having an excellent program!!! ë

Summer Camp, Competition/Stunt Clinics, and tumbling classes are non negotiable and mandatory in order to remain a NHS cheerleader.

II. MERIT SYSTEM

The merit system is a series of rewards for appropriate behavior and academic excellence. Merits will be kept on file by the coach and are assigned by the coach. In order to receive merits, it must be verified with a note from the teacher, or have prior coach's approval. In order to be qualified for the Merit Award, the cheerleader must have at least one merit. The cheerleader with the highest number of merits will receive the Merit Award at the end of the year Cheer Banquet.

Classifications of merits:

- FÈ All grades on report card 95 – 100.....3 meritsë
- GÈ All grades on report card 90 – 94.....2 merits ë
- HÈ All grades on report card 89 – 80.....1 merits ë
- 4. Helping a teacher before, during, or after school
(it must be verified with a note from the teacher).....1 merit per hour
- Í È Community service (prior sponsor approval required).....5 merits per hour

III. DEMERIT SYSTEM

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The demerit system is a series of consequences for inappropriate behavior and infractions. Demerits are assigned by the coach based on the disciplinary action taken for attendance, appearance, behavior, and grades. A record of demerits will be kept on file with the coach. Cheerleaders will be notified of the infraction and may review the file at any time. Refusal to acknowledge the demerit/s with a signature or verbal acknowledgement by the cheerleader does not mean that the demerit does not exist.

The demerits contract is given out with other tryout information. It must be signed by the candidate and parent/guardian and turned in before tryouts in order to be an eligible candidate for the cheerleading squad.ë

IV. GENERAL RULES (THESE ARE REQUIREMENTS)

Cheerleaders/mascot must, at all times, abide by the rules and regulations set forth in the Nettleton School District Handbook, Nettleton School District Athletic Handbook, NHS Cheer Rules, and the MHSAA Handbook, and will be disciplined by the coach accordingly. This includes not only at school, but especially when a cheerleader is representing Nettleton School District.

Attend and be on time for all sideline or competition practices, tumbling/stunting practices, camps/clinics, games, performances, fundraisers, and any other required events.

Wear your assigned attire determined by the coach.

Show respect to coaches, squad members, any other coach or choreographer, as well as all teachers, fellow classmates, and administration.

Inappropriate behavior, including but not limited to uncooperative attitudes, unsportsmanlike conduct, offensive language (includes taunting/name calling), failure to perform cheerleading duties, failure to meet financial obligations, undesirable behavior, or any act or deed that harms the reputation of the Nettleton High School Cheerleading Program or Nettleton School District will be dealt at the coach's discretion.

Suspension from school will result in automatic removal from the cheerleading squad.

The coach will have the authority to PLACE ON PROBATION, SUSPEND, or DROP PERMANENTLY any cheerleader/mascot as deemed necessary.

All school handbook rules apply to cheerleaders at all times.

Cheerleaders/mascot must ride together on the bus to and from all away games unless noted otherwise by the coach.

Maintain consistent good grooming, stay physically fit, and have clean, well-groomed hair.

Jewelry is to never be worn while cheering.

Gum chewing or eating is not allowed while cheering.

Never use cell phones, smart watches, or wireless earbuds while cheering/mascoting.

Do not receive a School Infraction, ISD, or OSS.

ALWAYS DISPLAY GOOD SPORTSMANSHIP.

Always abide by the NHS Cheerleading/Mascot Demerits/Merits Contract and the NHS Cheerleading/Mascot General Rules.

If selected, cheerleaders will be responsible for providing their own 3-5 lb ankle weights and 3-5 lb hand weights for practice.

V. CAPTAIN/CO-CAPTAIN SELECTION

In order to be selected as Captain and Co-Captain, a cheerleader must be of Junior or Senior class ranking for the upcoming year and on the cheer squad the previous season.

A senior cheerleader with the highest tryout score, no office referrals for the current school year, passing with a 3.0 GPA, and who exhibits leadership qualities will be selected as the captain. The Junior or Senior cheerleader with the second highest tryout score, no office referrals for the current school year, passing with a 3.0 GPA, and who exhibits leadership qualities will be selected as the Co-Captain. Both will be posted with the new team after tryouts. The Captain and Co-captain can be removed from their position for conduct that occurs on or off campus that is detrimental to the school or squad, as determined by the coach. Discussion of captain/co-captain selection will not be discussed with the coach or other administration. The decision will be set.

VI. NETTLETON HIGH SCHOOL CHEERLEADING PROGRAM EXPECTATIONS

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Expectations of a NHS Cheerleader/Mascotë

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Students must realize that a position on the squad will require them to make the effort of representing their school and community to the best of their ability.

Game Day Prep Season is March-July, Football Season is August-November, and Competition Season is from October-February (pending nationals). **As a cheerleader/mascot, you must understand the time commitment you are making when you tryout to be a part of the squad.

Each cheerleader/mascot must realize that the manner in which he/she conducts himself/herself while representing the school directly reflects the entire district. Good conduct is expected at ALL times.

Smoking, drinking of alcoholic beverages, use of drugs, or any other inappropriate behavior which would reflect poorly on the rest of the squad or the student body WILL NOT BE TOLERATED! If outside use of drugs, alcohol and/or tobacco is suspected, parents will be contacted immediately. This could warrant dismissal from the cheerleading squad.

Cheerleaders/mascot must not become pregnant. This will be automatic removal from the squad.

Any social media posting related to specific cheerleading squad members, mascot, coaches, the school/district, choreographer, or parents involved with Nettleton High Cheerleading Program, that would reflect in a negative manner to any person(s) listed above or involved, WILL NOT BE TOLERATED and could warrant a review for dismissal from the squad.

To participate on the cheerleading/mascot squad, each cheerleader/mascot must obtain a statement from a medical doctor that he/she is able to perform all routines and responsibilities of cheerleading. Any cheerleader/mascot that is selected for the team, must be athletically able to participate in all aspects of this sport.

If an injury or medical condition occurs after a physical is given, the cheerleader/mascot must have a clearance from a medical doctor to continue performing the routines and responsibilities required of cheerleaders with specific instructions regarding any limitations.

If the cheerleader/mascot is unable to participate they still must come to all practices, fundraisers, competitions and events to stay up to date with current squad information and to support their team. Money will not be refunded.

Tumbling classes are mandatory for ALL cheerleaders and will be held once a week starting in April 2020-October 2020. The only way you can be dismissed is from injury with a medical release or an excused absence. There is always the risk of injury, starting from the time you tryout for the squad. Money will not be refunded if already paid and an injury occurs.

Male cheerleaders will cheer during football season, unless they are a member of the NHS football team or NHS mascot. All males will cheer during competition season.

The mascot is a very vital role on the cheerleading squad. The main goal of the mascot is getting the crowd involved at the games and events. As the mascot you are to constantly be working and interacting with the crowd. The mascot will not order a cheerleading uniform, but instead, will have his/her own uniform to be worn when not in the mascot suit. The mascot will only perform when in the mascot suit. When the suit is not being used the student will sit on the sidelines. Being a fun, lively, entertaining addition to the team should be the goal of the mascot. Being a mascot isn't just for football, it is an all year commitment with meet and greets and other mandatory events. Cheerleaders understand that the squad will compete this year. Competition schedules will be given out at a later date. If you are selected as an alternate, please note that you will cheer on the sideline at football games and/or basketball games, but you will not compete unless an injury occurs or other measures deem it necessary, and then you will be moved up to the competition team. Refusal to fulfill any and/or all requirements concerning participation will result in the immediate dismissal from the squad.

Once a cheerleader/mascot is dismissed from either squad, he/she cannot participate or take part in any cheerleading functions for the remainder of the school year, as they are no longer a member of the Nettleton High School Cheerleading Program. They will also forfeit their right to tryout for the next school year.

If a member quits either squad any time throughout the year, they will lose their opportunity to tryout the following year.

Cheerleaders/mascot must be present and on time for all events. If the cheerleader/mascot plays multiple sports, then time will be split equally between all sports to ensure fairness to the student and both teams.

Sideline cheerleaders will be required to attend all competitions in support of the competition team. You may only miss if you have permission by the coach in advance, illness (with dr. excuse), in school extracurricular, or death in the family.

Cheerleaders/mascot must maintain a healthy relationship with fellow squad members and coaches, especially in group messages. Group messages are for the coach to communicate with the team about anything involving the cheer program! Negativity will not be tolerated. If you have questions or concerns, come to the coach directly. Group messages are subject to deletion if negativity arises.

All Game Day cheers, chants, and dances (other than material learned at camp and for competition) are located on a Google Drive folder. Once the team is made, the new squad will be added to the folder so they can immediately start learning Game Day material. Throughout the summer, the cheerleaders must submit weekly cheer videos, via the BAND app, to show they have reviewed the material to prepare for checkoffs. If the videos are not submitted on submission days, demerits will be given. Game Day material will be reviewed at the following practice that week, but will not be taught. It is the cheerleader's responsibility to learn their material. If they do not know the material at practice, they will sit out that day.

It is a requirement for the mascot to create his/her own skits for pep rallies and events. The coach can help with music if necessary, but this should also be done by the mascot. Each performance must be approved prior to the event.

Game Day Checkoffs will occur a week prior to the first football game. Every cheerleader must pass checkoffs with 90% accuracy. Any cheerleader who does not pass check-offs with a 90% or better will be benched until they check off their material. They will only be given two additional chances after the first check off. If the cheerleader cannot pass the check off after three sessions, they will be removed from the team.

If selected, you are a cheerleader/mascot until tryouts for the next year are held. Even during the off season, you must abide by the rules and guidelines of an NHS cheerleader and participate in events the coach deems necessary.

- Cheer managers are selected by the cheer sponsor after tryouts and are required to follow the same behavior and academic standards and expectations as set forth in this document. Managers may decide to come to camp and order all camp wear, but it is not mandatory.

Please be respectful of family time and do not contact coaches any time after 8 pm, unless absolutely necessary.Ë

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Expectations of a NHS Cheer/Mascot Parent

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- Chain of Commands: If you have a question or concern you MUST contact the coach first.

Parents must be present and on time for any and all meetings regarding the cheer program. If something comes up to where you can not make it, please let the coach and/or the booster president know so we can get you the information that you missed. If something is voted on at a meeting and you are not there, whatever vote is decided, there will be no discussion after the fact. That decision will be set. Please be sure to attend all meetings if possible.

Parents must maintain a healthy relationship with fellow cheer/mascot parents and coaches, especially in group messages. Group messages are for the coach and booster officers to communicate with parents about cheerleading information and fundraising ONLY! The group message is not a place for negativity. If you have questions or concerns, come to the coach directly.

All parents are expected to help with and participate in all cheer program activities. This includes, but it not limited to fundraisers, meetings, football game duties, and booster club activities.

Parents understand that the squad will compete this year. Competition schedules will be given out at a later date. If your child was selected as an alternate, be aware they will cheer during football season and/or basketball season only. They will not compete unless injury occurs or other measures deem it necessary, and they will then be moved up to the competition team.

Booster club fee is \$15

- Please be respectful of family time and do not contact coaches or booster officers any time after 8 pm, unless absolutely necessary.

Parents are to be knowledgeable and aware of cheerleading/mascot expectations, general rules, eligibility, risk of injury, payments, due dates, and also understand they are solely responsible for all cheerleading costs.

Parents are to be aware that cheerleading/mascot is extremely time consuming and participation and attendance is vital to the success of the squad. Practice schedules will be given out in advance (Spring, Summer, Fall/Winter) for parents to plan around the cheer season.

They also need to be aware of the time it takes to plan practice schedules around other school related sports and extracurriculars, so student athletes can participate in multiple activities. Do not come to the coach questioning practice days or times. These are scheduled based off of what is best for the squads as a whole and will be set.

As of now, practices for the spring will be Mondays 3-5:00 (Conditioning/Skills) and Wednesdays 3:30-4:30 (Tumbling). This is subject to change. Along with understanding that cheerleading is time consuming, there will be times where the squad may have to practice last minute, on weekends, and/or late nights during the week (this could also mean Wednesday nights as well as any other night throughout the week or weekend). There might also be times that we have to change locations of practices to the choreographer's or tumbling coach's gyms and transportation must be provided by a parent/guardian if a bus isn't available. Changes will be known in advance.

Parents must understand that out of school activities for their child ARE NOT an excuse for missing practices, games, competitions, events, fundraisers, etc. This includes jobs. It is hard enough to plan accordingly around school sponsored activities and the coach literally can not and will not plan around out of school functions/activities.

By letting your child tryout for the NHS Cheerleading/mascot squad you are also committing them and yourself to anything and everything that is NHS Cheer related.

CANDIDATE/PARENTAL RELEASE AND AGREEMENT

Candidate Information

Name _____ Home phone: _____ Current Grade: _____

Your cell: _____ Email: _____ Birthday: _____

If I am selected as a cheerleader/mascot at NHS, I shall fulfill ALL of the requirements to the best of my ability as set forth in the NHS cheerleading tryout packet and cheerleading constitution. I will cooperate fully with the coaches and all persons and organizations concerned to promote school spirit and good sportsmanship. At ALL times, whether at school or away from school or on any social media or other form of media, I will conduct myself in a manner that best represents the squad, students, faculty, and community of my school. I also understand that if I fail to maintain these rules and regulations I could be removed from the squad.

Candidate Signature: _____

Parent/Guardian Information

I, the undersigned, have read the NHS cheerleading tryout packet to its entirety and understand the NHS tryout process and the NHS cheerleading/mascot rules, regulations, and expectations which will govern my child if he/she is chosen to represent Nettleton High School as a cheerleader/mascot.

I understand that he/she must abide by the rules and regulations set forth by the state, district, and coaches.

I agree to abide by the decision of the judges and the NHS Cheerleading/Mascot tryout process, which has been approved by the Nettleton Athletic Director and Nettleton Administration. If complaints on scores are brought forth after the team has been posted, whether your child was selected or was not, he/she will forfeit their opportunity to tryout the following year.

I understand that the violation of any of the aforementioned rules, regulations, and/or expectations could lead to temporary or permanent suspension of my child on the team. Permanent suspension forfeits my child's opportunity to tryout for the team the following year.

I give permission for my child to ride with coaches, squad members, and/or parents when necessary.

If my child is selected, I understand that I am solely responsible for all costs involved and must make payments by set due dates, or failure in payments will result in removal of my child from the team.

If my child is selected, I give my permission for them to be in videos and pictures that represent the squad on the NSD website and other NSD and/or personal social media platforms.

I know the very nature of cheerleading and that it carries a risk of physical injury. No matter how careful the participant and coaches are, how many spotters are used, or what landing surface is used, the risk cannot be eliminated entirely. The risk of injury includes minor injuries such as muscle pulls, dislocation, and broken bones. The risk also includes catastrophic injuries such as permanent paralysis or even death from landing or falls on the back, neck, or head. I understand these risks and I will not hold Nettleton School District or any specific personnel responsible in the case of accident or injury at any time.

I hereby give my consent to my son/daughter to tryout for Nettleton High School Cheerleading and recognize all responsibilities and requirements in this tryout packet in order to become a cheerleader at Nettleton High School.

Parent Signature: _____ Parent Phone #: _____

Address: _____

Email: _____

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Administrator's Signature _____ Date _____

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Coach's Signature _____ Date _____ Á Á

GRADE REPORT

NAME _____

Please complete the following section. You will need your grades, classes, and teachers' name, as well as the signature of your guidance counselor to insure that these are correct. You must have an overall "C" Average to be eligible for the NHS Cheerleading Squad.

Subject	Grade	Teacher
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1.

2.

3.

4.

5.

6.

7.

Extracurricular activities: _____

Signature of Guidance Counselor to indicate that grades/GPA, teachers, and classes have been checked and are accurate:

____/____/____

Signature

Date

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Permission Form for Participation in Sports or Extracurricular Activities

DIRECTIONS: Read this form carefully. Complete boxes 1-4. Do NOT leave any boxes blank. Before participating in any sports or extracurricular activities, this form must be completed and returned to your coach or activity sponsor. A physician must also complete the physical exam form on the reverse side of this page before participating in sports or activities for the current year.

1. STUDENT'S NAME

ADDRESS

PHONE

SCHOOL

SPORTS OR ACTIVITIES

EMERGENCY CONTACT

GRADE

SS#

2. PERMISSION TO PARTICIPATE AND TRAVEL

I give my /our permission for my daughter/son named above to participate and travel in this or these particular sports or extracurricular sponsored by the Nettleton School District. I recognize that it is my/our responsibility to provide for all medical treatment, hospital and ambulance costs in the event of an injury.

I further acknowledge that our child participates in the activity and/or trip at his/her own risk. Our child is in good health, and we release you, your heirs, executors and assigns of any responsibility that you or they might have regarding the health and physical condition of our child during his/her participation in the trip. On behalf of myself, our child, our heirs, executors and assigns, I further releases and forever discharge you, your heirs, executors and assigns, and demands right or cause of action of whatsoever kind of nature, either in law or in equity, arising from or by reason of any bodily and/or personal injury sustained by our child and/or lost or damaged property, or otherwise directly or indirectly arising from participation by my child this activity and/or trip. I agree to indemnify you, your heirs, executors and assigns and any chaperons, their heirs, executors and assigns on account of any claims that might be asserted by myself or by my child. Permission is given to take any action you may deem necessary in the event of injury to or illness of my child and for any emergency anesthesia and/or operation which might become necessary, which action shall include the giving of permission to any doctor to hospitalize. Provide treatment and order injections, anesthesia or surgery for my child.

PARENT/GUARDIAN SIGNATURE

DATE

3. INSURANCE COVERAGE

Insurance coverage for my/our child will be provided by:

Insurance Company Name

Policy Number

Company Phone #

4. MEDIA CONSENT RELEASE

I hereby give permission to the Nettleton School District to use for publication or otherwise, any photographs, film, and/or videotapes in which my child is featured during this school year. I further agree to the use of such photographs, films and/or videotapes without liability to the Nettleton School District.

PARENT/GUARDIAN SIGNATURE

DATE

5. PARENTAL RESPONSIBILITY

I assume responsibility for any cost, fees and expenses for any injury, which may be incurred by the above named by the above named student while participating in organized athletics.

PARENT/GUARDIAN SIGNATURE

DATE

MISSISSIPPI HIGH SCHOOL ACTIVITIES ASSOCIATION, INC.

Concussion Information Form

(Required by MHSAA Annually)

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You cannot see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

Headaches	Amnesia
“Pressure in head”	“Don’t feel right”
Nausea or vomiting	Fatigue or low energy
Neck pain	Sadness
Balance problems or dizziness	Nervousness or anxiety
Blurred, double or fuzzy vision	Irritability
Sensitivity to light or noise	More emotional
Feeling sluggish or slowed down	Confusion
Feeling foggy or groggy	Concentration or memory problems (forgetting game plays)
Drowsiness	Repeating the same question/comment
Change in sleep patterns	

Signs observed by teammates, parents and coaches include:

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays incoordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can’t recall events prior to hit
- Can’t recall events after hit
- Seizures or convulsions
- Any change in typical behavior or personality
- Loses consciousness

(Continued on next page)

What can happen if my child keeps on playing with a concussion or returns too soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often fail to report symptoms of injuries. Concussions are no different. As a result, education of administrators, coaches, parents and students is vital to a student-athlete's safety.

MHSAA Concussion Policy:

An athlete who reports or displays any symptoms or signs of a concussion in a practice or game setting should be removed immediately from the practice or game. The athlete should not be allowed to return to the practice or game for the remainder of the day regardless of whether the athlete appears or states that he/she is normal.

The athlete should be evaluated by a licensed, qualified medical professional working within their scope of practice as soon as can be practically arranged.

If an athlete has sustained a concussion, the athlete should be referred to a licensed physician preferably one with experience in managing sports concussion injuries.

The athlete who has been diagnosed with a concussion should be returned to play only after full recovery and clearance by a physician. Recovery from a concussion, regardless of loss of consciousness, usually takes 7-14 days after resolution of all symptoms.

Return to play after a concussion should be gradual and follow a progressive return to competition. An athlete should not return to a competitive game before demonstrating that he/she has no symptoms in a full supervised practice.

Athletes should not continue to practice or return to play while still having symptoms of a concussion. Sustaining an impact to the head while recovering from a concussion may cause Second Impact Syndrome, a catastrophic neurological brain injury.

Remember, it is better to miss one game than to miss the whole season.

I have reviewed this information on concussions and am aware that a release by a medical doctor is required before a student may return to play under this policy.

Student-Athlete Name Printed

Student-Athlete Signature

Date

Parent Name Printed

Parent Signature

Date

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