



2024 – 2025 Tryout Information:

Football Sidelines/Competition/Basketball/Game Day

Tryout Clinic (All Candidates) – April 8th through April 11th

3:45 pm – 6:30 pm rising 9th, 10th, 11th and 12th grade students

Tryouts (All Candidates) – April 12th

3:45 pm – 6:30 pm rising 9th, 10th, 11th and 12th grade students

Rising 9th- Please do not get checked out for tryouts. Come once you get out and do not rush.
This will not affect your tryout result.

Announcement of Squads- Saturday April 13th

Squads will be posted on our Facebook(Allatoona High School Cheerleading) & Instagram (@ahsbucscheer) by **12:00 pm** on Saturday, April 13th. If you have any questions regarding squad results, Coach Gratzner will be available Monday April 15th ONLY via email (coachgratzner@gmail.com). I will not accept text or calls to my personal phone and will not be responding to email until Monday April 15th.

Please Note:

You must wear a white t-shirt (NO LOGOS) and black shorts to all three days of clinic and tryouts. Your hair should be in a high pony-tail with a white bow.

Please note that all clinics and tryouts are closed to spectators.

The following forms **MUST** be fully filled out, stapled together (**IN THIS ORDER**), and turned in to Coach Dau's (**Room 2208**) **NO LATER** than Friday, March 29th. (If you do not turn it in by March 29th at 3:45pm you will **NOT** be able to tryout):

_____ Cheerleading Policies Agreement Form (page 12)

_____ Explanation of Inherent Risk (page 13)

_____ Cheerleader Candidate Information Form (page 14)

_____ Permission to Photograph (page 15)

_____ Stingray Medical Release (page 16)

_____ Overnight Fieldtrip Permission Form (page 17)

_____ Big Sister/Little Sister Information Form (page 18)

_____ Cheer Squad Preference Form (page 19)

A current physical on the 2023-2024 Cobb County Physical Form is required no later than March 29th. If you already have a current physical on file at Allatoona High School, please indicate this on the Cheerleader Candidate Information Form (page 12). All candidates that are placed on a squad will need to obtain a NEW physical dated **AFTER April 1st** on the 2024-2025 Cobb County form AND upload it to Synergy ParentVue before they will be permitted to participate in any events, conditioning, etc. This is a COBB COUNTY policy!

Again, YOU MUST HAVE A PHYSICAL by March 29th or you will not be able to tryout- NO EXCUSES.

SQUAD SELECTION PROCESSES

NEW- This year, each cheerleading is required to cheer a minimum of two squads.

Varsity Football/Competition Squad:

All grade levels are eligible to try out for the Varsity Football/Competition squad. The selection process for the competition squad will be based on filling the positions required for a successful competition squad. As with any competition squad, it is imperative that every position be covered; therefore, the squad will consist of the following individuals: **4 flyers, 8 bases and 4 back spots.**

The individuals who qualify for one of the above spots (provided tumbling requirements are met) will be one of sixteen squad members. GHSA only allows **up to 16** individuals to perform at a given competition, therefore, every position is critical and squad chemistry is a must. ALL members of the Varsity Football/Competition squad will attend practices, competitions, and cheer at Varsity Football games.

IMPORTANT NOTE: Alternates for the competition squad will be selected during tryouts and named on our final squad. They will cheer Friday nights with Varsity. For competitions, they will be REQUIRED to compete with the JV Competition squad unless they are pulled up to fill/replace a spot on the Varsity floor. The only exception is if you are a SENIOR alternate who cannot cheer down on the JV Competition squad per GHSA rules.

Junior Varsity Football/Competition Squad:

Grade levels 9th-11th are eligible to try out for the Junior Varsity Football/Competition squad. The selection process for the competition squad will be based on filling the positions required for a successful competition squad. As with any competition squad, it is imperative that every position be covered; therefore, the squad will consist of the following individuals: **4 flyers, 8 bases and 4 back spots.**

The individuals who qualify for one of the above spots will be one of sixteen squad members. GHSA only allows **up to 16** individuals to perform at a given competition, therefore, every position is critical and squad chemistry is a must. ALL members of the Junior Varsity Football/Competition squad will attend practices, competitions, and cheer at Junior Varsity Football games.

Each cheerleader candidate will be scored based on the criteria detailed below:

- Cheer: Motion technique and sharpness.
- Dance: Timing, rhythm and motion technique.
- Jumps: Toe touch and one other jump of choice.
- Standing Tumbling
- Running Tumbling
- Stunting Ability
- Appeal: Showmanship and genuine spirit.
- Sportsmanship: Attitude and participation during tryouts.
- Appearance: Correct clothing and hair pulled back – off the shoulders (in a pony tail).

Varsity Basketball Cheerleading:

All grade levels are eligible to try out for the Varsity Basketball squad. Must have a sideline presence, good voice projection, rhythm for cheers, and no stunting or tumbling is required.

Varsity Game Day Competition:

All grade levels are eligible to try out for the Varsity Game Day squad. Game day squad may not have more than 24 cheerleaders. Must have a sideline presence, good voice projection, rhythm for band dance/fight song, basic stunt knowledge, and standing tumbling is a bonus (BHS/Tucks only).

Squads will be formed based on scores compiled from a panel of judges, fulfillment of the paperwork requirements, teacher feedback, and ultimately-coaches' final decision.



ALLATOONA HIGH SCHOOL – CHEERLEADING POLICIES

PURPOSE

The purpose of the Allatoona 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.

I. GENERAL OBJECTIVES

Cheerleaders are student athletes and must strive to achieve the highest standards both academically and physically. Cheering at Allatoona High School is a privilege, NOT a right.

II. 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.

III. UNIFORM RENTAL & UNIFORM PURCHASE

Some uniforms will be rented to cheerleaders by Allatoona High School. The rental fee is nonrefundable. The fee is used to help with the upkeep and maintenance of the uniforms and/or to purchase new uniforms. If a uniform does not fit, it may be altered – but NOT cut. Alterations are included in the rental fee and will be organized and handled by the Booster to protect the longevity of the uniforms.

Note: Returning cheerleaders are **NOT** guaranteed the same uniform in consecutive seasons.

Varsity Competitive Uniform: We purchased a new uniform in year 2022-2023. Every Varsity Competitive cheerleader will need to purchase, but once you purchase a new uniform will not be needed until 2025. We will be getting a new competition cheer uniform every 3 years. Once you are done, you can sell it or keep it. For the 2024-2025 season, it will be the last year of the competition VARSITY uniforms. New uniforms will be bought in the 2025-2026 season.

IV. BEHAVIOR AND DISCIPLINE

As a member of the Allatoona 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 High School, the Georgia High School Association, and Cobb County 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 an Allatoona 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***.
- **DEMERITS**: We will be continuing our DEMERIT system for the 2024-2025 season that will be shared at the parent/cheerleading meeting AFTER they make a squad. Please note, after a certain number of demerits the cheerleader is ***subject to immediate dismissal at the coaches' discretion***.

V. TRANSPORTATION

Cheerleaders will travel to and from football games by bus when the school provides a bus. Some exceptions may be made for competitions. Competition cheerleaders must coordinate transportation home from competitions (including the State competition in Macon, GA). Varsity Game Day will have a bus provided to and from the school for competition and state (location TBD). Varsity Basketball Squad will only do home games. We will travel for playoff games and that is when we will attempt to request a bus.

VI. 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, he/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.**

Please note, coaches will be getting weekly grade reports. If we feel as if the athlete needs to attend academic lounge during lunch or focus on tutoring before a practice, we will recommend that. They are STUDENT athletes; their education comes FIRST.

VII. VARSITY LETTERS

To be eligible for a varsity letter, a cheerleader must be on any Varsity squad and meet the following requirements:

- You 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 commitment for the entire year is completed.
- 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 teammates, be respectful, and give 100% all of the time.

All coaches' decisions are final.

VIII. ATTENDANCE POLICIES

As a member of the Allatoona 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.
- Excused absences are:
 - Death in the family.
 - Signed doctor's excuse that indicates time and date of the sickness or injury.
 - School-related trips.
 - 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. (THIS IS MANDATORY.)
- As a high school athlete, it is the responsibility of the **cheerleader** to communicate directly with the coaching staff regarding any attendance issues.

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.

Attendance issues will fall under our DEMERIT policy that will be later discussed once athlete makes a squad.

IX. COMMUNITY SERVICE COMMITMENTS

All cheerleaders are required to participate in **AT LEAST 20 hours** of community service that directly impacts the Allatoona High School community. This includes, but is not limited to, volunteering at the Pickett's Mill Spring Fling in April, visiting local middle/elementary schools on the Friday mornings of the varsity home games, working charity events hosted at Allatoona High School, such as participating in Shop with a Buc in December, moving mats from school to school, helping Coach Gratzner, conducting Youth cheer practices/events, or helping with any other Allatoona Cheerleading events.

X. PARTICIPANT APPAREL/ACCESSORIES

NFHS Spirit Rules Book: These are rules with which all schools in the state are required to abide.

Art. 1... A coach must not permit a squad member to participate if in the judgment of the coach, 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, including artificial nails, must be kept at a length appropriate to minimize risk for the participants. *(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.

XI. FINANCIAL RESPONSIBILITIES

Every attempt will be made to cut down on the personal costs to the cheerleader. All fees are non-refundable. If a cheerleader quits or is removed for any reason, a refund cannot be issued. **Please note that all prices listed below are approximate and do not include tax, etc.**

VARSITY FOOTBALL/COMPETITION FEES:

Varsity Football / Competition Base Fee:	Paid To	Amount
Choreography Camp	Booster	\$250
Music	Booster	\$75
Gym Fees (Aug - Nov)	Booster	\$250
Competition Fees	Booster	\$75
Sidelines Uniform Rental Fee (1)	Booster	\$75
Booster Club Fee (2)	Booster	\$50
Athletic Fee (3)	Booster	\$30
Hospitality Fee (4)	Booster	\$250
Team Photo (5)	Booster	\$75
Competition Uniform (6)	Booster	\$300
Team T-Shirt	Booster	\$30
Team Practice Wear (7)	BSN/Varsity	\$215
Poms	BSN/Varsity	\$48
Bows	Booster	\$35
Total Varsity Base Fees		\$1,758

Additional Varsity Fees (if applicable):

Senior Fee (8)	Booster	\$250
-----------------------	---------	--------------

Varsity New Cheerleader Fees (9):		
Warm Ups	BSN/Varsity	\$100
Rain Jacket	BSN/Varsity	\$80
Nfinity Backpack (UA Backpack \$50)	BSN/Varsity	\$90
UA Monogram Luggage	BSN/Varsity	\$65
Bloomers	BSN/Varsity	\$26
Megaphone	BSN/Varsity	\$66
Bodyliner (Turtleneck)	BSN/Varsity	\$26
Sideline White Shoe	BSN/Varsity	\$85
Black Comp Shoes Nfinity Vengeance	NFINITY ONLINE	\$120
Total Varsity New Cheerleader Fees		\$658

Varsity Payment Schedule:

Due Date:	Amount Due
April 18th, 2024 – At Fittings	BSN/Varsity Fees Due. \$245 for returning cheerleaders. Up to \$648 for new cheerleaders. (10) \$350 <u>Fundraising/Volunteer Deposit Check</u>
May 1st	\$0
June 1st	\$299
July 1st	\$299
August 1st	\$299
September 1st	\$299
October 1st	\$299
November 1st - Senior Fee Due	\$250

JUNIOR VARSITY FOOTBALL/COMPETITION FEES:

Junior Varsity Football / Competition Base Fees:	Paid To	Amount
Choreography Camp	Booster	\$225
Music	Booster	\$100
Gym Fees (Aug – Nov)	Booster	\$100
Competition Fees	Booster	\$75
Uniform Rental Fee (2 Football/1 Comp Uniform) (1)	Booster	\$250
Booster Club Fee (2)	Booster	\$50
Athletic Fee (3)	Booster	\$30
Hospitality Fee (4)	Booster	\$100
Team Photo (5)	Booster	\$75
Team T-shirt	Booster	\$30
Team Practice Wear (7)	BSN/Varsity	\$215
Poms	BSN/Varsity	\$48
Bows	Booster	\$25
Total Junior Varsity Base Fees		\$1,323

Additional Junior Varsity Fees (if applicable):

Junior Varsity New Cheerleader Fees (9):		
Warm Ups	BSN/Varsity	\$100
Rain Jacket	BSN/Varsity	\$80
Nfinity Backpack (UA Backpack \$50)	BSN/Varsity	\$90
UA Monogram Luggage	BSN/Varsity	\$65
Bloomers	BSN/Varsity	\$26
Megaphone	BSN/Varsity	\$66
Bodyliner (Turtleneck)	BSN/Varsity	\$26
Sideline White Shoes	BSN/Varsity	\$85
White Comp Shoes Nfinity Vengeance	NFINITY	\$120
Total Junior Varsity New Cheerleader Fees		\$658

Junior Varsity Payment Schedule:

Due Date:	Amount Due:
April 18th , 2024 - At Fittings	BSN/Varsity Fees Due. \$245 for returning cheerleaders. Up to \$648 for new cheerleaders. (10) <u>\$350 Fundraising/Volunteer Deposit</u> Check.
May 1st	\$0
June 1st	\$212
July 1st	\$212
August 1st	\$212
September 1st	\$212
October 1st	\$212

Varsity Basketball/Game Day Competition

<u>Doing Game Day and are on a Varsity or JV Sidelines/Comp Squad- \$185</u>	<u>Game Day/Basketball Only- \$305.00</u> <u>Game Day/Basketball Only Senior- \$555.00</u>
<ul style="list-style-type: none"> • Competition Poms \$15 • Team T-Shirt \$30 • Competition Fees \$40 (Includes two competitions) • Game Day Choreography \$100 	<p>Cost Includes the following</p> <ul style="list-style-type: none"> • Game Day Choreography \$100 <ul style="list-style-type: none"> • Uniform Rental \$65.00 • Team T-Shirt- \$30.00 <ul style="list-style-type: none"> • Bow \$10.00 • Basketball Poms \$45.00 • Competition Poms \$15 • Competition Fees \$40 (Includes two competitions) <ul style="list-style-type: none"> • Senior Fee \$250

Varsity & JV Male Cost Breakdown

Varsity Football / Competition Base Fee:	Paid To	Amount
Choreography Camp	Booster	\$250
Music	Booster	\$75
Gym Fees (Aug - Nov)	Booster	\$250
Competition Fees	Booster	\$75
Athletic Fee (3)	Booster	\$30
Hospitality Fee (4)	Booster	\$100
Team Photo (5)	Booster	\$75
Competition Uniform (6)	Booster	\$200
Team T-Shirt	Booster	\$30
Team Practice Wear (7)	BSN/Varsity	\$150
Black Nfinity Shoes for Comp (Varsity Only)	NFINITY	\$120
Nfinity Backpack (UA Backpack \$50)	BSN/Varsity	\$90
Total Varsity Base Fees for Male		\$1445.00
Additional Varsity Fees (if applicable):		
Senior Fee (8)	Booster	\$250

Due Date:	Amount Due:
April 18th , 2024 - At Fittings	BSN/Varsity Fees Due. \$270 or less for returning cheerleaders. Up to \$360 for new cheerleaders. (10) <u>\$350</u> <u>Fundraising/Volunteer</u> Deposit Check.
May 1st	\$0
June 1st	\$217
July 1st	\$217
August 1st	\$217
September 1st	\$217
October 1st	\$217

Explanation of Fees:

- (1) The uniform rental fee is used to help with the upkeep and maintenance of the uniforms, such as alterations, dry cleaning, replacement piece, etc. It is also used to purchase new uniforms at the coaches' discretion. Uniforms will not be distributed until any previous balance has been paid in full (or a payment plan has been established).
- (2) The booster club fee helps cover the costs of items such as, but not limited to, bank/credit card fees, tax return preparation, spirit materials such as tape, banner paper, paint, award costs for cheerleaders, coaching fees/wear, etc.
- (3) The athletic fee is to cover fee charged by Allatoona High School Athletics Department.

- (4) The hospitality fee helps cover theme nights, game day meals, bonding events, end of season gifts, etc.
- (5) The team photo fee will cover Neil Nigrelli Photography which will include a competition squad photo, banner and digital image.
- (6) The competition uniform fee covers the cost of a new competition uniform for each cheerleader. New competition uniforms will be purchased every 3 years.
- (7) Team practice wear includes 3 tanks, 3 sports bras and 3 shorts/skirts.
- (8) The senior fee helps cover senior flowers, sash, senior breakfast/event, senior gift, etc.
- (9) New cheerleader fees are for cheerleaders new to the program. If you cheered with Allatoona previously, these items are optional or purchased to replace previously purchased items if damaged or lost.
- (10) **Fundraising/Volunteer Duty:** Every cheerleader is **REQUIRED** to participate in **ALL** fundraising & volunteer duty activities. Scheduled fundraisers include but are not limited to: Group Fund, Little Bucs Cheer Camp, Raffle, Corporate Sponsorships, and other fundraising activities to be determined during the season. Every **cheerleader** is **REQUIRED** to physically participate in Little Bucs Cheer Camp (4 days TBD from 7:30am-12:00pm) and the Buc Bash Cheerleading Competition (all day). Every **parent** is **REQUIRED** to work **8 hours** of volunteer opportunities during the season **with 4 hours being volunteered at Buc Bash**. The parent volunteer opportunities will be outlined at the beginning of the season. Parent volunteer opportunities include activities such as working Little Bucs Cheer Camp or Buc Bash, moving mats, etc. **A \$350 fundraising/volunteer duty deposit check is due at fittings on April 18, 2024.** If the cheerleader and parent work their required hours, the fundraising/volunteer duty deposit check will be destroyed or returned at the end of the season. If the cheerleader and parent do not work their required volunteer hours, the fundraising/volunteer duty deposit check will be cashed at the end of the season.

XII. MANDATORY DATES

The following dates are **MANDATORY**. Failure to attend subjects the cheerleader to the possibility of immediate dismissal from the program. Please plan accordingly.

We commit to...	Dates	Times
Mandatory Parent Meeting	April 16 th Tuesday	6:00pm in Cafeteria
Fittings: Student and parent/guardian must attend fitting for uniforms/camp wear (all BSN and Varsity fees and duty deposits due)	April 18 th Thursday	4:00pm in Room 1406 (Enter through cafeteria) 4:00pm – 6:30pm
Practice for Little Bucs Cheer Camp (All Cheerleaders MANDATORY)	May 23 rd Thursday	9:00 am - noon at AHS
Conditioning (Varsity Football/Competition Squad)	June 4 th - July 31 st	Tues., Wed., Thurs.(9-11am) in Aux Gym
Conditioning (JV Football/Competition Squad)	Dates TBA	TBA
Little Bucs Cheer Camp (MANDATORY)	June 10 th - 13 th	7:30am - noon at AHS
Choreography Camp (Varsity Football/Competition Squad) (MANDATORY)	July 12 th & 13 th	9-4PM at AHS Aux Gym
Game Day Choreography Camp	June 17 th	9am-7pm (Lunch/Snacks Provided) location TBD
Varsity Stunt Camp	June 22 nd	9-5PM at Aux Gym (Lunch/Snacks Provided)
Varsity C3 Culture Workshop	June 27 th	9AM-12:30PM at North Forsyth High School
Choreography Camp (JV Football/Competition Squad)	TBA	Times TBA
Begin regular season football/competition practices (VARSITY)	August 1 st	VARSITY FOOTBALL/COMP: Monday & Thursday 4:30-6:30 P.M. @ Stingrays (North) Gym. Wednesday 3:45-5:30 P.M. at AHS Small Gym
Begin regular season football/competition practices(JV)	August 1 st	JV FOOTBALL/COMP: Competition: Monday & Wednesday 3:45- 5:30 P.M. at AHS Small Gym Football: Tuesday- 3:45-5:45PM Kovalsky Classroom
Varsity Basketball Cheer Practices	Staring October 29 th	Tuesday & Thursday 3:45-5:45PM Sherbondy Classroom
Varsity Game Day Practices	TBD	<u>TBD</u>
Buc Bash High School Cheerleading Competition (MANDATORY)	October 5 th	ALL DAY at AHS

GHSA Dead Weeks are scheduled for (May 27th through June 2nd & July 1st through July 7th)

2024-2025 CHEERLEADING POLICIES AGREEMENT FORM

I, as parent/guardian of the cheerleader candidate below, have read and fully understand the rules and regulations, included in the cheerleading policies above, which will govern my child if chosen to represent Allatoona High School as a cheerleader. I also understand that this is an extracurricular activity and that attendance at ALL practices, games, performances, camps, fundraisers and volunteer hours 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 Allatoona High School 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, volunteer hours and mandatory dates during the upcoming cheerleading season.

A PARENT/GUARDIAN MUST INITIAL EACH SECTION BELOW

_____(<initials) **Financial Responsibilities: We have read the financial responsibilities section of the cheerleading policies and understand our commitment to the fees, fundraising, volunteering and payment schedule outlined on pages 7 through page 9**

_____(<initials) **Mandatory Dates: We have read the mandatory dates section of the cheerleading policies and understand our commitment to those dates outlined on page 9.**

Printed Name of Athlete: _____ Grade Next School Year: _____

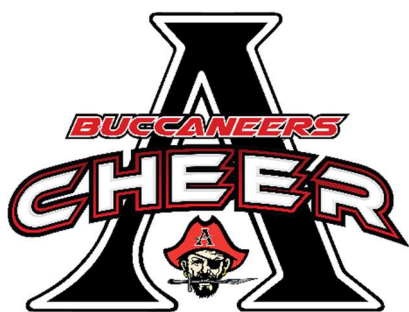
Signature of Athlete: _____ Date: _____

Printed Name of
Parent/Guardian: _____

Signature of Parent/Guardian: _____ Date: _____

**Take a second to make
sure that you initialed
on the lines provided
above the signatures.**

Thank you!



ALLATOONA 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 squad policies to decrease the possibility of serious injury.

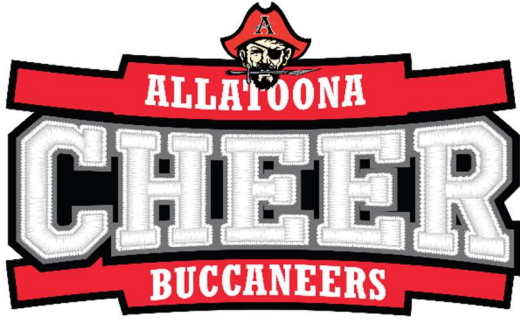
We have read the information above concerning the risks of cheerleading. We understand and assume all risks associated with trying out, practicing, and cheering at games/competitions. In signing this form, we assume the inherent risks of cheerleading and waive any further legal action by our heirs, estate,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

Signature of Athlete: _____

Name of Parent/Guardian: _____

Signature of Parent/Guardian: _____

Date: _____



Cheerleading Candidate Information Form

Student Name: _____ Grade 2024-25: _____

Street Address: _____

City: _____ Zip Code: _____

Student Cell Number: _____ Text Messages: YES or NO

Student Email Address: _____

T-Shirt/Hoodie Size: _____ Sweatpants Size: _____

Shoe Size: _____

Parent/Guardian #1 Name: _____

Address (if different from above) _____

Home Phone Number: _____ Cell Number: _____

Email Address: _____ Text Messages: YES or NO

Parent/Guardian #2 Name: _____

Address (if different from above) _____

Home Phone Number: _____ Cell Number: _____

Email Address: _____ Text Messages: YES or NO

Current Physical on file at Allatoona High School: YES or NO

If yes, name of sport: _____



Please carefully read this entire form. This form must be completed in full, signed, and returned before your child may participate in any Activities (as defines below).

Turn this form in with your completed packet. You do NOT need to turn this in if you are doing Online Registration.

PARTICIPANT AGREEMENT (Waiver of Liability)

As parent or legal guardian of _____, a minor ("Minor"), and in consideration for Minor's participation in the cheerleading, dance and other activities and services, including, without limitation, travel to and from such activities, competitions, conferences, meetings, and other events that may require travel (collectively, the "Activities"), conducted and provided by STINGRAY CHEER COMPANY, INC., a Georgia corporation; STINGRAY SPORT CENTER, LLC, a Georgia limited liability company; STINGRAY BRANDS, LLC, a Georgia limited liability company, and their respective affiliated entities, owners, agents, officers, employees, representatives, and all other persons or entities acting in any capacity on their behalf (collectively, "SA"), I AGREE AS FOLLOWS:

I. Liability Release. ON BEHALF OF MYSELF AND MY HEIRS, ASSIGNS, EXECUTORS, AND ADMINISTRATORS, I RELEASE AND FOREVER DISCHARGE SA FROM ALL CLAIMS, JUDGEMENTS, LOSSES, LIABILITIES, DAMAGES, COSTS, AND EXPENSES (COLLECTIVELY, THE "CLAIMS") OF ANY NATURE ARISING OUT OF OR IN ANYWAY RELATED TO THE MINOR'S PARTICIPATION IN THE ACTIVITIES WHETHER OCCURRING ON THE PREMISES OF ANY SA LOCATION OR ANY OTHER LOCATION; I FURTHER AGREE TO DEFEND, INDEMNIFY, AND HOLD HARMLESS SA FROM AND AGAINST ANY AND ALL SUCH CLAIMS, INCLUDING, WITHOUT LIMITATION, ATTORNEYS' AND OTHER PROFESSIONALS' FEES AND COSTS. I understand that this release and discharge of Claims includes, without limitation, any Claims based on the negligence, action, or inaction of SA and covers personal and bodily injury (including death) and property damage, whether suffered by Minor before, during, or after participation in any Activities, and includes all Claims arising from the publication of use of any photograph, videotape, or narrative in any media. I acknowledge that SA makes no representations or warranties, either express or implied, regarding the condition or suitability of SA's or any other locations or equipment for the Activities. The laws of the State of Georgia shall govern this release and indemnity agreement.

II. Medical Release. I acknowledge and agree that Minor's participation in the Activities subjects Minor to the possibility of physical illness or serious injury (including death). I further acknowledge and agree that Minor is assuming the risk of such physical illness or serious injury (including death) by participating in the Activities. In the event of such physical illness or injury, I authorize SA to obtain necessary medical treatment for Minor and I release, hold harmless, and forever discharge SA from any Claims arising from or related to any physical illness or serious injury (including death) and to the exercise of this authority. I further acknowledge and agree that I will be responsible for any and all medical and related costs and expenses incurred by and on behalf of Minor for any such physical illness or injury.

III. Appearance Agreement. I understand that SA may from time to time produce promotional and other audio or visual materials and media relating to the Activities (the "Promotional Material"). I understand that, as a participant in or spectator of such Activities, Minor may be included in video recordings, audio recordings, photographs, and images taken during Activities for use in Promotional Material. THEREFORE, I HEREBY ASSIGN, TRANSFER, AND GRANT TO SA, WITHOUT RESERVATION OR LIMITATION, THE ROYALTY-FREE, EXCLUSIVE RIGHT TO USE SUCH VIDEO RECORDINGS, AUDIO RECORDINGS, PHOTOGRAPHS, AND IMAGES OF MINOR, AS WELL AS MINOR'S NAME, LIKENESS, PERSONAL AND DEMOGRAPHIC INFORMATION, VOICE AND APPEARANCE AS PART OF ANY PROMOTIONAL MATERIAL. IN GRANTING THIS LICENSE, I HEREBY WAIVE ANY RIGHT TO INSPECT OR APPROVE ANY SUCH PROMOTIONAL MATERIAL PRIOR TO PUBLICATION. I FURTHER AGREE THAT, UPON THE REQUEST OF SA, I SHALL IMMEDIATELY REMOVE OR TAKE DOWN ANY PROMOTIONAL MATERIALS THAT MINOR OR I HAVE UPLOADED OR POSTED TO ANY WEBSITE OR SOCIAL MEDIA PLATFORM (INCLUDING, BUT NOT LIMITED TO, FACEBOOK, TWITTER, INSTAGRAM AND YOUTUBE), OR IN ANY OTHER PUBLIC FORUM.

IV. Confidentiality. I acknowledge and agree that SA develops and creates unique and valuable proprietary dance routines, cheerleading routines, training techniques, and other intellectual property that are unique and valuable to SA and that may be used to prepare for and participate in competitive events (collectively, the "Intellectual Property"); I further acknowledge and agree that maintaining the confidential and proprietary nature of the Intellectual Property is of the utmost importance to SA and its competitive success. I understand that I may video-record, audio-record, photograph, or take other images of the Intellectual Property solely for my, Minor's, or Minor's immediate family's personal, non-commercial use; PROVIDED ALWAYS, HOWEVER, THAT MINOR AND I SHALL NOT POST OR UPLOAD ANY SUCH RECORDINGS OR IMAGES TO ANY WEBSITE OR SOCIAL MEDIA PLATFORM (INCLUDING, BUT NOT LIMITED TO, FACEBOOK, TWITTER, INSTAGRAM, AND YOUTUBE), OR IN ANY PUBLIC FORUM WITHOUT THE PRIOR WRITTEN CONSENT OF SA.

V. Breach. I ACKNOWLEDGE AND AGREE THAT ANY BREACH OR THREATENED BREACH OF SECTION IV OF THIS AGREEMENT WILL CAUSE SA IRREPARABLE INJURY FOR WHICH NO ADEQUATE REMEDY AT LAW IS AVAILABLE AND I CONSENT TO THE ISSUANCE OF AN INJUNCTION PROHIBITING ANY CONDUCT VIOLATING THE TERMS OF SECTION IV. I ACKNOWLEDGE THAT ANY VIOLATION OF THIS AGREEMENT BY MINOR OR BY ME MAY RESULT IN MINOR BEING SUSPENDED FROM OR PERMANENTLY EXPELLED FROM PARTICIPATION IN SOME OR ALL ACTIVITIES AND MY SUSPENSION FROM ATTENDING AND SPECTATING SOME OR ALL ACTIVITIES. I ACKNOWLEDGE THAT IN ANY CASE WHERE MINOR IS SUSPENDED OR PERMANENTLY EXPELLED FROM PARTICIPATION IN SOME OR ALL ACTIVITIES, I WILL NOT BE ENTITLED TO ANY REFUND OF ANY AMOUNTS PAID FOR PARTICIPATION IN ANY CURRENT OR FUTURE ACTIVITIES.

I have had sufficient time and opportunity to read this agreement. I have read this document in its entirety and understand it. Therefore, by affixing my signature below, I agree to be bound by the terms of this agreement.

PARENT/GUARDIAN:

MINOR:

SIGNATURE

SIGNATURE

NAME (PRINT)

NAME (PRINT)

DATE

DATE



PERMISSION TO PARTICIPATE IN OVERNIGHT TRIPS

Student's Name: (PLEASE PRINT): _____

This permission form has been signed only after understanding and considering the following:

- 1. Trip Planned:** [Describe the trip planned, including the place to be visited, and the dates, times and places of departure and return.]:
State
- 2. Purposes of Trip:** [Describe the purposes of the trip.]: To participate in the GHSA State Tournament
- 3. Supervision:** [Describe the supervision to be provided throughout the trip.]: Cheerleading Coaches
- 4. Transportation:** [Describe the method students will be transported.]: County Bus Transportation/Charter Bus
- 5. Requirements:** [Describe any special requirements (e.g. ability to swim) which are imposed on students who participate, including bringing certain items on the trip (e.g., life jacket).]: N/A
- 6. Expectations and Instructions:** [Describe expectations and instructions. If there are unique dangers, mention the dangers (e.g., because of the danger of drowning, the student is expected to wear a life jacket at all times.)]: N/A

I understand the above expectations/special instructions and acknowledge that my child is expected to comply with them. Further, I have instructed my child to comply with them as well as other directions given by trip supervisors. -

7. Insurance: I understand that the Cobb County School District (District) does not or may not carry any insurance relative to the trip, including the cost of the trip, or for injuries to the student. I represent that the student has insurance either through the student accident insurance offered by the District or through my own insurance carrier.

I (Parent/Guardian Name-PLEASE PRINT): _____ acknowledge that participation in the field trip described above is not mandatory and that a quality alternative instructional experience will be provided to those students choosing not to participate. I request that the above-named student be allowed to participate in the trip planned and specifically consent to his/her participation.

If any emergency medical procedures or treatment are required during the trip, I consent to the trip supervisors(s) taking, arranging for or consenting to the procedures or treatment in his/her or their discretion.

I agree to release, indemnify, and hold harmless the Cobb County School District (District), its Board of Education, and its employees, agents, or assignees, as well as its approved adult trip supervisors ("District Indemnitees") from and forever promise not to sue them ~~on any and all claims, demands, rights, causes of action, liabilities, losses, damages, costs and expenses (including reasonable attorneys' fees)~~, whether known or unknown, that I, any other parent or guardian of the above-named student, or the student may have or may allege to have against the District Indemnitees or which may be brought against the District Indemnitees arising out of or in any manner relating to the student's participation in the field trip, ~~including but not limited to the rendering of emergency medical procedures or treatment.~~ **NOTE:** This form must be signed by student if the student is 18 years of age or older.

Name of Student (PLEASE PRINT) _____ Signature of Student _____ Date _____

Name of Parent/Guardian (PLEASE PRINT) _____ Signature of Parent/Guardian _____ Date _____

Home Address: _____

Telephone: Home: _____ Cell: _____ Work: _____



BIG/LITTLE CHEERLEADER INFORMATION SHEET

Cheerleader Name: _____ Grade: _____
Cell Number: _____ Birthday: _____
Do you text message? Yes: ____ No: _____ Shirt Size: _____

What is your monogram (first, last, middle initial)? _____

What is your room theme/color? _____

What do you like from:

- McDonalds? _____
- Chic-fil-A? _____
- Starbucks? _____

What is your favorite:

- candy? _____
- color? _____
- drink? _____
- pattern? _____
- snack (non-candy)? _____
- sports team? _____
- store? _____
- Victoria Secret/Bath & Body Works scent? _____

What would you like from the coffee shop? _____

If you could receive a gift card from anywhere (food, clothes, movie, etc.), where would it be?

List 4 random things/items that would make you smile?

- 1.) _____
- 2.) _____
- 3.) _____
- 4.) _____



ALLATOONA HIGH SCHOOL CHEERLEADING SQUAD PREFERENCE FORM

Athlete's Name: _____ Grade next school year: ____

When making your selections it is important that you consider the time and monetary commitments involved with each squad. Your overall score and preference (in that order) determine the final results of tryouts.

Please check off any squad that you want to be considered for.

Cross through any squad that you DO NOT want to be considered for. (For example, if you do not want to cheer for Junior Varsity Football/Competitive, you would cross out the choices that contain Junior Varsity Football/Competitive).

Rising 9th, 10th, and 11th Grade Students	Rising 12th Grade Students
<p>____ Varsity Football Sidelines and Varsity Competitive</p> <p>____ Junior Varsity Football Sidelines and Junior Varsity Competitive</p> <p>____ Varsity Basketball Sidelines</p> <p>____ Varsity Game Day Competition (Please remember, in order to do GAME DAY competition, you must do either Varsity Football sidelines or Varsity Basketball Sidelines)</p>	<p>____ Varsity Football Sidelines and Varsity Competitive</p> <p>____ Varsity Basketball Sidelines</p> <p>____ Varsity Game Day Competition (Please remember, in order to do GAME DAY competition, you must do either Varsity Football sidelines or Varsity Basketball Sidelines)</p>

Please keep in mind that you will only be considered for the squads you check off. Therefore, if you do not make any of the squads that you checked, you will not cheer this season.

Athlete's Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____