

2020

Allatoona Junior Bucs Cheerleading

The following must be fully filled out and turned in **NO LATER** than Friday, June 12th:

- _____ Cheerleading Policies Agreement Form (page 7)
- _____ Explanation of Inherent Risk (page 8)
- _____ Permission to Photograph (page 9)
- _____ Duty Deposit Agreement (page 10)
- _____ Excused Game Form (page 11)
- _____ Stingray Cheer Company Form (page 12)
- _____ Cheerleader Candidate Information Form (page 13)
- _____ Competition Form (page 14)

Completed tryout packets must be received by Friday, June 12th at 8p:

- Drop off at Allatoona High School (stadium side) on Wednesday, June 10th between 7p-8p or Friday, June 12th between 7p-8p
- Scan and email to allatoonamscheer@gmail.com

All cheerleaders/parents will receive emails regarding placement on Sidelines Squads and the Competition Squad by 10:00am on Monday, June 15th, 2020.

2020

TEAM REGISTRATION PROCESSES

Sidelines Teams:

It is the purpose of the program to grow as many athletes as possible. Normally we hold a tryout for our teams so that they may learn from this process. Due to Covid-19 restrictions, we have decided that we will have an open registration process and accept everyone who would like to be a part of the Allatoona Cheerleading Program.

Competition Team:

The Competition Team is for the cheerleader looking to take their skills to the next level and compete as an Allatoona Buccaneer. All grade levels are eligible to register for the Competition Team, as long as they are a member of their grade level Sidelines Team. Depending on registration turnout we may either be a Small Team (up to 16 cheerleaders selected) or Large (17+ cheerleaders selected). The competition team will hold athletes to a high standard, and it is our mission to be extremely competitive. This team practices at least 2 extra days a week. We also strongly encourage each athlete to be enrolled in a tumbling class of their own choosing. All athletes will be considered for all stunting and routine positions on the floor and those decisions are made by the Head Coach. All athletes must be willing to fulfill whatever stunt or routine position that is best for the team. If your athlete is considering trying out for the Competition Team it is important that they also understand the potential for being an alternate at some point during the season. All members of the Competition Team must attend practices, camps, and competitions.

Squads will be formed based on fulfillment of the paperwork requirements and the **coaches'**
final decision.



Allatoona High School – Cheerleading Policies 2020

I. GENERAL OBJECTIVES

Cheerleaders are student athletes and must strive to achieve the highest standards both academically and physically. Cheering for the Allatoona Junior Buccaneers is a privilege, **NOT** a right and those who do not meet the standards may be dismissed from the program.

II. FINANCIAL RESPONSIBILITIES

Cheerleaders are required to purchase all items listed below. Fees for registration, camp, competition, etc. are also required to be a part of the program. Please note the payment schedule below as cheerleaders must be current on to attend camps and participate in activities. No orders for items will be placed for those who have not paid since the order for clothing, shoes, accessories, uniform, etc. will all go in at the same time. Those who do not pay before items are ordered will no longer be a part of the program. All fees are non-refundable. If a cheerleader quits or is removed for any reason, a refund cannot be issued.

Tentative Payment Schedule (Please see next page for itemized list):

- **Fitting** – Please bring credit/debit card and check(s) to the fitting for:
 - Uniform (credit/debit online)
 - Clothes and equipment (credit/debit and NO items will be ordered without payment!)
 - Duty Deposit Fee of \$200 (check)
- **These fees will be paid to the booster club online:**
 - Registration/Athletic Fee/Fundraising Fee
 - Spirit Camp/Music Fee
 - Choreography Camp/Music Fee (Competition ONLY)
 - August-October Gym Fee (Competition ONLY)
 - Competition Related Fees (Competition ONLY)

APPROXIMATE COSTS - All items below are MANDATORY. If you cheered for Allatoona last year, you already have some of the items on the list and you do not need to order them again.

FOOTBALL ONLY

Due TBA:

| | |
|-----------------------------|----------|
| *Uniform | \$127.50 |
| *Sidelines Practice Tank | \$20 |
| *Sidelines Practice T-Shirt | \$25 |
| *Infinity Backpack | \$90 |
| *Water Bottle | \$20 |
| *Hoodie and Leggings | \$50 |
| *Game Day Bow | \$10 |
| *Pom-Poms | \$40 |
| *Rain Gear | \$20 |

Due TBA:

| | |
|------------------|-------|
| Registration Fee | \$150 |
| Athletic Fee | \$50 |
| Fundraising Fee | \$100 |

Due TBA:

| | |
|-------------------|-------|
| Spirit Camp/Music | \$100 |
|-------------------|-------|

Due TBA:

| | |
|---|------|
| Homecoming/Pink Out/ Half-Time Gifts | \$40 |
|---|------|

TOTAL \$742.50

FOOTBALL & COMPETITION

Due TBA:

| | |
|-------------------------------|-------|
| *Uniform | \$310 |
| *Sidelines Practice Tank | \$20 |
| *Sidelines Practice T-Shirt | \$25 |
| *Competition Practice Tank | \$20 |
| *Competition Practice T-Shirt | \$25 |
| *Infinity Backpack | \$90 |
| *Water Bottle | \$20 |
| *Hoodie and Leggings | \$50 |
| *Game Day Bow | \$10 |
| *Pom-Poms | \$40 |
| *Rain Gear | \$20 |
| *Pom-Poms | \$40 |
| *Rain Gear | \$35 |
| *Competition Bow | \$20 |

Due TBA:

| | |
|------------------|-------|
| Registration Fee | \$150 |
| Athletic Fee | \$50 |
| Fundraising Fee | \$100 |

Due TBA:

| | |
|-------------------|-------|
| Spirit Camp/Music | \$100 |
|-------------------|-------|

Due TBA:

| | |
|-------------------------|-------|
| Choreography Camp/Music | \$200 |
|-------------------------|-------|

Due TBA:

| | |
|---|------|
| Homecoming/Pink Out/ Half-Time Gifts | \$40 |
|---|------|

Due TBA:

| | |
|----------------------|-------|
| Gym Fees Aug. – Oct. | \$165 |
|----------------------|-------|

Due TBA:

| | |
|-----------------------|------|
| Competition Fees | \$75 |
| Competition "Happies" | \$75 |

TOTAL \$1680.00

**White Cheerleading Shoes Are Required. You may purchase them at Full Out Sports, Academy Sports, Amazon, etc.*

III. BEHAVIOR AND DISCIPLINE

As a member of the Allatoona Junior 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 Allatoona Junior Cheer Program and Cobb County policy. Please keep in mind the following:

- **Any behavior**, which is deemed by a coach (junior program or high school) 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.
- Inappropriate content – as determined by the coach - on webpages (i.e.: Instagram, Snapchat, TikTok, GroupMe, Facebook, etc.) is subject to discipline. Repeated infractions are subject to dismissal from the program.
 - **THIS INCLUDES PARENTS.** There will be **NO** tolerance for negative postings on any social media platforms. Please only positive postings that promote good sportsmanship about our cheerleaders, coaches, and teams. All videos must be authorized by the coaching staff prior to posting.
- Uniforms should only be worn at games and events approved by the Middle School Director. Inappropriate use of the Allatoona cheerleading uniform is subject to discipline and/or dismissal from the program.

IV. TRANSPORTATION/ATTENDANCE POLICIES

Parents are responsible for transporting cheerleaders to and from all events (practices/games/competitions). As a member of the Allatoona Junior Buccaneer 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 little 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, competitions, and any other activities designated by the coach.
- **If a cheerleader is absent from school for reasons other than a contagious illness, then they are required to attend the practice/game/event wearing the designated clothing/uniform.**
- Excused absences are:
 - a. Death in the family.
 - b. Signed doctor's excuse that indicates time and date of the sickness or injury **that states that the illness is contagious.**
 - c. School-related trips **for a grade.**
 - 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.
- **FALL BREAK IS CONSIDERED MONDAY, SEPTEMBER 28th - FRIDAY, OCTOBER 2nd**; there will more than likely be a game on either (or both) weekend(s) of the break and is **NOT** considered excused unless you provide a two-week notice.

ANY ABSENCE FROM A PRACTICE, GAME, COMPETITION, OR EVENT WITHOUT NOTIFYING YOUR COACH 24 HOURS PRIOR TO THE DAY OF THE PRACTICE, GAME, COMPETITION, OR EVENT IS SUBJECT TO IMMEDIATE DISMISSAL AT THE COACHES' DISCRETION.

***Failure to be in proper uniform as described by the coach will result in disciplinary action:

Games-Benchd

Practices- 2 conditioning drills

Tardies & Early Releases

| PRACTICES/CONDITIONING | GAMES | COMPETITIONS & EVENTS |
|---|--|--|
| 1 st offense: 1 drill | 1 – 30 minutes: sit out 2 FULL quarters. | <p>ANY TARDY OR EARLY RELEASE FROM A COMPETITION OR EVENT IS SUBJECT TO IMMEDIATE DISMISSAL AT THE COACHES' DISCRETION.</p> |
| 2 nd offense: 2 drills | 30+ minutes: sit out entire game (counts as your 1 allowed absence) | |
| 3 rd offense: 3 drills & benchd for next game, competition, or event. Possible dismissal from the squad at coaches' discretion. | You will be allowed to do half time performance as this punishes the entire team if you sit out. | |

Absences

| PRACTICES/CONDITIONING | GAMES | COMPETITIONS & EVENTS |
|--|---|---|
| <p>1st: BENCHD for next game, event, or competition (this is an unexcused absence from game, event, or competition – <i>if the cheerleader fails to show up for the benchd game, event, or competition, removal from the squad is highly probable</i>).</p> <p>2nd or more: Probable dismissal from the squad at coaches' discretion.</p> | <p>One missed game allowed with prior permission, with at least two-week's notice.</p> <p><u>No absences will be approved with less than a two-week notice, unless a death in the family. Vacations will not be granted unless a two-week's notice is given.</u></p> <p><i>We understand that events/circumstances occur outside of your control, coaches' discretion will be used.</i></p> | <p>ANY ABSENCE FROM A COMPETITION OR EVENT IS SUBJECT TO IMMEDIATE DISMISSAL AT THE COACHES' DISCRETION.</p> |

VI. FUNDRAISING

All cheerleaders will be required to pay a \$100 fundraising fee. In addition, one parent/guardian of each middle school cheerleader is expected to work a two-hour shift at the Buccaneer Bash Cheerleading Competition. Both fundraisers help keep participation costs to a minimum.

Buccaneer Bash Cheerleading Competition: A duty deposit check of \$200 is required and will be destroyed at the end of the season or returned (if requested via email) upon parent/guardian completion of work.

VII. BOOSTER CLUB

Booster Club membership is included with your registration. Everyone is encouraged to attend the high school booster club meetings and help with other booster club activities. Our middle school program will greatly benefit from any improvements that are ongoing at the high school level. Your participation is appreciated.

2020 Jr Bucs Competition Squad

I. ATTENDANCE

As a member of the competition team it is **VERY** important to attend all scheduled practices and events. The success of our year is highly dependent on each girl being able to attend and participate during practice. It is our goal to improve the routine each week and this cannot be done if there are cheerleaders missing from practice. To be considered for the competition squad your cheerleader also needs to be dedicated to our team. We highly encourage your cheerleader to take a weekly tumbling class to keep and increase skills.

II. PRACTICE

- Practice dates TBA.
- Practices once school begins will be from **5pm-6:30pm on Tuesdays at Stingrays North Gym and 5pm-6:30 pm Thursdays at Allatoona High School Small Gym.**
- **Only excused absences**

IV. COMPETITIONS

- There will be emails sent out with specific meet times, directions, performance schedule, etc. the week before the competition. Our competitions are usually in the morning, but it also depends on the hosting school.
- October 10th Exhibition during Buc Bash (we will schedule your volunteer shift around the performance)
- September-November: 1-2 GHSA based competitions on Saturdays
 - Depending on competition time your cheerleader may or may not be able to cheer at the game. We will make every effort for the cheerleaders to attend the games on competition days, as long as time allows.
- Sunday, October 25th – Halloween Jam
- Sunday, November 8th - Circus Jam

2020 CHEERLEADING POLICIES AGREEMENT FORM

I, as parent/guardian of the cheerleader candidate below, have read and fully understand the rules and regulations, which will govern my child if chosen to represent Allatoona High School as a cheerleader including the financial responsibilities, payment deadlines, and mandatory dates listed below. I also understand that this is an extracurricular activity and that attendance at ALL practices, games, performances, camps, and fundraisers are requirements of the elected cheerleaders. I understand that due to the nature of the activity, there is a risk of physical injury. I also understand that if my child is chosen as part of an AHS cheerleading squad and is later dismissed from the program for any reason, I will receive no financial restitution. I hereby give my consent to the student mentioned below to participate in cheerleading tryouts, and, if chosen, to participate as a member of an Allatoona High School cheerleading squad for the upcoming year. My child will participate in all required fundraisers during the 2019 cheerleading season.

Tentative Payment Schedule:

- Duty Deposit of \$200
- Uniform(s)
- Clothes and equipment (NO items will be ordered without payment)
- **These fees will be paid to the booster club online:**
 - Registration/Athletic Fee
 - Fundraising Fee of \$200
 - Spirit Camp Fee
 - Choreography Camp Fee (Competition ONLY)
 - August-October Gym Fee (Competition ONLY)
 - Competition Related Fees (Competition ONLY)

| We commit to... | Dates | Times |
|---|---------------------|-------------------|
| Student and parent/guardian must attend Parent Meeting and Uniform Fitting. | TBA | TBA |
| Choreography – COMPETITION ONLY | TBA | TBA |
| Cheer/Chant Boot Camp—SIDELINES SQUADS | TBA | TBA |
| Halftime Routine Camp – SIDELINES SQUADS | TBA | TBA |
| Sidelines Camp – SIDELINES SQUADS | TBA | TBA |
| Competition Practice at AHS Small Gym | Thursdays | 5pm-6:30pm |
| Competition Practice at Stingray North Gym/AHS Small Gym | Tuesdays | 5pm-6:30pm |
| Begin regular season sidelines practices | Mondays | 5pm-6:30pm |
| Buccaneer Bash High School Cheerleading Competition | October 10th | ALL DAY |

By signing below, we agreed to the policies, payment schedule, and all events listed above.

Printed Name of Athlete: _____ Grade 2020-2021: _____

Signature of Athlete: _____ Date _____

Printed Name of Parent/Guardian: _____

Signature of Parent/Guardian: _____ Date _____



LLATOONA HIGH SCHOOL

EXPLANATION OF INHERENT RISKS FOR CHEERLEADING

Cheerleader Candidate's Full Name:

Cheerleading is an exciting, time-consuming sport that involves flyers, bases, and spotters. Flyers are lifted into stunts by the bases, with the safety-oriented spotters when needed. Bases and spotters are responsible for catching the flyers when the stunts come down. Cheerleading also requires forceful motions, tumbling, voice projection, and jumping. The cheering area varies greatly from one location to another, inside or outside. Because of these conditions inherent to the sport, participating in cheerleading exposes an athlete to many risks of injury. Those injuries include, but are not limited to: death, paralysis due to serious neck and back injuries, brain damage, damage to internal organs, serious injuries to the bones, ligaments, joints, and tendons, and general deterioration of health. Such injuries can result not only in temporary loss of function, but also in serious impairment of future physical, psychological, and social abilities, including the ability to earn a living.

In an effort to make cheerleading as safe as it can be, the coaching staff will instruct athletes concerning the correct techniques for stunts and rules of cheerleading. It is vital that athletes follow the coach's skill instructions, training rules, and team policies to decrease the possibility of serious injury.

We have read the information above concerning the risks of cheerleading. We understand and assume all risks associated with trying out, practicing, and cheering at games/competitions. In signing this form, we assume the inherent risks of cheerleading and waive any further legal action by our heirs, estate, executor, administrator, assignees, family members, and ourselves.

Signature of Athlete:

Name of Parent/Guardian:

Signature of Parent/Guardian:

Date: _____



PERMISSION TO DISPLAY STUDENT PHOTOGRAPH/NAME

I hereby grant permission to Cobb County School District (District) and/or the AHS Cheerleading Booster Club (AHSCBC) to use or publicly display my child's photograph, video image, or audio clip on the District's and AHSCBC's Web site(s), individual school Web pages, or in other official District and AHSCBC publications without further notice. I acknowledge the District and AHSCBC's right to crop, edit, or treat the photograph, video, or audio clip at its discretion.

I also understand that once my student's photograph, video image, or audio clip is published on a Web site, it can be downloaded by any computer user, on or off campus. I understand a student's name may be published along with the student's picture.

Therefore, I agree to indemnify, defend and hold harmless the members of the Cobb County Board of Education, the District, the AHSCBC, its officers, employees, agents, successors and assignees (the "Indemnified Parties") from and against any and all claims and liabilities resulting from this publishing.

Subject/Nature of Event: any and all AHS Cheerleading Events
_____ Permission is granted for the use requested above.

NOTE: This form must be signed by student if the student is 18 years of age or older.

Name of Student

Signature of Student

Date of Student Signature

Name of Parent/Guardian

Signature of Parent/Guardian

Date of Parent/Guardian Signature(s)

ALLATOONA HIGH SCHOOL CHEERLEADING PROGRAM DUTY DEPOSIT AGREEMENT

Printed Name of Athlete: _____

Printed Name of Parent/Guardian: _____

The Buccaneer Bash Cheerleading Competition for the Cheerleading Program is staffed by parents and/or volunteers when available. In order to ensure we have enough participation to cover the hours necessary to operate a fully staffed and efficient competition, we are requiring a \$200.00 work duty deposit check.

Your check will be destroyed at the end of the season as long as your duties were fulfilled. **You must send an email to Julie Schulz, ahsbc.treasurer21@gmail.com, prior to October 1st if you want your check returned.** If you wish to have your check returned, you will be able to pick it up at the conclusion of your shift at the Buccaneer Bash Cheerleading Competition. Please be sure to sign in at the beginning of your shift so that you are properly credited for your time.

By signing below, I am acknowledging the fact that one parent/guardian from each family is required to work at least one mandatory shift and agree to work that shift as scheduled. I understand that if my time is not fulfilled, I will forfeit the return of my check and it will be cashed.

X _____

Or

By signing below, I agree to opt out of working the Buccaneer Bash Cheerleading Competition by allowing the Allatoona High School Cheerleading Program to cash my \$200.00 check in order to cover my shifts.

X _____

**Stingray Cheer Company, Inc.
MEDICAL RELEASE FORM**

In consideration of the services of Stingray Cheer Company, Inc., its owners, agents, officers, employees, and all other persons or entities acting in any capacity on their behalf (hereinafter collectively referred to as "SCC"), I hereby agree to release, discharge, and hold harmless SCC, on behalf of myself, my children, my parents, my heirs, assigns, personal representative and estate as follows:

1. I understand and acknowledge that the activities that I or my child engage in while on the premises or under the auspices of SCC pose known and unknown risks which could result in injury, paralysis, death, emotional distress, or damage to me, my child, to property, or to third parties. The following describes some, but not all, of those risks:
Cheerleading and gymnastics, including performances of stunts and use of trampolines, entail certain risks that simply cannot be eliminated without jeopardizing the essential qualities of the activity. Without a certain degree of risk, cheerleading students would not improve their skills and the enjoyment of the sport would be diminished. Cheerleading and gymnastics expose participants to the usual risk of cuts and bruises, and other more serious risks as well. Participants often fall, sprain or break wrists and ankles, and can suffer more serious injuries. Traveling to and from shows, meets and exhibitions raises the possibilities of any manner of transportation accidents. In any event, if you or your child is injured, medical assistance may be required which you must pay for yourself.
2. I expressly agree and promise to accept and assume all of the risks, known and unknown, connected with SCC related activities, including but not limited to performance of stunts and use of trampolines. My participation and that of my child is purely voluntary. No one has forced or coerced me or my child to participate. I elect for myself and my children to participate in such activities in spite of the risks.
3. I hereby voluntarily release, forever discharge, and agree to hold harmless and indemnify SCC from any and all liability, claims, demands, actions or rights of action, which are related to, arise out of, or are in any way connected with my child's participation in SCC-related activities.
4. Should SCC be required to incur attorney's fees and costs to enforce this agreement, I agree to indemnify and reimburse them for such fees and costs.
5. I certify that my child has health, accident and liability insurance to cover bodily injury or property damage that may be caused or suffered while participating in this event or activity, or else I agree to bear the costs of such injury or damage to my child. I further certify that I am willing to assume and bear the costs of all risks that may arise or be created, directly or indirectly, through or by any such condition.
6. In the event that I file lawsuit against SCC, I agree to do so solely in the State of Georgia and I further agree that the substantive and procedural laws in that state shall apply in any such action without regard to the conflict of laws rules thereof. I agree that if any portion of this agreement is found void or unenforceable, the remaining portions shall remain in full force and effect.
7. By signing this document, I acknowledge that if anyone is hurt or property is damaged during my participation or the participation of any of my children in this activity, I may be found by court of law to have waived my right to maintain a lawsuit against SCC on the basis of any claim from which I have released SCC by signing this Agreement.

**I have had sufficient opportunity to read this entire document. I have read it and understand it.
I agree to be bound by its terms.**

Signature of Participant or parent: _____ Print Name: _____ Date: _____

PARENTS OR GUARDIAN'S ADDITIONAL INDEMNIFICATION

(Must be completed for participants under the age of 18)

In consideration of _____ (print minor's name) ("Minor") being permitted by SCC to participate in its activities and to use its equipment and facilities, I further agree to indemnify and hold SCC from any and all claims which are brought by, or on behalf of Minor and which are in any way connected with such use or participation by Minor.

Parent/Guardian: _____ **Print Name:** _____

Date: _____



Cheerleading Candidate Information Form

Student Name: _____ Grade 2020-21 _____

Street Address: _____

City: _____ Zip Code: _____

Student Cell Number: _____ Text Messages: YES or NO

Student Email Address: _____

Current Middle School: Durham McClure Awtrey Other: _____

Projected High School: Allatoona Other: _____

Parent/Guardian #1 Name: _____

Address (if different from above) _____

Home Phone Number: _____ Cell Number: _____

Email Address: _____

Parent/Guardian #2 Name: _____

Address (if different from above) _____

Home Phone Number: _____ Cell Number: _____

Email Address: _____

2020 Jr. Bucs Competition Squad Form

*By completing this form, you will be considered for the Competition Squad in addition to the sidelines team. Only fill out this form if you ARE interested in joining the COMPETITION squad. You must be a member of the sidelines squad to be on competition.

Name: _____

Grade entering: 6th 7th 8th

Position trying out for (you can select more than one):

Flyer

Base *Coaches will determine actual stunt positions over the course of the season.

Back

Standing Tumbling Skills:

None

BHS

Multiple BHS

Standing Tuck

Standing BHS Tuck

Specialty pass

Running Tumbling Skills:

Round off BHS

Round off multiple BHS

Round off Tuck

Round off BHS Tuck

Round off BHS Layout

Round off BHS Full or other specialty pass

Please READ and SIGN:

When trying out for competition I understand that I am trying out for the team which includes the potential to be an alternate. I understand that alternate positions will be designated later and could constantly change throughout the season. Should I be designated an alternate, I understand that I am still expected to attend all practices and competitions and responsible for all fees.

Cheerleader Signature

Parent Signature