



Midtown Cheerleading

Tryouts 2021-2022

Coaching Staff



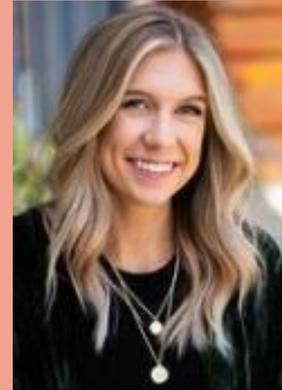
Coach Smolko

Head Coach
Varsity Squads



Coach Gildea

Assistant Coach
Varsity Squads



Coach Simmons

JV Football Sidelines
Coach



JV Football Sidelines

Midtown's JV Football Sidelines Squad is offered to rising 9th-11th graders. Our main goal is to increase the confidence and athleticism of each girl. JV Cheerleaders will have fun while building the strength, flexibility, and work ethic necessary to advance in this sport. JV will be treated as a true pre-Varsity team, building up skills mandated for placing Varsity Football in the future.

1. **Please note:** If you do **not** have any tumbling and/or stunting experience, you will **not** make Varsity Football. JV will be better fit.
2. There is **no** maximum of girls placed on the squad.
3. JV will participate in warm-ups & stretches, fundamental drills for stunting and tumbling, and end-of-practice conditioning
4. JV will cheer at JV Football games on Thursdays (all home games)





Varsity Football Sidelines/ Competition

If we make a competition team this year (meaning, if we have the skills to make a full mat), then Varsity Football Sidelines will be the **same roster** as the competition squad. Every year, Midtown Cheer's standards will increase as coaches look for more advanced skills. VF/Comp is offered to 9th-12th grade students.

1. If we make a competition status, the **minimum** skills will be a tuck (standing) and a roundoff-back handspring series to tuck (running). The **only** exception is if you are a flexible flyer who can hold a **body position** in an extension.
2. If we do not make a competition status, the **minimum** skill will be a single but clean back handspring (no bust; good height) for both standing & running.
3. **If you do not have a tumbling pass nor can you fly in an extension, you will not place Varsity Football Sidelines/ Competition.**
4. Each cheerleader must be physically able to participate in long periods of vigorous activity with undue fatigue or pain. This is an intense sport.
5. Please note we are considering a coed competition team, which increase our chances of placing. We might even consider doing **Game Day** instead of a traditional comp squad.
6. VFS/ Comp will cheer at every FNL game (home & away) & compete in 3 competitions in a regular season + Regions (and State?)
7. Squad Availability:
 - 16-22 cheerleaders (12-16 on mat + 4-6 alternates)



I encourage you to look at our region's competition to see what we're up against: **5A all-girl champions** & **2019 coed champs**





Varsity Basketball Sidelines

Varsity Basketball Sidelines is offered to rising 9-12th grade girls.

1. Per GHSA, cheerleaders **cannot** stunt nor tumble on court. Basketball courts are narrow, slippery, & unforgiving. It is far too dangerous. Because cheerleaders cannot tumble on court, there is no tumbling or stunting requirements to make the squad. Coaches are looking for high cheer & dance scores during tryouts.
2. You are allowed to cheer both seasons: football & basketball.
3. Football cheers are different from basketball, and we are trying to evolve into a full **stomp & shake** squad.
4. There will be quarter dances to master for VB. Coaches will be noting how quickly girls can learn & follow counts during clinics.
5. VB has the most amount of games out of all squads: 3-4 times a week (both home & away). Keep that in mind when selecting squads.
6. Squad availability:
 - 16-20 girls
 - If we have 20 girls for VB, it is possible we will split the group (Red Squad/ Gray Squad) & the games, so girls aren't cramped on the court & overloaded with game days. More information to come in November.





Clinics & Tryouts



3/29

Clinic Day 1

Seniors will lead ALL prospects in a unique dance & cheer

4/1

Tryouts



By grade, prospects will try out in front of coaches & an impartial judge

3/30

Clinic Day 2

Seniors will lead ALL prospects in a unique dance & cheer

4/2

Squad Posting

Squads will be posted on IG & an email will be sent out to those who made a squad



3/31

Stunting Assessment

Varsity Football ONLY: Prospects will show stunting skills

4/12

Parent Packet & Payments Due

Cheer parents/ guardians need to submit their forms & due payments

Tryouts 4/1

01

Cheer

motion technique, volume, and sharpness.

02

Dance

timing, rhythm, and motion technique

03

Jumps

three connected jumps—pike, huddler, toe touch

04

Tumbling

standing & running



In addition to cheerleading skills, we are factoring in “Spirit”: showmanship, genuine enthusiasm, + attitude and participation during tryouts.



Midtown High School Cheer Tryout Rubric

Jumps (three connected jumps in the following order: pike, hurdler, toe touch)

1 to 2	3	4	5
poor form, dropping chest, bent legs, poor timing	average technique, flexed toes, dropped chest	above average technique, good timing	excellent technique, perfect timing

Standing Tumbling

*deduct .5 points if skill is completed but "busts"

1	2	3	4	5	6
BHS	BHS Tuck Cartwheel Tuck	Standing Tuck	Jump Tuck	HS to Layout	HS to Full Standing Full

Running Tumbling

*deduct .5 points if skill is completed but "busts"

1	2	3	4	5	6
RO BHS	RO Multi BHS	RO BHS Tuck	RO BHS Layout	Specialty Pass (no Full)	RO BHS Full

Dance

1 to 2	3	4	5
poor technique, poor timing, sloppy	average technique, good timing, not very clean/sharp	above average technique, very good timing, clean	excellent technique, perfect timing, very clean

Cheer

1 to 2	3	4	5
poor technique, wrong words, too quiet	average technique, good timing, not very clean, medium volume	above average technique, very good timing, very clean, loud	excellent technique, excellent timing, very sharp, extremely loud

Showmanship

1	2	3	4
shows occasional spirit, poor attitude, defeated	Shows occasional spirit, smiles sometimes, average attitude	shows spirit entering/leaving, smiling occasionally, positive	shows spirit entering/leaving, smiling the whole time, cheerful



Clinics & Tryout Uniform



White Shirt

White shirt or tank top--no logo

Black Shorts

Black running shorts or Nike Pros



Hair, Nails, Jewelry

High in a high pony or bun (off shoulders)--no need for a bow. No jewelry or piercings. No nails at all (SNS, gel, polish).





KEEP YOUR NATURAL HAIR AND BRAIDS
NO BEADS OR ACCESSORIES



Clean PONY

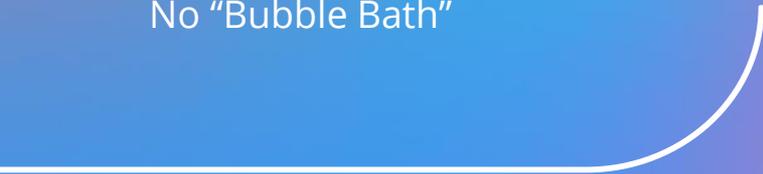
Here is a model of what hair should look like for tryouts & games. Notice how the bow is facing forward. This is the safest way to wear hair while tumbling & stunting. See a coach for specific modifications regarding your hairstyle & texture-- NEVER change your hairstyle to fit the uniform.





NO NAILS DURING YOUR SEASON.

No polish
No SNS
No gel
No tips
No acrylic
No “Bubble Bath”



If you have to get your nails done for an event, I have good artificial nails linked to the right. The nails MUST BE TAKEN OFF BEFORE CHEER. PERIOD.



Static Nails

\$\$

Marmalade Nails

\$\$



Color Camp

\$\$\$





Cheerleading Policies

The purpose of the Midtown High School Cheerleading Program is to promote and uphold school spirit, develop a sense of good sportsmanship among students, and to strive for better relationships between schools during all athletic events.





Cheerleading Policies

Squads:

- Cheerleaders will report directly to their coach for all matters. Cheerleaders are “on the job” all year long. Cheerleaders are often asked to assist in school functions and activities other than the seasonal sport. These functions are mandatory. Cheerleaders are the face of Midtown.

Behavior & Discipline:

- As a member of the Midtown Cheerleading Program, you are expected to maintain behavior above reproach because you are a leader in the school. Consequences for violating any regulation in this constitution will be at the discretion of the coach and will be handled according to the rules of Midtown High School, the Georgia High School Association, and Atlanta Public School policy.
- Please keep in mind the following: **Any behavior**, which is deemed by the coach as reflecting poorly on the intended image of the program— no matter where the incident takes place-- is subject to dismissal from the program at the coach’s discretion. This includes, but is not limited to, pictures on Facebook, Instagram, Snapchat, TikTok, or Twitter, wearing uniform in public without coach’s permission, inappropriate behavior in public (even if not in a Midtown uniform or practice clothing).
- Cheerleaders who receive ISS will not be allowed to participate in any cheerleading activity during the assigned ISS period. Cheerleaders who receive OSS will not be allowed to participate in any cheerleading activity during the assigned OSS period and will be subject to immediate dismissal at the coaches’ discretion.





Cheerleading Policies

Transportation:

- Cheerleaders will travel to and from football and basketball games by bus when the school provides a bus.
- Cheerleaders will NOT drive themselves or ride home with other student.
- Parents need to provide 24-hour notice if they plan on taking their cheerleader home from a game for safety purposes.

Eligibility:

- Cheerleaders must pass three out of four classes each semester and be on track academically towards graduation at the end of the year.
- If a cheerleader quits or is terminated, she will not be allowed to try out the next year or attend the end-of-the-year banquet. Exceptions to this may be granted at the coaches' discretion.

Varsity Letters:

- To be eligible for a varsity letter, a cheerleader must be on a Varsity squad (Football or Basketball) and meet the following requirements:
 - a. She/he must complete the entire season. Those dismissed from the program for any reason will not receive a letter. Cheerleaders may not order a varsity jacket until her/his commitment for the entire year is completed.
 - b. In ADDITION, the coach must recommend the cheerleader for their letter. This means that the cheerleader must demonstrate a positive attitude, work well with her/his teammates, be respectful, and give 100% all the time. All coaches' decisions are final.



Unexcused Absences & Tardies

As a member of the Midtown Cheerleading Program, you are required to contribute your part. When one person is absent the whole squad suffers and causes ineffective practice time. As a result, the following attendance rules are necessary and will be enforced:

- Cheerleaders MUST schedule appointments and work schedules around all cheerleading activities. Note: Cheerleading duties are often scheduled with advance notice. Early release from or late arrival to practices and/or performances is unacceptable.
- Cheerleaders MUST be present at all practices, performances, fundraisers, pep rallies, sign-painting sessions, camps, and any other activities designated by the coach.
- Excused absences are:
 - a. Death in the family.
 - b. Signed doctor's excuse that indicates time and date of the sickness or injury.
 - c. School-related trips.
 - d. Any other excused absences are at the discretion of the coach and will be addressed on an individual basis. These absences MUST be approved by the coach at least 24 hours prior to the missed practice, game, competition, or event.
 - If a cheerleader is seen by a doctor for an injury that affects her ability to cheer, a signed doctor's note must be submitted to the coach.
 - As a high school athlete, it is the responsibility of the cheerleader to communicate directly with the coaching staff regarding any attendance issues.

Unexcused Absences & Tardies



Consequences for Tardies:

- Practices/ Conditioning
 - 1st Offense: 1 drill
 - 2nd Offense: 2 drills
 - 3rd Offense: 3 drills & benched at next game or event. Possible dismissal from the squad at coaches' discretion.
- Games
 - If late 5-30 minutes, sit out TWO FULL quarters
 - 30 + minutes: sit out ENTIRE game (unexcused absence)

Consequences for Unexcused Absences:

- Practices/ Conditioning
 - 1st Offense: benched for next game or event. This is considered an unexcused absence—if the cheerleader fails to show up for the benched game or event, removal from the squad is highly probable
 - 2nd Offense: probable dismissal from the squad
- Games/ Competitions
 - Possible dismissal from the squad

*cheerleaders will be benched if not in proper uniform for both practices & games





Mission Statement

Our goal as a coaching staff is to provide opportunities for our cheerleaders to mature, grow, learn to be independent, and instill skills that will help them be successful post-graduation.





Cheerleading Non-negotiables

During clinics, you will initial and turn in your contract for “cheerleading non-negotiables.” You can take a look at the form beforehand [here](#).





GHSA Spirit Rules

These are rules with which all schools in the state are required to abide:



Art. 1... A coach must not permit a team member to participate if the participant does not conform to the NFHS rules.

Art. 2... Jewelry must not be worn except for religious medals, which shall be taped to the body (without a chain) under the uniform. (This includes all piercings. It is acceptable to use a plastic plug to prevent holes from closing up. New piercings are vulnerable at practices when we are stunting. Since jewelry is not allowed piercings should be done in the off-season. Covering an earring with a bandage is NOT acceptable.)

Art. 3... Unduly long fingernails, including artificial nails, can become a safety hazard. Therefore, fingernails must be kept at a length appropriate to minimize risk for the participants—athletic length. (In addition, only clear polish can be worn at games/competitions/events.)

Art. 4... The hair must be worn in a manner to minimize risk for the participant. (Ex. Off the shoulders)

Art. 6... Glitter ...on one's ...hair, face, uniform, costume or body is illegal.

Art. 8... Participants are not permitted to chew gum or have candy in their mouths during practice or performance





Sideline Dues

- program sweatshirt \$40
- squad shirt \$20
- practice wear \$40
- game day meals \$40
- optional for additional purchase: warmups, spiritwear, cheer bag



Please note:



Due to the unpredictable nature of Covid19, these costs are not set in stone at this time (February 2021)



Competition Dues

Competition cheerleading is a notoriously expensive sport (in fact, it is the most expensive female high school sport). On average, costs range from \$1875-2000. As a squad, we will fundraise these costs.

Fundraising will be mandatory.

Fundraise (average costs per cheerleader)

choreography (\$125)

clinics (\$20)

spirit camp (\$250)

competition fees (\$100)

room & board for State (\$600)

tumbling classes (\$80-100 per month)

music (\$125)



Dates



NCA Camp

competition only, TBA in
summer

Choreography

competition only, TBA in
summer

JV Football Practices

Mondays & Thursdays 5-
6:30 pm
Practices start in August

Varsity Football Practices

Tuesdays & Thursdays 5-
6:30 pm
Practices start in August

Comp Tumbling

Wednesdays (maybe
Mondays, too) at TBD
location

Varsity Basketball Practices

Tuesdays & Thursdays 5-
6:30 pm
Practices start November





Current Physical



**Concussion
Awareness**

What to Submit to Coach Johnson (AD)

Athletics Waiver

**Sudden Cardiac
Arrest**





**Cheerleading
Policies
Agreement Form**



**Cheerleader
Candidate
Information
Form**

What to Submit to Coach Smolko



**Explanation of
Inherent Risk**

**Permission to
Photograph**





Good Luck!

For updates, follow us on Insta:
[knights_cheer_atl](#)

