



Allatoona Cheerleading Program

1st Step- Please join our TRYOUT Band APP for information & updates



Important Tryout Dates:

Interest Meeting (Parent and/or Athlete MUST Attend):

Thursday February 13th 6PM AHS Cafeteria

Applications Due: Friday March 7th, 2025 by 4PM

Clinic Days: Mon. -Thurs. March 10th-13th, 2025

Official Tryout: Friday March 14th, 2025

Allatoona Cheerleading Tryout Overview:

<u>Day</u>	<u>Squads</u>	<u>Time</u>	<u>Location</u>
Monday 3/10	Football & Game Day Cheer	3:45-5:45PM	Allatoona Aux Gym
Tuesday 3/11	Basketball Cheer ONLY	3:45-5:45PM	Allatoona Aux Gym
Wednesday 3/12	Traditional Competition ONLY	4-6:00PM	Allatoona Aux Gym
Thursday 3/13	ALL SQUADS	3:45-5:45PM	Allatoona Aux Gym
Friday 3/14	Official Tryout with Judges	4:00-7:00PM <small>(This may vary depending on how many candidates trying out.)</small>	Allatoona Aux Gym

Tryout Miscellaneous Information:

All information is subject to change at the discretion of the head coach. If changes arise, communication will be posted on the BAND app & cheer Instagram page (@ahsbucscheer)

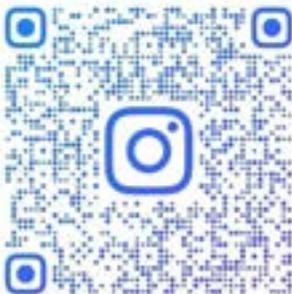
Participants Wear	DO NOT WEAR THE FOLLOWING
<ul style="list-style-type: none"> ○ Solid/Plain white, red, black shorts, tanks, or shirts- Allatoona attire accepted. ○ Cheer Shoes (White or Black) ○ Hair up with WHITE bow. 	<ul style="list-style-type: none"> ○ Any Jewelry: Earrings, Belly Button Rings, Nose Rings, Necklaces, etc. ○ Nails that extend past fingertips. ○ Inappropriate length shorts/low tanks

- Attendance is required for all days of tryouts that pertain for your squads desired. If you have a school sport that conflicts- it is your responsibility to communicate with Coach Gratzner those dates.
- Monday of tryouts, the material will be posted on the BAND app. Music to practice the dance will also be posted.
- Coaches reserve the right to conduct interviews throughout the tryout process to see that athletes have a clear understanding

Please Note that all clinic days and tryouts are closed to spectators.

Tryout Results

Tryout results will be posted by Friday March 14th by 9PM on the BAND App, Our Facebook Page–Allatoona High School Cheerleading, and the @ahsbucscheer Instagram. All coaches' decisions will be final.

BAND App QR Code	AHS Cheer Instagram	AHS Facebook Page
		

Tryout Checklist

The following forms/links MUST be fully filled out, stapled together (**in this order**), and turned in to Coach Gratzner (**Room 2405**) **NO LATER** than Friday, March 7th. (If you do not turn it in by February 28th at 4pm you will **NOT** be able to tryout. **NO EXCEPTIONS WILL BE MADE.**)

** If you are an 8th grader, please fill out forms, and put in a sealed envelope with Attn: Coach Gratzner and drop off in the Front Office**

Cheerleader Candidate Form	Cobb County Athletic Registration	Teacher Recommendations
 <p>Step 1: Complete this form online</p>	 <p>Step 2: Make sure you have a CURRENT physical on file.</p>	 <p>Step 3: You must give us TWO names of current teachers who we will send a recommendation link to.</p>

- _____ Cheerleading Policies Agreement Form (page 13)
- _____ Explanation of Inherent Risk (page 14)
- _____ Permission to Photograph- Cobb County Form (page 15)
- _____ Authorization to Give Medication- Cobb County Form (page 16)
- _____ Stingray Medical Release (page 17)
- _____ Overnight Fieldtrip Permission- Cobb County Form (page 18)
- _____ Big Sister/Little Sister Information Form (page 19)
- _____ Underclassmen Cheer Squad Preference Sheet (page 20) **Only underclassmen turn this in***
- _____ Senior Cheer Squad Preference Sheet (Page 21) **Only Seniors turn this in***

A current physical on the 2024-2025 Cobb County Physical Form is required no later than March 7th. If you already have a current physical on file at Allatoona High School, please indicate this on the Cheerleader Candidate Information Form (LINK ABOVE). All candidates that are placed on a squad will need to obtain a NEW physical dated **AFTER April 1st** on the 2025-2026 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! **DO NOT THROW YOUR PHYSICAL AWAY!** Please be ready to upload again for the upcoming 2025-2026 school year.

Again, YOU MUST HAVE A PHYSICAL by March 7th or you will not be able to tryout.

Example of the Character Reference Link

Allatoona Cheerleaders are expected to act as “ambassadors” and role models for our school. For this reason, we are asking that each candidate submit two character references from two current teachers. These evaluations will not be shared, so please give an honest rating based on your knowledge of the candidate in question. In order to ensure that confidentiality is maintained, please return forms directly to Anette Gratzer, Room 2405.

All recommendations need to be returned no later than March 7th for all squads

Name of Candidate: _____

Referred by: _____

Relationship to Candidate: _____

On a scale of 1 to 5 (1 being the worst and 5 being the best), please rate the candidate in each of the areas listed below.

- ✓ Ability to get along with others _____
- ✓ Attitude _____
- ✓ Cooperation _____
- ✓ Attendance and punctuality _____
- ✓ Dependability _____
- ✓ Handles challenges and setbacks _____

Please feel free to include any general comments about the character of this individual that you feel may be of help to us in our selection process:
Thank you for assisting us in choosing the best possible role models for our school! If you have any questions, please feel free to contact me via email. My email address is coachgratzer@gmail.com.

Sincerely,

Anette Gratzer

Allatoona HS Cheer Coach/Program Director

Important/Mandatory Dates

Event	Dates	Times/Location
Uniform Distribution - This is a distribution just for the CURRENT uniforms that we have in stock. We are trying to see which pieces we will need to fill for Tuesday March 18 th .	Saturday March 15th, 2025	9AM-10AM Seniors Only 10AM-11AM Juniors Only 11AM-12PM Sophomores Only 12PM-1PM Freshman Only Room 1405
<u>Mandatory</u> Parent Meeting	Monday March 17th, 2025	6PM in the AHS Cafeteria
<u>Mandatory</u> Fittings for Apparel	Tuesday March 18th, 2025	4:00-4:30PM Seniors 4:30- 5:00PM Juniors 5:00-5:30PM Sophomores 5:30-6:00PM Freshman Room 1405
<u>Mandatory</u> Little Bucs Cheer Camp PRACTICE	Thursday May 22nd, 2025	9AM-12PM at AHS Aux Gym
<u>Mandatory</u> Little Bucs Cheer Camp	June 9th-12th	7:30AM-12:00PM at AHS MAIN GYM
<u>Mandatory</u> Varsity Traditional Comp. (C3 Workshop)	Friday June 13th, 2025	North Forsyth High School 1-5PM
Varsity Traditional Competition Summer Conditioning	Starting June 3rd-July 24th, 2025	Tuesday, Wednesday, and Thursday Aux Gym 9-11AM
<u>Mandatory</u> Varsity Stunt Camp	Saturday June 21st	9-4PM at AHS Aux Gym
<u>Mandatory</u> Varsity Traditional Comp Choreography	July 18th and July 19th	9-4PM at the AHS Aux Gym
JV Traditional Competition Conditioning	Starting June 3rd-July 24th, 2025	Tuesdays & Thursdays 9-11AM at Aux Gym
JV Traditional Comp Choreography	June- Dates TBA	9-4pm Aux Gym at AHS
Game Day Competition Choreography	TBA- Will take place in the Summer	TBA
Team Practices for ALL SQUADS-	TBD	TBD
<u>Mandatory</u> Buc Bash Competition	October 4th, 2025 Saturday	Allatoona High School- All Day
Both Varsity Traditional & Game Day Competition Squads STATE tournament	TBA- We are still waiting for GHSA to release those dates. As soon as we receive we will put out.	TBA- In the past it has been the following, but it is subject to change: Traditional in Macon, GA Game Day in Columbus, GA

Juniors/Seniors:

One of the things that may be on your mind is taking the SAT/ACT. I have attached the schedules of the following test so that you may go ahead and schedule ahead. Please **DO YOUR BEST** to not schedule these dates on competition days.

SAT DATES	ACT DATES
May 3 rd , 2025 June 7 th , 2025 August 23 rd , 2025 (Beautiful date to take 😊) September 13 th , 2025 (Varsity will be competing) October 4 th , 2025- BUC BASH (DO NOT TAKE) November 8 th , 2025 (Sectionals- DO NOT TAKE) December 6 th , 2025 (Last year Game Day was around this time)	April 5 th , 2025 June 14 th , 2025 July 12 th , 2025 Fall Dates have not been posted yet!

SQUAD SELECTION PROCESSES

Varsity Traditional Competition Squad:

All grade levels are eligible to try out for the Varsity Traditional 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 Competition squad will attend practices, competitions, and sectionals/state.

IMPORTANT NOTE: If a need for an alternate occurs, the first place we will pull from is Varsity Football Sidelines and/or Junior Varsity Competition Squad.

Junior Varsity Traditional Competition Squad:

Grade levels 9th-11th are eligible to try out for the Junior Varsity Traditional 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 Traditional Competition squad will attend practices, competitions, and cheer at Junior Varsity Football games.

Varsity Game Day Competition Squad:

All grade levels are eligible to try out for the Varsity Game Day Competition squad. When looking for the ideal Game Day candidate we are looking for candidates with clean motions, sharpness, projection, genuine sidelines presence, showmanship, and able to exude school pride & spirit. Per Varsity/GHSA rules, we are only able to fit **24 athletes** on this squad.

All Sideline Spirit Squads:

All grade levels are eligible to tryout for sideline squads, except for Seniors who may not be on a JV football sidelines squad per GHSA rules. When looking to fill these squads we are looking for clean motion, sharpness, projection, sidelines presence, showmanship, and most importantly a tremendous amount of school pride. We do not have a set number of athletes that can be on each sidelines squad.

Game Day, Basketball Sidelines, and Football Sidelines Will be scored based on the criteria detailed below:	Traditional Competition Squads Will be scored based on the criteria detailed below:
<ul style="list-style-type: none"> • Cheer: Motion technique and sharpness. • Dance: Timing, rhythm and motion technique. • Jumps: Toe touch and one other jump of choice. • Standing Tumbling • Projection/Sideline Presence • 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). • Teacher Recommendations 	<ul style="list-style-type: none"> • 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). • Teacher Recommendations

Squads will be formed based on scores compiled from a panel of judges, fulfillment of the paperwork requirements, teacher recommendations, and the 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 will be purchasing a new uniform this year 2025-2026. Every Varsity Competitive cheerleader will need to purchase, but once you purchase it will be good for the next two years. We will be getting a new competition cheer uniform every 3 years. Once you are done, you can sell it or keep it.

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.***
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- **DEMERITS:** The DEMERIT system for the 2025-26 season 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 and/or Columbus, GA).

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. We reserve the right to have your athlete sit out of any practice, game, event, or competition if they are failing 2 or more classes. If there is 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 the Varsity squad and meet the following requirements:

- Cheerleaders may not order a varsity jacket without the recommendation of Coach Gratzner. This means that the cheerleader must demonstrate a positive attitude, work well with her teammates, be respectful, and give 100% all of the time.
- In order to be able to letter, cheerleader must fulfill their community service hours as well (20 hours). If you do not complete you will not receive approval for letterman jacket OR patches for that year.
- Those dismissed from the program for any reason will not receive a letter.

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.
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- 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.

If the 20 hour requirement is not met, your cheerleader may not letter and/or get approval from the coaching staff for their letterman jacket and/or not receive their patches for that year.

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.**

Everyone on each squad will have to pay a one time fee

Item	Paid To:	Amount
Booster Club Fee (1)	Booster	\$50
Athletic Fee (2)	Booster	\$30
Hospitality Fee (3)	Booster	\$250
Team Photo (4)	Booster	\$75
Team Practice Wear (5)	Varsity/Booster	\$150
Uniform Rental Fee (6)	Booster	\$100
Senior fee (If applicable) (7)	Booster	\$250

Total: \$655 Senior: \$905

- (1) 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.
- (2) The athletic fee is to cover fee charged by Allatoona High School Athletics Department.
- (3) The hospitality fee helps cover theme nights, game day meals, bonding events, end of season gifts, etc.
- (4) The team photo fee will cover Neil Nigrelli Photography which will include a competition squad photo, and a digital image. (Additional shots will be paid directly to Neil Nigrelli via venmo.)
- (5) Team practice wear includes 2 tanks, one program wide t-shirt, and 2 shorts.
- (6) 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).
- (7) The senior fee helps cover senior flowers, sash, senior breakfast/event, senior gift, etc.

New to Program Cheerleader Only

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.

Warm-Up's: The current warm up's that previous cheerleaders have bought have been discontinued. We will NOT be utilizing warm up's this year. We WILL be planning to buy NEW program wide Warm Up's next year, so please plan accordingly.

Item	Paid to:	Amount:
Rain Jacket	BSN	\$80
UA Backpack	BSN	\$90
UA Monogram Luggage	BSN	\$65
Megaphone	Varsity	\$85

Varsity Traditional Competition Squad Only

Item	Paid To:	Amount:
Choreography Camp	Booster	\$240
Music	Booster	\$75
Stingray Gym Fees (Aug-Nov)	Booster	\$250
Competition Registration Fee	Booster	\$50
Competition Day Jacket	Varsity	\$70
Competition Bow	Booster	\$14
Team T-Shirt	Booster	\$25

Total: \$724

Junior Varsity Traditional Competition Squad Only

Item	Paid To:	Amount:
Choreography Camp	Booster	\$240
Music	Booster	\$75
Team T-Shirt	Booster	\$25
Competition Registration Fee	Booster	\$50
Competition Day Jacket	Varsity	\$70
Competition Bow	Booster	\$14

Total: \$474

Varsity Football Sidelines Only

Item	Paid To:	Amount:
Poms	Booster	\$48
Bows (2)	Booster	\$16
Team Sweatshirt	Booster	\$25
Game Day Shoes	Varsity	\$90
Red and Black Liner	Varsity	\$52
Red and Black Bloomers	Varsity	\$52

Total: \$283

Junior Varsity Football Sidelines Only

Item	Paid To:	Amount:
Poms	Booster	\$48
Team Shirt	Booster	\$25
Bows (2)	Booster	\$16
Game Day Shoes	Varsity	\$90
Black Liner	Varsity	\$26
Black Bloomers	Varsity	\$26

Total: \$231

Varsity Basketball Squad Only

Item	Paid To:	Amount:
Poms	Booster	\$48
Team Shirt	Booster	\$25
Bow	Booster	\$8
Black Liner	Varsity	\$26
Black Bloomers	Varsity	\$26
Game Day Shoes	Varsity	\$90

Total: \$223

Varsity Game-Day Competition

Item	Paid To:	Amount:
Choreography	Booster	\$215
Bow	Booster	\$8
Team Shirt	Booster	\$25
Black Liner	Varsity	\$26
Black Bloomers	Varsity	\$26
Game Day Shoes	Varsity	\$90

Total: \$390

Seeing as how everyone will have a different invoice amount according to what they order and what squads they are on, we will make sure that your items that you purchase will reflect correctly on your invoice. Here will be the general breakdown for payments.

Due Date:	Amount:
March 18th at Fittings	Anything that you need to pay for BSN and Varsity will be calculated and you will get sent a link to pay. You will also need to bring a check for \$200 volunteer fee(1) this night.

Remainder of your invoice will be split up into 7 months
May 1st, 2025 June 1st, 2025 July 1st, 2025 August 1st, 2025 September 1st, 2025 October 1st, 2025 November 1st, 2025

(1) Volunteer Duty: 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, Buc Bash, moving mats, serving on a booster club sub-committee, helping with competition/game day activities, etc.). **A \$200 volunteer duty deposit check is due at fittings on March 18th, 2025.** If the cheerleader and parent work their required hours, the 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 volunteer duty deposit check will be cashed at the end of the season.

2025-2026 CHEERLEADING POLICIES AGREEMENT FORM
(Please make sure to INITIAL & SIGN this document)

I, as parent/guardian of the cheerleader candidate below, have read and fully understand the rules and regulations, included in the cheerleading polices 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 10 through page 12**

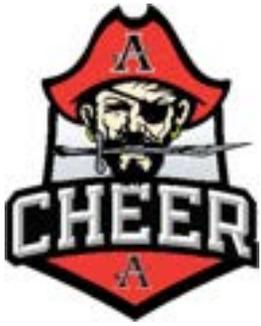
_____ (<initials) **Mandatory Dates: We have read the mandatory dates section of the cheerleading policies and understand our commitment to those dates outlined on page 5.**

Printed Name of Athlete: _____
Signature of Athlete: _____

Grade Next School Year: _____
Date: _____

Printed Name of Parent/Guardian: _____
Signature of Parent/Guardian: _____

Date: _____



**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: _____



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)

AUTHORIZATION TO GIVE MEDICATION

If medication can be given at home, before or after school hours, please do so. If medication must be given during school hours, this Form must be completed and filed with the School Clinic.

STUDENT'S NAME: _____

TEACHER: Any cheerleading coach GRADE: _____

I authorize the Cobb County School District to assist my child in taking this medication. I understand that:

- Medications must be in the original labeled container. Pharmacists may provide two labeled bottles for this purpose. Medications sent in an unlabeled container will not be given. If your child takes daily medication, please send an extra bottle to be used for field trips and After School Program.
- Written permission of the parent/guardian is required for the administration of all medications.
- The parent/guardian must inform the school of any medication changes. New medication or new doses will not be given unless a new form is completed.
- Medications must be brought to the office/clinic by the parent/guardian.
- Unused medication will be disposed of unless picked up within one week after medication is discontinued. If medication is given throughout the school year, medication will be disposed of according to the medication Rule Section IX.

NAME OF MEDICATION: Ibuprofen, Acetaminophen, Naproxen, Midol

DOSE: On bottle ROUTE*: Oral TIME(S) to be given: As needed

DATE TO DISCONTINUE MEDICATION: _____

CONDITION/ILLNESS REQUIRING MEDICATION: June 1, 2022



POSSIBLE SIDE EFFECTS, IF ANY: Various

Licensed Health Care Provider: _____

Licensed Health Care Provider's Phone: _____

I hereby release and discharge and further agree to indemnify, hold harmless, or reimburse the Cobb County Board of Education, the Cobb County School District, its employees, agents, representatives, and all other officials, from any and all claims, actions, suits, losses, costs, expenses and liability in case of accident or any other mishap because of negligence in administering such medication or because of side effects, illness or any other injury which might occur to my child through administering such medication. And, I hereby release said aforementioned board, district, employees and officials from any liability, suit or claims of whatever nature and kind, which might arise as a result of administering the medication in accord with this request.

Parent/Guardian Signature

Date

Home Phone: _____ Work Phone: _____ Pager/Cell Phone: _____

*Route: The method that medication is administered, such as by mouth, injection, inhaler, rectum, etc.



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 Crime 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 or 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: _____ Page 18



BIG SIBLING/LITTLE SIBLING 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:

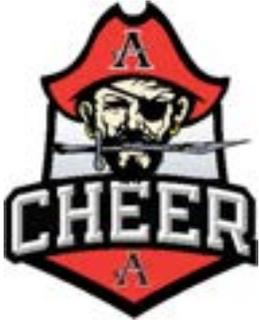
- candy? _____
- color? _____
- drink? _____
- pattern? _____
- snack (non-candy)? _____
- sports team? _____
- store? _____
- Victoria Secret/Bath & Body Works scent? _____

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 CHEER UNDERCLASSMEN PREFERENCE SHEET

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

When making your selections it is important that you consider the time and monetary commitments (**Pages 10-12**) involved with each squad. Your overall score and preference (in that order) determine the results of tryouts. To be considered for a squad, you **MUST** attend the designated tryout day for that squad **AND** the Thursday for (ALL SQUADS.)

Please **CIRCLE** any squad and/or squad combination that you want to be considered for.

UNDERCLASSMEN PREFERENCE SHEET

SINGLETON PREFERENCE

If you are **ONLY** wanting to be considered for **ONE SQUAD** at a time, **CIRCLE** your preference(s) (in the order of preference) below:

PREFERENCE #1	Varsity Sidelines	Varsity Traditional Competition	Varsity Game Day Competition	Varsity Basketball	JV Traditional Competition	JV Sidelines
PREFERENCE #2	Varsity Sidelines	Varsity Traditional Competition	Varsity Game Day Competition	Varsity Basketball	JV Traditional Competition	JV Sidelines
PREFERENCE #3	Varsity Sidelines	Varsity Traditional Competition	Varsity Game Day Competition	Varsity Basketball	JV Traditional Competition	JV Sidelines

MULTIPLE SQUAD COMBINATIONS

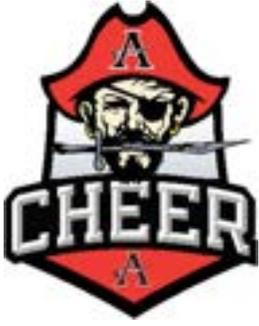
If you want to be considered for **COMBINATIONS OF MULTIPLE SQUADS** at a time, **CIRCLE** your **COMBINATION** preference(s) (in the order of preference) below:

PREFERENCE #1	Varsity Sidelines	Varsity Traditional Competition	Varsity Game Day Competition	Varsity Basketball	JV Traditional Competition	JV Sidelines
PREFERENCE #2	Varsity Sidelines	Varsity Traditional Competition	Varsity Game Day Competition	Varsity Basketball	JV Traditional Competition	JV Sidelines
PREFERENCE #3	Varsity Sidelines	Varsity Traditional Competition	Varsity Game Day Competition	Varsity Basketball	JV Traditional Competition	JV Sidelines
PREFERENCE #4	Varsity Sidelines	Varsity Traditional Competition	Varsity Game Day Competition	Varsity Basketball	JV Traditional Competition	JV Sidelines
PREFERENCE #5	Varsity Sidelines	Varsity Traditional Competition	Varsity Game Day Competition	Varsity Basketball	JV Traditional Competition	JV Sidelines

Please keep in mind that you will only be considered for the squads you circle. Therefore, if you do not make any of the squads that you circled, you will not cheer this season. Additionally, please note that if you make a squad, your signature is your commitment to that squad. If you quit one team, you will not be able to cheer for others.

Athlete's Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____



ALLATOONA HIGH SCHOOL CHEER SENIOR PREFERENCE SHEET

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

When making your selections it is important that you consider the time and monetary commitments (**Pages 10-12**) involved with each squad. Your overall score and preference (in that order) determine the final results of tryouts. To be considered for a squad, you **MUST** attend the designated tryout day for that squad AND the Thursday for (ALL SQUADS.)

Please **CIRCLE** any squad and/or squad combination that you want to be considered for.

SENIOR PREFERENCE SHEET

SINGLETON PREFERENCE				
If you are ONLY wanting to be considered for ONE SQUAD at a time, CIRCLE your preference(s) (in the order of preference) below:				
PREFERENCE #1	Varsity Sidelines	Varsity Traditional Competition	Varsity Game Day Competition	Varsity Basketball
PREFERENCE #2	Varsity Sidelines	Varsity Traditional Competition	Varsity Game Day Competition	Varsity Basketball
PREFERENCE #3	Varsity Sidelines	Varsity Traditional Competition	Varsity Game Day Competition	Varsity Basketball

MULTIPLE SQUAD COMBINATIONS				
If you want to be considered for COMBINATIONS OF MULTIPLE SQUADS at a time, CIRCLE your COMBINATION preference(s) (in the order of preference) below:				
PREFERENCE #1	Varsity Sidelines	Varsity Traditional Competition	Varsity Game Day Competition	Varsity Basketball
PREFERENCE #2	Varsity Sidelines	Varsity Traditional Competition	Varsity Game Day Competition	Varsity Basketball
PREFERENCE #3	Varsity Sidelines	Varsity Traditional Competition	Varsity Game Day Competition	Varsity Basketball
PREFERENCE #4	Varsity Sidelines	Varsity Traditional Competition	Varsity Game Day Competition	Varsity Basketball
PREFERENCE #5	Varsity Sidelines	Varsity Traditional Competition	Varsity Game Day Competition	Varsity Basketball

Please keep in mind that you will only be considered for the squads you circle. Therefore, if you do not make any of the squads that you circled, you will not cheer this season. Additionally, please note that if you make a squad, your signature is your commitment to that squad. If you quit one team, you will not be able to cheer for others.

Athlete's Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____