

# SOUTH GWINNETT HIGH SCHOOL CHEERLEADING APPLICATION 2021-2022

First Name \_\_\_\_\_ LastName \_\_\_\_\_

What grade **WILL YOU BE IN** for the 2021-2022 Season \_\_\_\_\_

Please check all that apply to you:

- I am trying out for Freshmen  
 I am trying out for Junior Varsity  
 I am trying out for Varsity  
 I am interested in cheering BOTH football and basketball  
 I am interested in cheering ONLY football  
 I am interested in cheering ONLY basketball  
 I have cheered before  
 I have never cheered before (and that's okay ☺)

To be considered for tryouts, the following criteria must be met by **Friday, February 12<sup>th</sup> for SGHS and for the Middle School:**

- 1. All candidates must have a current and up-to-date physical on file in Dragonfly.**
- 2. All candidates must show current Grade Report (first day at tryout check-in)**
- 3. All candidates must submit an application (this form)**

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Do you understand that if you are selected to be a cheerleader at South Gwinnett **NO OTHER ACTIVITIES** (to include other **club meetings and work**) will take priority over cheerleading? \_\_\_\_\_

I understand that during tryouts coaches will be observing my cheerleading skills along with my ability to work well with others while maintaining a positive individual, team attitude and grades and discipline.

I understand that if I am selected as a cheerleader for South Gwinnett, I must abide by all rules set forth in the 2021-2022 Cheerleading Constitution and in accordance with the Georgia High School Association rules and guidelines for the 2021-2022 seasons.

By signing this form I also understand the financial obligations outlined on the following pages of this packet associated with South Gwinnett Cheerleading and will meet my obligations accordingly and **ON TIME**. I understand that failure to do so will hinder my child's ability to participate. I understand that once a commitment is made, **NO REFUNDS WILL BE GIVEN FOR ANY REASON nor will I receive a refund if my child is removed from a squad for any reason.**

Please sign below, stating that you understand the above expectations, financial & parental expectations described on the next page, and the player expectations described in this packet.

Student Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Please email completed forms to the coach of the team you're trying out for.

(see page 9 for contact information)

**SOUTH GWINNETT HIGH SCHOOL**  
**CHEERLEADING**  
**Financial Obligation Summary**

\*Please initial that you have read and understood each sentence/paragraph and agree to the policies below.

I give permission for my child to try out for cheerleading at South Gwinnett School. \_\_\_\_\_

I understand that the coaches choose their teams and I will support their decision. \_\_\_\_\_

I have read the Cheerleading Constitution as well as the Cheerleading Guidelines and Standards and will help my child obey all these rules and guidelines and face any consequences that he/she may receive if he/she does not do so. \_\_\_\_\_

I understand that the cheerleading season begins in May 2021 and ends at the end of the year banquet anticipated in March 2022. \_\_\_\_\_

I have read and studied the financial projections for the 2021-2022 school year and will meet the financial and personal responsibilities for participating in the cheerleading program. I realize that failure to do so may result in consequences as severe as dismissal. I understand that should my child be removed from the squad **for any reason**, there is **no refund and they are not permitted to tryout the following year**.

If my cheerleader contributions are not paid before Cheerleading Camp in May 2021, I understand that my child is **not allowed to participate** and may be removed from the squad as a result. I also agree to a \$20.00 late fee if I do not make my payment within 10 business days of the due date. I understand that if I am not present at a meeting to make a payment, I should either mail my payment to the PO Box prior to the meeting or contact the Treasurer to arrange to make my payment early to avoid a late fee. I understand there is a 3% fee added to all credit card payments. \_\_\_\_\_

I understand that when school transportation is provided it is mandatory for my child to ride to games on the bus. Otherwise, I will provide transportation for my child to and from all scheduled events. I hereby relieve the school and cheerleading coaches of any liability as a result of an accident incurred while serving in this capacity and know of no restrictions that should be placed upon my child due to past injury or illness. \_\_\_\_\_

If I have further questions or concerns regarding the tryout process or the cheerleading program, I will contact Coach Olya Keys at [Olya.Keys@gcpsk12.org](mailto:Olya.Keys@gcpsk12.org).

Print Parent/ Guardian Name: \_\_\_\_\_

Parent/ Guardian Signature: \_\_\_\_\_

**SOUTH GWINNETT HIGH SCHOOL CHEERLEADING TRYOUT  
INFORMATION  
9<sup>th</sup> GRADE, JV, & Varsity  
SPRING 2021  
(2021-2022 SCHOOL YEAR)**

<u>EVENT</u>	<u>DATE</u>	<u>TIME</u>	<u>PLACE</u>
9 <sup>th</sup> Grade Clinics	February 16 <sup>th</sup> -18 <sup>th</sup>	4:45 - 6:00pm	Grace Snell
9 <sup>th</sup> Grade Tryouts	February 19th	4:45 to completed	Grace Snell
9 <sup>th</sup> Grade Clinics	February 16 <sup>th</sup> -18 <sup>th</sup>	4:45- 6:00pm	Snellville Middle
9 <sup>th</sup> Grade Tryouts	February 19th	4:45 – completed	Snellville Middle
JV and Varsity Clinics	February 22 <sup>nd</sup> -25th	2:30 – 4:30pm	A Gym
JV and Varsity Tryouts	February 26 <sup>th</sup>	2:30 – completed	A Gym

Results for all squads will be posted on our cheer Instagram page (<https://instagram.com/southgwinnettcheer?igshid=1ucan6169qw1s>). You will also receive a welcome phone call from your coach. If you make a team, please plan on attending a cheerleader and parent meeting (First Payment) on Thursday, March 18<sup>th</sup>.

**Eligibility**

Everyone wishing to tryout for cheerleading at South Gwinnett High School must have passed **6 out of 8** classes (or the middle school equivalent) from the previous semester (Fall 2020).

**PHYSICAL**

In order to tryout, each cheerleader must have an **up-to-date** or **new** physical on file in Dragonfly by Friday, February 12<sup>th</sup> for the upcoming 9<sup>th</sup> grades and for South Gwinnett High School. The 2021-2022 physical form must be **signed by the doctor** with the **date** on the physical showing it was completed between March 31<sup>st</sup>, 2020 and March 31<sup>st</sup>, 2021. **If you will be using a physical already on file from last year’s tryouts, make sure you update it before the February meeting to ensure eligibility.** Please make sure all information is filled out, including insurance information on the back of the physical and the Concussion waiver.

**REMEMBER:** NO ONE CAN TRYOUT OR PRACTICE IN ANY WAY UNTIL ALL INFORMATION IS SUBMITTED AND CONFIRMED. **PLEASE EMAIL ALL PACKETS to designated squad Coach.**

**TRYOUTS**

During Clinics the candidates will be taught one cheer, one chant, and one dance. They will also be expected to demonstrate motion technique, jump drills, tumbling and stunting during clinics. It is during this time that coaches will evaluate the candidates on an informal basis. It is **strongly** recommended that every effort be made to attend all Clinic dates so the material for tryouts can be learned and practiced correctly. Everyone is responsible for all material taught even if he/she cannot attend every day of clinics. On the last day, candidates will have a formal tryout and be evaluated by Judges and coaching staff.

**TRYOUT ATTIRE**

Each level will have a different dress code for tryouts (no logos on anything please):

**Freshman:** Plain grey t-shirt and navy blue shorts.

**Junior Varsity:** Plain grey t-shirt and navy blue shorts.

**Varsity Spirit:** Plain grey t-shirt and navy blue shorts.

\* Cheerleading shoes are preferred if you have them. Hair should be up off your shoulders and out of your face, and ALL JEWELRY REMOVED no piercings on the face at ALL. Nails should not extend past the tips of your fingers. Also, please make sure none of your clothing has any logos of any kind on them (you may turn your shirt inside out if need be).

This dress code lets the coaches judge without bias as to child's attire as well as easily differentiate between potential squads.

### **SQUAD SIZES**

The coach(es) will determine the size of their squads each year based on the quantity of girls that tryout, and it is at their discretion to increase or decrease these numbers from year to year as circumstances deem necessary. The coach(es) reserve(s) the right to make any adjustments to squads, as they see fit.

### **PLACEMENT**

The Coaches will place your child according to skill level and grade. Grade levels are placed according to the following:

<b>Varsity Football/ Basketball Squad</b>	<b>11<sup>th</sup> &amp; 12<sup>th</sup></b>
<b>JV Football/ Basketball Squad</b>	<b>10<sup>th</sup>, &amp; 11<sup>th</sup></b>
<b>9th Football Squad</b>	<b>9<sup>th</sup> <u>Only</u></b>

### **GRADE REPORT**

Participants must have passed six out of eight classes in the Fall semester. We will require participants to pull up their current grades from their Eclass page.

### **Brief Explanation of Cheerleader Contributions (prices listed on the following page)**

- ★ Uniform (2 skirt, 2 shells, liner)
- ★ UCA Summer Cheer Camp
- ★ 3 camp outfits
- ★ Transportation
- ★ Game Meals
- ★ Bows
- ★ Warm-ups
- ★ Sports bra
- ★ Monogrammed Duffle Bag
- ★ Pink-Out Shirt
- ★ Squad picture package
- ★ End of year gift and banquet
- ★ Back to school party
- ★ Winter party
- ★ Coaching Stipends
- ★ Administrative Fees
- ★ Miscellaneous Fees (Music, Shipping costs, etc.)
- ★ Poms
- ★ Bloomers
- ★ Shoes

## 2021-2022 Cheerleader Contributions List

Squad	New Football	New Basketball	Returning Football	Returning Basketball
9 <sup>th</sup> Grade	2000.00	2000.00	N/A	N/A
Junior Varsity	2000.00	2000.00	PRICE WILL VARY	PRICE WILL VARY
Varsity	2000.00	2000.00	PRICE WILL VARY	PRICE WILL VARY

### PAYMENT PLAN SCHEDULE

Spirit Cheerleading (Football <b>OR</b> Basketball)	\$500 due on or before March 18 <sup>th</sup>
	\$300 due on or before April 22 <sup>nd</sup>
	\$300 due on or before May 20 <sup>th</sup>
	\$300 due on or before June 17 <sup>th</sup>
	\$300 due on or before July 15 <sup>th</sup>
	\$300 due on or before August 12 <sup>th</sup>

MEAL PLANS- Are mandatory. Football plans include: meal, drink, paper products, and coach's meal  
Basketball meals include: meal, drink, paper products, coach's meal, and a snack for the game.

\*PLEASE INITIAL AFTER EACH SENTENCE.

\*PARENTS/GUARDIANS PLEASE UNDERSTAND THAT PRICES MAY VARY DEPENDING IF YOU HAVE A RETURNING CHEERLEADER OR A NEW CHEERLEADER TO SOUTH GWINNETT HIGH SCHOOL. \_\_\_\_\_

\*RETURNING CHEERLEADERS PLEASE UNDERSTAND YOUR LAST YEAR ITEMS WILL BE INSPECTED BY YOUR COACH. \_\_\_\_\_

# **SOUTH GWINNETT CHEERLEADING CONSTITUTION**

## **GUIDELINES AND STANDARDS**

### **Article I Purpose and Philosophy**

**Section 1:** The purpose of this program is to promote school spirit, uphold good sportsmanship, and further cheerleading as a sport following all guidelines set by the Georgia High School Association.

**Section 2:** GHSA has sanctioned cheerleading to be a sport, and it is treated as such at South Gwinnett. The policies and procedures for selection of the cheerleading squads and the composition of the squads are set to insure that South Gwinnett will be represented by the best squads possible at games, local, Regional, and State Competitions and within the community.

### **Article II Eligibility Standards**

**Section 1:** All cheerleaders *must* pass six out of eight subjects (or the middle school equivalent) and be on track for graduation and to meet eligibility requirements of the Georgia High School Association. Grades will be checked periodically and freely by coaches. A cheerleader must stay academically eligible to continue to cheer if chosen to be on a squad. When grades are checked, a cheerleader will SIT GAMES AND PRACTICES if they are failing ANY classes. This is done by the individual coach.

**Section 2:** A cheerleader must be enrolled as a full time student in school to participate on a squad.

**Section 3:** Cheerleaders are required to either take the 24-hour coverage of the school's insurance policy or have comparable family insurance in order to be on the cheerleading squad.

**Section 4:** Cheerleaders *must* have a current physical on file in Daragonfly. When securing a physical it should be made clear to the physician that cheerleading activities include distance running, sprinting, interval running, strenuous jumping, tumbling, and stunting, as well as other conditioning. No activities will be restricted unless an acute injury occurs. **All chronic illnesses must be reported on the physical and the coach prior to participation in tryouts or clinics.**

**Section 5:** Each cheerleader must wear proper apparel at each practice. This includes cheerleading shoes, no jewelry, and nails are at an appropriate length.

### **Article III Attendance standards**

**Section 1:** All cheerleading events are mandatory unless otherwise specified by the coach. Attendance means being prepared to begin at the designated time and remain through the entire event.

**Section 2:** If a cheerleader feels they must miss an event, the proper procedure is as follows:

1. Evaluate the importance of cheerleading and your team
2. Contact your coach **prior** to the event
3. If an emergency arises and you cannot reach your coach, contact the school office at (770) 972-4840 and leave a message. Remember to follow up by leaving a message or email with your coach as well.

**\*\*The coach will decide if it is an excused or unexcused absence.**

**Section 3:** Unexcused absences or tardiness, or early departure will result in disciplinary consequences per the discipline contract. If a cheerleader is absent for the practice immediately preceding the event for any reason, they may not be able to participate in that event. Cheerleaders who are late to practice for academic reasons must bring a note from their subject teacher and should **notify the coach ahead of time**. Cheerleaders **will not be excused** for practices for other **club meetings, performances, recreational activities, or jobs**.

**Section 4: A cheerleader must be counted present at school for the day of an event in order to participate in that event.** To be considered present, the cheerleader must be in school for at least two periods. If an absence occurs on a Friday, the cheerleader will **NOT** be allowed to participate in any event on **Friday or Saturday. This includes games.**

## **Article IV Conduct Standards**

**Section 1:** All cheerleaders must have **exceptional moral** conduct and **display good citizenship.** South Gwinnett High School is unique in that it is a school of the community. A cheerleader's behavior in the community must also be impeccable. Smoking, use of profanity, fighting, drinking alcoholic beverages, the use of drugs, **unacceptable behavior displayed on social media**, or any activity that misrepresents South Gwinnett may result in immediate dismissal.

**Section 2:** Exemplary conduct is expected in each classroom and at all school functions. A cheerleader is expected to comply with all school rules as outlined in the Student Handbook (agenda). Consequences may be attached to any disobedience and are at the coach's discretion.

**Section 3:** Individual members of the cheering squad must support each other in order for the squad to be successful. **Personal arguments, likes and dislikes, will take second place to the unity of the entire squad.** Cheerleaders who continually create **disunity** will be subject to disciplinary measures by the coach and may result in dismissal.

**Section 4: Consequences imposed by coaches may include physical conditioning, benching, suspension, and/or dismissal.** A clearly defined discipline contract will be distributed to those that are chosen that outlines consequences for specific instances. This discipline contract will be used program wide.

**Section 5:** Removal from a squad, either due to grades or discipline or due to a cheerleader quitting, will result in the participant having to sit one full year before he/she can try-out for the sport again. If a cheerleader is on multiple squads and is removed from one squad for any reason, he/she is removed from all squads automatically.

## **Article V Game/Performance Standards**

**Section 1:** Cheerleaders are expected to ride to games and competitions on the bus when transportation is provided. Cheerleaders may choose to ride home on the bus or to ride home with his/her parent **ONLY.** Cheerleaders are not allowed to ride home with other parents or friends.

**Section 2:** Cheerleaders must be in full uniform to perform. This includes all parts of the uniform (midriff included), bloomers, shoes, socks, and bow. If a part of the uniform is missing, the cheerleader will receive demerits as outlined in the discipline contract and may have to sit during that game. Cheerleaders are also responsible for the proper cleaning of their uniforms. When in uniform, cheerleaders must be fully in uniform. Unless otherwise instructed, it is not appropriate to wear a cheerleading shell with jeans and boots. Cheerleaders must:

- have neutral nail colors (on the line)
- keep fingernails, including artificial, short and near the end of the fingers (practice & game)
- natural hair colors (on the line)
- pull hair back away from face and no longer than the waistline (practice & game)
- not wear jewelry during practice and on the line (including nose rings and studs)
- not wear bright/dark lipsticks or glitter on their face/body (on the line)
- not have visible tattoos while in uniform
- not allow friends to wear camp t-shirts or hoodies or borrow uniforms for Halloween. **NO ONE** other than the cheerleader should be wearing any of the materials provided. **Do not let a non-cheerleader borrow a uniform for free admittance to a game, because it could result in your dismissal from a squad.**

## Article VI Financial Obligations

**Section 1:** Cheerleaders and their parents are responsible for all costs involved in the maintenance of the cheerleading program. It is highly encouraged that ALL parents attend the monthly CHEER meetings in order to be aware of all financial obligations and to keep these obligations in order. Missing a meeting is not an excuse to miss a payment.

**Section 2: Fundraising opportunities** may be available throughout the season. As a 501c3 organization, fundraising is only allowed if it benefits the group as a whole, and not for individual purposes (balances). The fundraisers money collected must have a direct purpose and be for the benefit of the group. All fundraisers must be approved by the school's administration. If a fundraiser is offered all participants are expected to participate.

**Section 3:** All player contributions must be up to date before Cheerleading Camp in June. Failure to do so will result in non-participation in camp and/or removal from the program. There will be a \$20.00 late fee for each payment that is 10 business days late.

**Section 4:** Any cheerleader with outstanding debt at the end of the year will not be able to participate at the end of year CHEERS banquet and will be restricted from trying out for cheerleading the following year.

While the South Gwinnett High School cheerleading program provides flexibility concerning family needs, college trips, and academic enrichment opportunities, it should be understood that game participation will be limited when practices are missed. Cheerleaders are considered athletes and will be treated as such. This means being committed to your school, coach, squad, and yourself. Cheerleaders are encouraged to communicate with their coach as soon as possible when learning of special family or academic needs that will bring about a conflict. Parents are encouraged to feel comfortable communicating with individual coaches when needed.

PARENT/GUARDIAN AND CHEERLEADER PLEASE SIGN BELOW INDICATING YOU UNDERSTAND ALL THE CHEERLEADING CONSTITUTION GUIDELINES AND STANDARDS.

PARENT/GUARDIAN PRINT: \_\_\_\_\_

PARENT/ GUARDIAN SIGNATURE: \_\_\_\_\_

CHEERLEADER PRINT: \_\_\_\_\_

CHEERLEADER SIGNATURE: \_\_\_\_\_



# COACHES AND CHEER BOARD CONTACT INFORMATION

## Coaching Contacts:

<b>Head Coach Varsity Football and Basketball</b>	Olya Keys	olya.keys@gcpsk12.org
<b>JV Football &amp; Basketball</b>	Andreca Owens	andreca.owens@gcpsk12.org
<b>9<sup>th</sup> Football &amp; Basketball</b>	Teresa Little	teresa.little@gcpsk12.org

## Cheers Board Contacts:

<b>President</b>	Martha Brooks	Southgwinnettcheer@gmail.com
<b>Vice-President</b>		
<b>Treasurer/Uniform Chair</b>	Tammy Jacquet	
<b>Secretary/Team Mom Coordinator</b>	Tiffany Hill	

\*PLEASE ALLOW THE COACHES AND BOARD MEMBERS **24 HOURS** TO RESPOND. WE ARE HERE TO HELP YOU THROUGH THIS WONDERFUL SEASON.\*

## Dates for the 2020-2021 Year Mandatory Tentative Cheerleading Dates

<b>Date</b>	<b>Description of Activity</b>	<b>Location</b>	<b>Time</b>
<b>February 16th - 19th</b>	Cheerleading Tryouts for the Middles School	Grace Snell and Snellville Middle Schools	4:30pm-6pm
<b>February 22nd - 26th</b>	Cheerleading Tryouts	A Gym (CLOSED TO PUBLIC)	JV/V 2:30-4:30pm
<b>March 18, 2021</b>	CHEER Parent Meeting <b>1<sup>st</sup> Payment DUE \$500</b>	Commons Area	5:30-Payments start 6:00- Meeting starts 6:30- Payment resumes
<b>TBD All SQUADS *MANDATORY*</b>	Cheer Camp wear and uniform fittings	Location TBD	2:30-3:30pm- VARSITY 3:30-4:30pm- J. VARSITY 4:30-6:00pm- FRESHMEN
<b>April 22, 2021</b>	CHEER Parent Meeting <b>\$300 DUE</b>	Commons Area	5:30pm-6:30pm- Payments
<b>May 20, 2021</b>	PAYMENTS DUE <b>\$300 DUE</b>	Commons Area	5:30pm-6:30pm-Payments
<b>June 17, 2021</b>	PAYMENT DUES <b>\$300 DUE</b>	Commons Area	6:00pm-7:00pm- Payments
<b>July 15, 2021</b>	PAYMENT DUES <b>\$300 DUE</b>	Commons Area	6:00pm-7:00pm- Payments
<b>August 12, 2021</b>	PAYMENT DUES <b>\$300</b>	Commons Area	6:00pm-7:00pm- Payments
<b>June 2021</b>	UCA Cheer Camp	TBD	TBD

**TBD (July)**

SGAA Youth Camp  
**(Mandatory for all  
Cheerleaders)**

TBD

TBD

# South Gwinnett Cheerleading Grade Report

Full Name \_\_\_\_\_

Student ID Number \_\_\_\_\_

Please fill in your current grades according to eclass. All participants will be required to pull up eclass grade report on the first day of tryouts for verification.

Class	Current Grade	Comments (explanation if grade is low)	Teacher's Name
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			