



2019 – 2020 Centennial High School Cheerleading Tryout Packet

We, the cheerleading coaches of Centennial High School, as well as the administration, faculty, and staff are happy that you have shown interest in participating in the cheerleading program. Please read all information in this packet very carefully.

Tryouts

Date	Time	What?	Who?
Tues. March 19 th	3:45 to 5:30	Learn Material	Tryout Participants
Wed. March 20 th	3:45 to 5:30	Practice Material	Tryout Participants
Thurs. March 21 st	3:45 to finish	Tryout in Groups	Tryout Participants

*** Rising 9th graders should NOT be checked out of school early for tryout clinic. The clinic goes until 5:30 to accommodate the later release of middle school students. ***

Thursday, March 21st – Team rosters will be announced through Centennialathletics.com website.

To be eligible to try out for Centennial High School cheerleading, you **MUST**:

1. Complete and return the Cheerleading Application (pg. 8 ONLY) to Coach Avera (H-59) by **Thursday, March 14th**. Rising 9th graders can drop off at CHS Front office OR scan & email application page to Averab1@fultonschools.org.
2. Have a current physical uploaded to DragonFly MAX **by Thursday, March 14th** that is valid thru March 2019 (see attached flyer for instructions).
 - a. **You must be cleared on DragonFly MAX the first day of tryouts or you will NOT be allowed to participate in the tryout clinic or the actual tryout**
3. Bring \$25 tryout fee cash or check made out to CHS Cheer

Tryouts are held in the Centennial High School main gym. Each candidate must wear a **plain white t-shirt and black shorts/leggings (No Nike Pros)** for the final tryout on March 21st.

Athletes will be evaluated throughout the week including the final tryout date. The judges are looking for candidates with the best possible skills, which includes tumbling, jumps, motions, dance, spirit, and attitude.

Results are **FINAL** and will be announced on Centennialathletics.com after tryouts are completed and scores have been tabulated. **ALL RESULTS ARE FINAL!**

There will be a **mandatory informational meeting on Wednesday, April 10th at 6:30 PM in the Centennial Cafeteria for all cheerleaders and parents** to go over the behavior contract, important dates for the year, and payment/fundraising requirements. If you are unable to attend or have further questions/concerns, please contact Coach Avera.

Brittany Avera Averab1@fultonschools.org

Statement of Eligibility for Centennial High School cheerleading

I certify that I meet all the following requirements according to the "no pass, no play" rule.

1. I am passing 5 out of 6 classes.
2. I am on track for graduation.

I understand that I must maintain these grade standards if I am selected as a Centennial High School cheerleader.

I understand that if I do not maintain these grade standards, the following consequences will be enforced:

- **Failing one class:** participate in pre-game study hall instead of participating in team dinner
- **Failing two or more classes:** participate in pre-game study hall instead of participating in team dinner and sit all games/competitions until I am passing five out of six classes

Booster Club/Financial Obligations

Dear Prospective Cheerleader Parents/Guardians,

Centennial High School has a Cheerleading Booster Club to support the football, competition, and basketball cheerleading squads. By having our own Booster Club, we have been able to use our funding to continue to support each of the cheerleading teams at CHS.

Each cheerleader will be expected to participate in mandatory fundraising activities, including Mini Camp. This year the camp is scheduled for the week of July 29th -August 2nd. Parents are also requested to volunteer for various jobs as requested by the CHS Cheerleading Booster Club and Cheerleading Coaches at CHS. This includes, but is not limited to, team mom(s), minicamp coordinator, snack coordinator, etc.

Expenses involve the participation fee, spirit wear, competition fees, and uniform deposit. Here is a list of potential expenses and a cost estimate per item.

PROJECTED COSTS

• Tryout Fee	\$25
• Participation Fee Check to CHS	\$250
• Spirit Wear	\$150 (appx)
• Required Fundraising	\$180
• Uniform Deposit check to CHS Cheer	\$100
• Competition ONLY fee	\$360
• Megaphone Varsity Football ONLY	\$70 (appx)

*Additional money or donations (food) will be requested for meals/snacks as determined by each coach. *

** Shoes are not purchased through Centennial Cheerleading. The requirement for shoes are white, low-top cheerleading shoes. Popular brands are Infiniti and Varsity. **

*Other items such as bags and parent spirit wear will be available for purchase. *

Centennial High School Cheerleading Contract

Team Commitment:

1. Cheerleading is a major personal commitment of my non-academic time and cannot be placed secondary to other non-academic activities.
2. I am expected to participate in all practices, squad meetings, pep rallies, minicamp, choreograph, summer camp and other spirit activities as designated by the cheerleading coaches.
 - a. Coaches will relay date(s) and time commitments to cheerleaders as soon as they become available.
3. Due to the time commitment of this sport, I may not participate in another sport or club during my cheerleading season if there is a conflicting schedule.
4. If a cheerleader has cheered JV football sideline for all three years (freshman, sophomore and junior year), he/she is eligible for placement on varsity sideline for football as a senior.
5. All varsity football sideline cheerleaders must be on two teams. If you do not have the skills to make varsity competition, you must sign up for varsity basketball as your second team.
6. Cheerleading is a commitment for the entire football, basketball and/or competition season. I will attend all games and competitions that my squad requires.
 - a. **When you quit cheerleading in the middle of the season, you quit for the entire calendar year, meaning you will not be able to tryout the following year.**

Attendance:

All cheerleaders must have a good attendance record. If you miss school for a half-day or more, then you may not cheer at practice, games, pep rallies, or competitions on the same day. Please schedule your appointments so that they do not conflict with your cheerleading schedule. **When you are absent from school, inform your coach before your scheduled practice or game. All doctors' appointments require a note from the physician with the correct date and time of your visit; otherwise, the absence is considered unexcused.**

School Behavior:

A cheerleader must maintain positive behavior in all classes and school activities. This means setting an example for others to follow. Any conduct which results to dishonor the athlete, the team, the school, or the community will not be tolerated. Behavioral expectations and prohibitions apply 365 days a year, 24 hours a day, in and out of the specific extracurricular season, and on or off school grounds (including social media). The following violations will not be tolerated and will be given appropriate punishment that will be determined by the coach:

- Use of tobacco (including vaping)
- Use of alcoholic beverages
- Use of illegal drugs
- Undesirable or immoral behavior
- Violation of the honor code
- Public display of affection
- Bullying and hazing
- Physical altercations
- Cheerleaders are to obey all Centennial High School rules.
- Cheerleaders are to obey all GHSA rules in the handbook.

Squad Behavior:

- Talk over ALL potential problems with the coach
- Do not talk about a cheerleader in a negative way
- Cooperate with and respect each other
- DO NOT argue in public as a squad
- Do your share of the work
- Show good sportsmanship at all times
- Give 110% in all aspects of cheerleading
- Be neat in appearance
- No gum chewing in uniform or at practice
- Jewelry is not allowed at practice, games, or competitions
- Hair must be pulled back for practice, games, and competitions
- **Keep your nails short. Nail polish is not permitted**
- No glitter, face paint, tattoos, or excessive makeup
- Be proud of yourself, work hard, and strive to improve yourself and your squad

Cell Phones:

Cell phones may not be used during practices or games unless in the case of an emergency. If you have something that calls for immediate attention please talk to your coach first. You may use your phone during half-time of games, but once the game resumes it must be put away.

Transportation to Functions:

Cheerleaders are required to ride the bus to and from functions. We also understand that if the school is unable to provide transportation, we will provide the necessary transportation.

Uniforms:

The uniforms are expensive and must be taken care of with respect for the next cheerleaders to wear them. You will be required at the end of the season to have your uniforms cleaned and returned in the condition they were issued. You will be responsible for replacing any uniform you misplace or damage. Under no circumstances is another student allowed to wear any part of your cheerleading uniform. Due to the importance of uniform maintenance, a \$100 deposit check will be collected at the informational meeting after tryouts. This check will be returned or shredded at the end of the season if all uniforms are returned in the appropriate condition.

Injury:

It is the responsibility of the cheerleader to report all outside injuries to their coach(es) and follow the recovery process issued by the physician.

Skills:

Varsity Competition Squad/Varsity Sidelines - Tumbling: Our Centennial Varsity Competition and Varsity Football Sideline cheerleaders should work to further their tumbling skills throughout the year. NOTE: Tumbling is NOT a "black and white" fixed requirement. Having a certain skill (i.e., a standing tuck, a full, running tumbling) does not guarantee a cheerleader placement on a certain team. The "minimum" tumbling skill(s) for different teams may change from year to year based on the talent pool. For Varsity, a solid standing back tuck is recommended. Tryout participants will also be evaluated on their performance of a cheer, chant and dance (all taught at tryouts) as well as their tumbling, motions, jumps, "cheer voice," attitude and enthusiasm.

Cheerleading Rules and Guidelines:

1 Tardy (to any function) = Benched first quarter of the following game

- ★ Without teacher or doctor's note

1 Missed Practice = Benched the first half of the following game

- ★ Without doctor's note or pre-approved absence

Failure to cooperate with coach/squad = Benched the following game/competition

- ★ Dismissal from squad at discretion of coach

Missing a Game/Competition = Benched the following game/competition

- ★ Without doctor's note or pre-approved absence for college visit
- ★ Dismissal from squad at discretion of coach

Failing a class at any grading period = Benched the following game

- ★ Dismissal from squad at discretion of coach

ISS/Saturday School = Benched the following game/competition

- ★ Dismissal from squad at discretion of coach

OSS = Benched the following game/competition

- ★ Dismissal from squad at discretion of coach

***NOTE:** Pre-approval of absence must be given **NO LATER than 1 WEEK** in advance, otherwise the appropriate consequence will result. Also, a parent phone call, note, or email is NOT a valid excuse for missing or being tardy to any function.

The following violations will warrant additional consequences.

- ★ 1st Offense = Additional Conditioning
- ★ 2nd Offense = Benched 1/2 of the following game
- ★ 3rd Offense = Benched the following game

If violations continue past the 3rd offense the discretion of the coaches will be used to determine a course of action.

- Chewing gum at practice or game
- Talking/texting on your cell phone
- Eating or drinking during practice or in cheer line at a game (other than water bottle)
- Unnecessary conversation in cheer line
- Not in full uniform at required functions (this includes uniform, bloomers, white socks, ribbon, warm-up, and cheer shoes)
- Not in practice clothes during practices
- Wearing jewelry to practice or games
- Late back to game after halftime
- Teacher detention (minimum of sitting one quarter of the following game, depending on severity)

Refunds:

Resignation from the Team:

If you must resign from the team you and your parents must first contact the coach. If you resign from the team:

- You will be unable to participate in any other sports that have the same season (per GHSA).
- You will be unable to try out for any other sport until the cheerleading season has ended (per GHSA).
- You will not be able to try out for cheerleading for a full calendar year

If you resign from a team, you will not be eligible to receive a refund for any items.

- **This penalty will apply if you resign from a team after May 25th, 2019.**

If you resign from a team, you will not be eligible to receive any refund for clothes, shoes, or items that are ordered on your behalf.

Personal Fitness Waiver:

Athletes at Centennial High School may be eligible to apply for the Personal Fitness Waiver at the end of their season. The Personal Fitness Waiver is only in effect as long as Centennial High School is eligible for this exemption through the Request for Flexibility process. Cheerleaders who wish to apply for the Personal Fitness Waiver must meet the following criteria:

1. The athlete and parents must adhere to all the policies outlined by the School Governance Council regarding the requirements for the Personal Fitness Waiver.
2. The athlete must have completed the full season for his/her team. This timeframe is determined by the Coach.
3. The athlete must be on the Competition Team or a Varsity sideline team.
4. The athlete must apply for the Personal Fitness Waiver at the end of their season by submitting the Personal Fitness Waiver form; athletes who do not submit this document will forfeit their eligibility to be exempt from Personal Fitness.

Additional Competition Information

Performance Clause

- Team selection is only based on skills. No preference will be given to athletes based on age, grade, or past team membership.
- As a member of the Competition Program, I need to continue to work on my skills in order to continue to be considered as a competing member on either team.
- I understand that my placement on the team is not permanent; at any time, I may be moved from alternate to on the floor and vice-versa.

Summer Participation

- I understand that I am expected to keep and improve my skills outside of the regular season.
- Although mandatory practices do not begin until August 1, I understand that my attendance at summer workouts/camp is important to my individual improvement and to the team.
- I understand that I must notify the coach if I will not be able to attend a summer practice.

Alternates

- I understand that if I am not selected as a performing member on the team, then I will be an alternate for the Competition Program.
- As an alternate I am expected to attend every practice and every competition.
- I am expected to actively practice and participate at all practices. This includes, but is not limited to: jumping, tumbling, stunting, stretching, etc.
- I understand that I am expected to know the routine and be prepared to compete as needed.
- I understand that I am expected to continue to work on my skills in order to be considered as a competing member on either team.

Important Dates

	Varsity Football/Competition	Varsity Basketball	JV Football and JV Basketball
Summer Practice	Thursday, August 1st	---	---
Choreography Camp	May 29th-May 31st	---	---
Mini Camp @ Centennial	July 29 th – August 2 nd	July 29 th – August 2 nd	July 29 th – August 2 nd
Sideline Practice Begins	Tuesday, August 13th	October 15 th (tentative)	FB: Monday, August 12th BB: October 15 th (tentative)
Rocket Shot 5K	Saturday, August 3rd	Saturday, August 3 rd	Saturday, August 3rd

Important Dates

- **March 14th:** Tryout Application forms (page 8) are due to Coach Avera in H-59 and DragonFly MAX information is due online (see attached flyer for instructions)
- **March 19th-21st:** Tryouts
 - Physical and other information cleared on DragonFly MAX by March 14th
 - \$25 cash or check made out to CHS Cheer
- **April (date TBD):** JV Football Squad Uniform Distribution
 - All JV Cheerleaders currently enrolled at Centennial need to meet in the girls' locker room at 3:30 for sizing and uniform distribution
 - All rising 9th grade JV Cheerleaders come directly to Centennial after school and meet in the girls' locker room for sizing and uniform distribution
- **April 10th:** Meeting in the Centennial Cafeteria at 6:30 PM
 - Mandatory parent and athlete meeting for everyone.
 - Money will be due at this time.
- **June 3rd:** Competition summer workouts begin
- **May 29th-May 31st:** Competition Choreography and uniform fitting from 10 AM to 3 PM.
- **June 30th-July 6th:** GHSA Dead Week- Week of Rest
- **July 29th- August 2nd:** Mini Camp at Centennial High School from 9 AM to 1PM
 - **ALL CHEERLEADERS** are required to attend daily
- **August 1st:** Mandatory Practices Begin for Football Sideline and Competition

Football/Competition Practice Schedule

JV Football Squads:

- ★ Monday – 3:45 to 5:00 and Tuesday – 3:45 to 5:00 (until games begin)
- ★ Games are on Thursdays

Varsity Football/Competition Squad:

- ★ Competition: Mon.— 4:00- 6:00 at Stingrays, Wed. & Thurs.—3:45-6:00 at CHS
- ★ Sideline: Tues. – 3:45 to 5:00
- ★ Games are on Fridays

Basketball Sideline Practice Schedule

JV and Varsity Basketball Squads:

- ★ Mon. – 3:45 to 5:30 and Tues. – 3:45 to 5:30 (Only Monday when games begin)
- ★ Games are usually on Tuesdays, Fridays, and Saturdays

2019 – 2020 Cheerleading Application
Due: March 14th to Coach Avera's Office (H-59)

Athlete's First and Last Name: _____

DOB: _____ Athlete Cell: _____ T-shirt Size: _____

Athlete Email: _____

Street Address: _____

City, State, Zip: _____

Parent/Guardian: _____

Parent Cell: _____

Parent Email: _____

Current School: _____ Current Grade: _____

Choose all that apply:

_____ Varsity Football/Competition

_____ Varsity Basketball

_____ JV Football

_____ JV Basketball

Both parent/guardian and athlete should read and initial each statement below:

_____ I have read and understand the Booster Club, Fees, and Fundraising form.
Parent Athlete

_____ I have read and understand the Cheerleading Constitution.
Parent Athlete

_____ I have read and understand the Statement of Eligibility.
Parent Athlete

_____ I have read and understand the Additional Competition Information. (If
Applicable) Parent Athlete

**We understand the commitment the cheerleading program requires of
the athlete and parent. We have read all the documents included in the
tryout packet and understand the consequences if we do not adhere to
the expectations.**

Parent Signature

Athlete Signature