

Welcome to Middle School Cheer

Rogers, Reynolds and Hays Middle School

Prosper ISD

Coach Thetford and Coach Cole



Reynolds MS Coach Thetford mdthetford@prosper-isd.net

Rogers MS Coach Cole emcole@prosper-isd.net

Hays MS Coach TBA

RMS Cheerleader Goals

- *Support RMS through positive school spirit, enthusiasm, and camaraderie, while building a firm foundation for future endeavors*

WE WILL USE THESE WORDS TO DRIVE OUR CHOICES:

Trust, Respect, Responsibility



Spirit Squad Expectations

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General Requirements

- *Candidates must be willing to give their time to all squad activities throughout the entire year. They are expected to be able to publicly demonstrate a skill level suitable for the team position and the timing necessary for group performance. Off the field, they are to enthusiastically support all athletic teams through advertisement, personal attitude, and attendance at events chosen by the coach and/or the principal.*

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Tryout Requirements

- *Before you make the decision to tryout, please carefully consider the following: Spirit squads involve more time and responsibility than most people realize. The demands upon a person's time and energy are great and all members must be able to successfully balance school, spirit duties, homework, jobs, other extra-curricular activities, and their social lives.*

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Spirit Squad Expectations

- *Cheer Camp July 23-24*
- *Sign painting-summer*
- *Weekly practices after tryouts*
- *Weekly games*
- *Weekly practices after school*
- *Pep rallies*
- *Homecoming parade*
- *Summer conditioning*
- *Team bonding*
- *Community service projects*

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Tryout Requirements

In order to tryout:

- You must be enrolled in PISD or registered to attend RMS for the next school year.
- You must try out EACH year.
- All financial obligations to any Prosper ISD affiliated program is cleared.
- A current physical prior to clinics.
- Candidate did not quit nor was removed from the cheer squad the current/prior year.
- School discipline records will be checked prior to tryouts. Please refer to the PISD RMS Spirit Squad Constitution.
- Candidate cannot have discipline infractions that resulted in ISS (3 or more days), Out of school suspension, DAEP placement or JJAEP placement.
- GRADES-Due to office by March 26th (grades close on Wed, March 21st)

Procedures for Tryouts

- *It is the belief of PISD that every candidate should have the opportunity to tryout for cheerleader or mascot if all requirements have been met. Through this selection process, each candidate will mathematically have the opportunity to be selected.*

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Pride of Prosper

- Represent high standards both in and out of the classroom
- Social Media - Conduct themselves appropriately via any and all social media (please refer to the PISD RMS Spirit Squad Constitution)
 - *One Warning, second offense will result in IMMEDIATE REMOVAL
- Leaders in the school, you DON'T push the limits (dress code and classroom behavior included)
- Proud of who you represent, RMS!

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Conduct

Discipline:

Any spirit squad member that accumulates **three** written warnings with regard to: ***behavior or conduct, dress code violations, failure to follow a coaches' directive and/or other violations of the Students Code of Conduct or Cheerleading Constitution (with the exception of electronic or digital communication and/or social media, see below):***

Written Warning Procedures:

- a. **FIRST VIOLATION:** written notice will be signed by student, and spirit team member will be benched for one performance.
- b. **SECOND VIOLATION:** parents will be notified, written notice will be signed by parent and student, and spirit squad member will be benched for two performances.
- c. **THIRD VIOLATION:** results in the student's removal from the squad for the remainder of the school year. *A spirit squad member that quits and/or is dismissed from the squad will be unable to try out for the squad for the following year without approval from both the coach and principal.*



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Attendance

Expectations:

1. Must attend summer camp (July 23-24)
2. Must attend all scheduled practices and activities.
3. *Fifth* Unexcused absence will be immediate removal from the squad.
4. Spirit Squads stay after school before games and stay until coaches release (no sooner!)



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Attendance

- If a cheerleader or mascot arrives late and/or leaves early without coach approval or has any unexcused absence:
 - **First Offense**– The spirit team member will get a warning
 - **Second Offense**– The Spirit team member will sit out the first quarter/period of the game and receive an unexcused absence. (If they leave early, they will sit out the first quarter/period of the next similar performance or at coaches' discretion.)
 - **Third Offense**– The spirit team member will sit out the first half of the game and receive an unexcused absence. (If they leave early, they will sit out the first half of the next similar performance or at coaches' discretion.)
 - **Fourth Offense** – The spirit team member will not cheer for that performance, will sit by the coach, and will have it counted as an unexcused absence.
 - **Fifth Offense** – The spirit team member will be removed from the squad.

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Attendance

Practices

If you participate in UIL activities or any other school activities other than cheer:

- You must fulfill 80% of your spirit squad duties.
 - Excused absences in relation to UIL activities are only given for performances, games and matches only (this does not include practices).
- *Coaches must be notified 5 days prior to performance absence.*

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Tryout Information 2019-2020

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Procedures for Tryouts

□ *Physicals*

All candidates who tryout for the spirit squad must have an updated physical on file by April 1, 2019.

- **Prosper Athletics require a new physical every year and must be dated prior to August 1, 2019 for the upcoming participating year.*

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Procedures for Tryouts

- Numbers drawn at random; assigned at clinic
- Attire: Black Shorts, White t-shirt, Athletic Shoes (10 point deduction)
- Hair: Up and off shoulder – NO WHISPIES (with a Plain White Bow)
- **ATTIRE CANNOT DEPICT PRIOR CHEER OR MASCOT EXPERIENCE**
- No Jewelry (10 point deduction)
- No Nail Polish (10 point deduction)
- No parents are allowed in the building during tryouts; this will result in a disqualification

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Procedures for Tryouts-Cheer

Tryouts will begin promptly at 4:15 pm for all Rogers candidates. Gyms open at 3:45 for warm-ups.

**Any candidate arriving after above stated times for their squad will be disqualified and unable to tryout, without prior approval from the coach.*

Tryouts will begin approximately at 6:00 pm for all Reynolds candidates. Gyms open at 5:30 for warm-ups.

**Any candidate arriving after above stated times for their squad will be disqualified and unable to tryout, without prior approval from the coach.*

Tryouts will begin approximately at 7:45 pm for all Hays candidates. Gyms open at 7:15 for warm-ups.

**Any candidate arriving after above stated times for their squad will be disqualified and unable to tryout, without prior approval from the coach.*

All candidates will be provided with one chant and one dance (emailed prior to the tryout clinic). All candidates will be seen and scored by three judges.

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Procedures for Tryouts

Candidates will be judged on the following:

- 1) Individual running tumbling
- 2) Chant in groups,
- 3) Dance in groups,
- 4) Individual chant,
- 5) Individual jumps,
- 6) Standing tumbling (optional)

***Performance requirements are subject to change based on judges' requests.**

- A. Running Tumbling – Candidates will enter the gym one at a time in numerical order. Candidates will have two tumble passes (first pass down the mat, second pass candidate will turn and tumble back). Candidates DO NOT have to perform the second pass if they feel the first pass was sufficient. Candidate will then exit for the next candidate.
- B. Chant- Will be performed in GROUPS based on candidate number.
- C. Dance – Will be performed in GROUPS based on candidate number.
- D. Individuals: perform the provided chant, perform the following jumps: right hurdler, toe touch, left hurdler (not connected), and perform standing tumbling (optional).

Judges have the right to request to see any piece of the process more than once if needed

Procedures for Tryouts-Mascots

All candidates for mascot will follow the same procedures as outlined in the spirit tryouts, using the "PISD Mascot Judges Form." (See Spirit tryout paperwork.)

Mascot candidates will perform a two minute ORIGINAL skit with an overall theme for tryout. They will be dressed in self provided costume. Candidates will need to provide their own music and props. Three props are required and a maximum of three humans may be incorporated. (Humans are not counted as props.)

**Mascots will follow the same requirements and scoring procedures. Mascots will be SCORE driven, not grade level driven.

Procedures for Tryouts

□ Scoring for Cheerleader and Mascot

- A. “Prosper ISD Cheerleader Form” or “Prosper ISD Mascot Form” will be used. (See Spirit tryout paperwork.) The building principal or a designee will make arrangements for the judges.
- B. Candidates will only be judged for exactly the skills performed on the tryout day. To provide equity in scoring, candidates may not receive credit in areas they cannot perform.
- C. In order for averaging to be considered for calculation purposes, the student must have participated in at least 80% of the tryout process.
- D. All cheerleader candidates must tryout before a panel of judges for technical ranking. The ranking will be based on the cumulative scores given by the judges.
- E. All mascot candidates must tryout before a panel of judges for technical ranking. The ranking will be based on the cumulative scores given by the judges.
- F. After adding all the judges’ scores, the totals of those scores are divided by the number of judges. These averages will be used to assign rank, i.e., first, second, third, etc.
- G. An administrator will recalculate the scores/ranks, and sign off on the judge’s sheet.
- H. Parents can be shown a copy of the judge’s scores for their child only. Ranks will not be given.

*Tryout results may not be appealed beyond the campus level.



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Procedures for Tryouts

- Please check the tryout packet for score sheets.
- Remember... an administrator will dismiss all candidates when the tryout process is complete and no callbacks are necessary.
- Results will be posted on the RMS website when tryouts are complete.
- Results will be posted by candidate number on the RMS Websites.
 - →Campus, →Coach (Thetford or Cole), →Cheerleading

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Dates

➤ Dates will be updated as they become available per campus.

-Fitting dates and times will be provided. *All financial obligations are due at the parent Made It! meeting*

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Financial Obligations

Estimated Cheerleader Expenses:

Uniform Pieces: \$600

Shell

Skirt

Spandex

Jackets

Tee shirts (3)

Leggings

Bows (3)

Shoe: Nfinity Vengeance

6" Metallic Poms (2)

Spirit Fee: \$50 (homecoming supplies, pep rally, celebrations)

Cheer camp: \$100

TOTAL COST: \$750 *all payment must be made by cash, money order or cashier's check (no personal or business checks, please).

On Own Purchases:

3-pack white ankle socks: \$9

2-3 Nike black (approx. \$15 ea.)

Optional Purchases:

Nfinty backpack with Prosper Cheer monogramming (\$70-\$100)



We are Prosper, We are One!

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