



INTERESTED IN WOODLAND COMPETITION CHEER?

MINI WARRIORS: 3RD-5TH GRADE

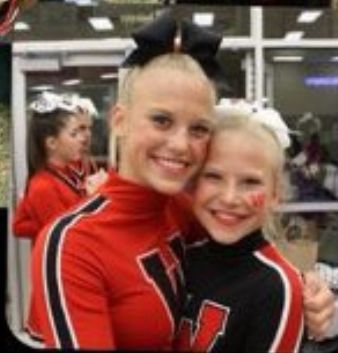
WOODLAND VARSITY AND RED WARRIORS:

6TH-8TH GRADE

COME PRACTICE WITH US AT PREMIER ATHLETICS NASHVILLE

FEBRUARY 9TH, 16TH, AND 23TH 4:00-6:00

\$10 PER PRACTICE



CONTACT: PCOLON@PREMIERATHLETICS.COM

RESPONSIBILITY~SPIRIT~LEADERSHIP

WOODLAND MIDDLE SCHOOL CHEERLEADING TRYOUTS

Wednesday, March 4th to Friday, March 6th

*Informational parent meeting on Friday, February 26, 6:00 pm, at Premier Athletics
(1850 General George Patton Dr. Franklin, TN 37067)*

THE FOLLOWING FORMS NEED TO BE RETURNED TO MISS COOK **NO LATER THAN MONDAY, FEBRUARY 29TH IN ORDER TO TRY OUT. IF YOU ATTEND ANOTHER SCHOOL, PLEASE LEAVE THESE IN THE OFFICE, AND THE SECRETARIES WILL PUT THEM IN MY MAILBOX.**

- 1) The "Information Sheet" completed, signed, and dated by both parties. (Included in this packet)
- 2) Squad choice questions filled out legibly. (Included in this packet).
- 3) The "Cheerleading Tryout Packet Agreement" signed and dated by both student and parent. (Included in this packet)
- 4) The sports medical (physical) form completed, signed, and dated by your physician and parent/ guardian. (Link to form included in this packet) If you have a physical on file, it will expire one year after the date the doctor signed it.
- 5) The concussion form completed and signed. (Link to form included in this packet)
- 6) Cardiac arrest form signed. (Link to form included in this packet)
- 7) A copy of your last report card or progress report from all teachers. (Print from your Skyward account)

COACHES:

- **Jessie Cook (Football, basketball)**
- **Destiny Erwin (Football, basketball)**

Dear Students and Parents,

Please take the time to read through this information. Not only do we expect our cheerleaders to perform well, we also expect them to behave in a positive manner. Having positive attitudes, following rules, showing respect, following directions, showing school spirit, and being the best middle school student one can be are all a big part of being a Woodland Middle School cheerleader. When all of these things are in place, everyone involved have a more positive experience with cheerleading.

Cheerleading is a big commitment. If you are involved in other activities, such as competition cheerleading, dance classes, music lessons, etc., then you will want to seriously consider the time commitment involved in WMS cheerleading. **We expect every girl to be present at every practice (even last minute practices) and every game. The set routines become compromised when there are missing team members.**

PLEASE CONSIDER THIS MAJOR TIME COMMITMENT BEFORE TRYING OUT!

CHEERLEADING TRYOUT INFORMATION

DATES:

Wednesday, March 2nd- 4:00-6:00, WMS gymnasium (Practice day)

Thursday, March 3rd- 4:00-6:00, WMS gymnasium (Practice day)

Friday March 4th - 3:30 - 6:30 or longer, WMS gymnasium (Tryout day)

****NOTE:** Tryouts will be Friday and may run until after 6:30. Rising 7th and 8th grade will go first.

****5th graders will NOT be pulled out of school early for middle school tryouts. If this happens, it may jeopardize their spot on the team. We schedule the 5th graders at the end of the line-up so they have plenty of time to get out of school, get ready, and get warmed up.**

****Tryouts and practice days are closed. Parents, siblings, friends, etc., may not watch.**

JUDGING CRITERIA:

- Entrance, Spirit, and Enthusiasm
- Voice Projection
- Appearance (posture, neatness, smile)
- Jumps
- Chant
- Cheer
- Dance
- Tumbling (You are not REQUIRED to tumble but if you already have a skill you may choose for it to be judged)

GENERAL TRYOUT INFORMATION:

- Adults with previous background in cheerleading who are **NOT** associated with WMS will judge the tryouts.
- **Sponsors do not judge tryouts or give any information about tryout participants to judges.**
- The tryouts will be held in the WMS gym.
- Each girl should wear black or dark shorts and a white shirt.

SPECIAL NOTE: ONCE THE SQUAD HAS BEEN CHOSEN, ALL DECISIONS ARE FINAL. IT IS NOT APPROPRIATE TO CONTACT THE SPONSOR OR ADMINISTRATION REGARDING THE RESULTS OF THE TRYOUTS.

REQUIREMENTS

IN ORDER TO BE A CHEERLEADER AT WMS, YOU MUST:



1. Provide the **REQUIRED** sports physical by your physician. If it is on file with the school, see Miss Cook to check your name from the list of physicals. Physicals are valid for one calendar year. **SPECIAL NOTE: IF YOU DO NOT HAVE A PHYSICAL ON FILE YOU WILL NOT BE ALLOWED TO PARTICIPATE IN TRYOUTS.** You also need a "Concussion" and "Cardiac Arrest" form on file.
2. Provide a copy of your most recent report card (you can print from Skyward) - You are **REQUIRED** to maintain at least a C average in all classes as of the 3rd 9 weeks (county policy) in order to try out. You must also maintain a C average throughout the season if selected to be on a squad.
3. Pay a fee of no more than \$125 to cover the cost of summer camp.
4. Attend **REQUIRED** summer camp the week of July 18th.
5. Attend **REQUIRED** weekly practices, games, and fund-raising activities.
6. It is **HIGHLY ENCOURAGED** to attend the uniform fitting scheduled for Friday, April 1st if you would like to purchase additional cheer items.
7. Provide your own **REQUIRED** transportation to all games, practices, and related activities. You are to be dropped off and picked up **ON TIME**.

Woodland Cheer Squads:

When you try out, you will be asked to give your preference of what squad you would most like to be on. We will begin with the highest score and place people based on their score and preference. There will be about 12-16 girls on each squad (more or less depending on scores) so you may not get your first choice. Please read the descriptions below to make your decision.

FOOTBALL SQUAD

This squad will have one summer camp on July 18, 19, and 20 to learn choreography. You will be asked to pay a fee of \$125 to cover the cost of this camp. Once school starts, you will practice on Mondays (3 - 4:30) and Tuesdays (3 - 5). Football games are on Thursdays. Games start in August and go to the beginning of October. If you are planning on doing any outside competition cheerleading, this is the best choice for you, due to the rigorous schedule of basketball and wrestling season. However, your scores may not qualify you for our football squad even if you participate in competition cheerleading.

You will be given a school uniform for the season. Other things you may choose to buy are shoes, poms, bows, practice clothes, jersey, warm ups, and a bag.

BASKETBALL SQUAD*NO CHEER EXPERIENCE REQUIRED!!*

This is a great squad for anyone who loves to cheer at games and has excellent school spirit. **IF YOU WILL NOT BE PARTICIPATING IN ANY OUTSIDE COMPETITIVE CHEER, YOU ARE ENCOURAGED TO CHOOSE THIS SQUAD FIRST.** You will have a choreography camp on July 18, 19, and 20 to learn halftime routines. You will be asked to pay a fee \$125 to cover the cost of this camp. This squad will practice on Wednesdays starting in mid-September. Starting in mid-October, you will practice on Monday, Tuesday, Wednesday, and Thursday until basketball games start in December/January. When games begin, you will practice on Wednesdays and have games on Mon/Tues/Thursday. Basketball season ends at the end of February. Basketball season is a big time commitment. If you cannot commit to this schedule, this is not the squad for you.

You will be given a school uniform for the season. Other things you may choose to buy are shoes, poms, bows, practice clothes, jersey, warm ups, and a bag.

****Woodland Competition Squad****

If you would like to try out for our competitive squad, those tryouts are held at Premier Athletics on March 14, 15, 16th. The information in this packet pertains to SCHOOL CHEER ONLY.

School Cheer vs. Competitive Cheer

The information in this packet pertains to school cheer only. If you wish to be a part of Woodland's competitive cheer squad, that is run by Premier Athletics and their tryouts are March 14, 15, and 16th.

The purpose of having two tryouts and separate squads is because the focus for each is different. School cheer focuses on school spirit, motions, jumps, halftimes, practices, and games. The goal of the competitive cheer squad is to take a routine with tumbling, stunting, motions, dance, and cheer to the National UCA Cheer Competition in February.

The two squads are independent of each other and there is no guarantee that if you make one, you will make the other. Some girls will make school cheer as well as competition and some will not.

Keep in mind that if you make Woodland's basketball squad AND Woodland's competition squad, you will be forced to choose one due to conflicting schedules. However, if you make Woodland's football squad AND Woodland's competition squad, you will be able to do both.

How Squads are Selected

On Friday, March 4th, the judges will score each person. Then each participant will be ranked from the highest score to the lowest score. We will use the ranks to place each person on a squad. The higher you rank, the better your chances of getting put on the squad of your choice. Some people will not get their first choice because that squad will already be full.

ITEMS YOU MAY WANT TO PURCHASE

The following items are not required, but many squad members will want the option to purchase. An itemized list of prices will be available once you make a squad.

For Games:

- Red and White Hair bows - Worn to games and practices
- Boy cut brief - Worn under uniforms for modesty
- Poms - Used during games
- Cheer Shoes - Worn during practices and games
- Black liner - Long sleeves worn under basketball uniform

For School on Game Days:

- Jacket - Recommended to wear to school on game days since the uniform is not in dress code.
- Yoga Style Pants - Recommended to wear on game days under the skirt since the skirt is not in dress code. TIGHT LEGGINGS ARE NOT ALLOWED, YOU WILL BE DRESS CODED!

Additional Optional Items:

- Jersey
- Cheer bag with name
- Camp/Practice clothes
- Spirit T-Shirt

Fittings for the football squad will be on Friday, April 1st, beginning at 3:00 pm in Miss Cook's room (223).

Fittings for the basketball squad will be on Friday, April 1st, beginning at 4:00 in Miss Cook's room (223).

RULES AND CONSEQUENCES

Action	Consequence
Demerit hall/Saturday School	<ul style="list-style-type: none"> • Sit out 1 game(Football) • Sit out 2 games (Basketball, boys + girls games) <p style="text-align: center;">AND</p> <ul style="list-style-type: none"> • One strike per demerit hall/Saturday School
Being absent at practices or games. (Illness, injuries, and Dr. appointments will be dealt with on a case-by-case basis as long as we have PRIOR notification and Dr's note) (Absences for other activities, other cheer teams, or family trips will result in a strike, even if we have prior notification.)	<ul style="list-style-type: none"> • 1 strike per absence
Excessive talking during games	<ul style="list-style-type: none"> • 1 strike or immediate sit out
Excessive tardiness to a games or practices	<ul style="list-style-type: none"> • 1 strike or sit out
Excessive lack of preparation	<ul style="list-style-type: none"> • 1 strike
Constantly being reminded about the following during practices: <ul style="list-style-type: none"> • Chewing gum • Leaving trash behind (afterschool snacks, water bottles) • Leaving other belongings behind • Wearing jewelry • Excessive talking 	<ul style="list-style-type: none"> • Extra conditioning at practice for the squad and/or individual.
Being disrespectful in any way such as not following the directions for the sponsor or captain	<ul style="list-style-type: none"> • 1 strike

***** 3 strikes = Dismissal from squad*****

Although these guidelines have been provided for cheerleaders, we reserve the right to dismiss cheerleaders from the squad for various situations that may arise.

Information Sheet for Woodland Middle School Cheerleader

Name_____

Address_____

City/State_____ Zip Code_____

Phone Number (where you can be reached most of the time)_____

Birth Date_____

Mother's Name_____

Mother's Work Number/ Mobile Number_____

Mother's email address _____

Father's Name_____

Father's Work Number/ Mobile Number_____

Father's email address_____

Emergency Contact (someone local, other than mother or father):

Name_____

Home/Work/Mobile Numbers_____

My/our child, _____, has permission to try out for Woodland Middle School Cheerleading. The undersigned have agreed that all parties have read the attached information and understand the requirements of cheerleading. I/we understand that cheerleading requires jumps, movements, and dance, and my child is physically able to take part in these activities.

Cheerleader's signature_____ Date_____

Parent or guardian's signature_____ Date_____

Squad Choice

Please write neatly and use correct grammar and complete sentences. The more information you give us, the better prepared we are to place you on a squad.

1. Which squad would you most like to be on and why (football or basketball)?
2. If your tryout scores are not high enough to place you on your first squad choice, would you be able and willing to cheer for the other squad?
3. Is there a squad that you would decline being a part of? Please explain.
4. Our goal is to give as many people as possible a chance to cheer for Woodland. However, some years, we don't get as many tryout participants as other years. How interested would you be in cheering for BOTH football and basketball? Would your schedule allow this? (This is simply a gauge of interest, not something that will definitely happen).

Cheerleading Tryout Packet Agreement

Signature Page

I have read and understand the following pages of information:

- *Checklist*
- *Letter*
- *Tryout information*
- *Requirements*
- *Woodland Cheer Squads*
- *School cheer vs. Competition cheer*
- *Items to purchase*
- *Rules and Consequences*

I understand that I am responsible for this information and agree to the terms of this packet.

Student Signature: _____

Date: _____

Parent Signature: _____

Date: _____

FIND PHYSICAL AND OTHER FORMS HERE

- 1) **Physical Form**: Go to: http://www.wcs.edu/wp-content/pdf/School/Middle_High_Physical_Form.pdf

Print a copy of the WMS physical form. You need to get this filled out by your physician and turn it in with your paperwork. If you have a physical on file, it will expire one year after the date.

- 2) **Concussion Form** - You also need to print and sign this concussion form: http://www.wcs.edu/wms1/wp-content/uploads/sites/83/2013/11/concussion_form.pdf

- 3) **Cardiac Arrest Form** - This is a third form you must fill out before trying out for any Woodland sports team: http://www.wcs.edu/wms/wp-content/uploads/sites/83/2013/11/cardiac_arrest_parent_athlete_form.pdf

You will find all these forms on Woodland's Athletic page:

<http://www.wcs.edu/wms/athletics/>

- 1) Woodland Middle School
- 2) Athletics tab