



## Allatoona Cheerleading Program

1<sup>st</sup> Step- Please join our TRYOUT Band APP for information & updates



### Important Tryout Dates:

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

Thursday February 11<sup>th</sup> 6PM AHS Cafeteria

Applications Due: Friday March 13<sup>th</sup>, 2026 by 4PM

Clinic Days: Mon. -Thurs. March 23<sup>rd</sup>-27<sup>th</sup>, 2026

Official Tryout: Friday March 27<sup>th</sup>, 2026

### Allatoona Cheerleading Tryout Overview:

<u>Day</u>	<u>Squads</u>	<u>Time</u>	<u>Location</u>
Monday 3/23	Football & Game Day Cheer	3:45-5:45PM	Allatoona Aux Gym
Tuesday 3/24	Basketball Cheer ONLY	3:45-5:45PM	Allatoona Aux Gym
Wednesday 3/25	Traditional Competition ONLY	3:45-6:00PM	Allatoona Aux Gym
Thursday 3/26	ALL SQUADS	3:45-5:45PM	Allatoona Aux Gym
Friday 3/27	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"> <li>○ Solid/Plain white, red, black shorts, tanks, or shirts- Allatoona attire accepted.</li> <li>○ Cheer Shoes (White or Black)</li> <li>○ Hair up with WHITE bow.</li> </ul>	<ul style="list-style-type: none"> <li>○ Any Jewelry: Earrings, Belly Button Rings, Nose Rings, Necklaces, etc.</li> <li>○ Nails that extend past fingertips.</li> <li>○ Inappropriate length shorts/low tanks</li> </ul>




- 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 immediately.
- 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 Sunday March 29th by 5PM on the BAND App, Our Facebook Page–Allatoona High School Cheerleading, and the @ahsbucscheer Instagram. All coaches' decisions will be final.**

**Please note we will NOT be answering phone calls, texts, or emails until Monday March 30th.**

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 Gratzer (**Room 2405**) **NO LATER** than Friday, March 13<sup>th</sup>. (If you do not turn it in by March 13<sup>th</sup> at 4pm you will **NOT** be able to tryout. **NO EXCEPTIONS WILL BE MADE.**)

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

Cheerleader Candidate Form	Cobb County Athletic Registration	Teacher Recommendations
 <p><b>Step 1: Complete this form online</b></p>	 <p><b>Step 2: Make sure you have a CURRENT physical on file.</b></p>	 <p><b>Step 3: You must give us <u>TWO</u> names of current teachers who we will send a recommendation link to.</b></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 2025-2026 Cobb County Physical Form is required no later than March 13<sup>th</sup>.** 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 1<sup>st</sup>** on the 2026-2027 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 2026-2027 school year.

**Again, YOU MUST HAVE A CLEARED PHYSICAL by March 13<sup>th</sup> 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. **YOU WILL NOT USE THIS FORM TO GIVE YOUR TEACHER.** Please go to the tryout checklist and scan STEP 3 and provide the names for your teachers for me. I will then send them a mass email. **NO PAPER NEEDS TO BE TURNED IN.**

**All recommendations need to be returned no later than March 13th 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*

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## Important/Mandatory Dates

Event	Dates	Times/Location
<b>Mandatory</b> Parent Meeting	<b>Monday March 30<sup>th</sup>, 2026</b>	6PM in the <b>AHS Cafeteria</b>
<b>Uniform Distribution</b> - 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 before our official fittings date. .	<b>Tuesday March 31<sup>st</sup>, 2026</b>	3:45-4:45PM <b>Seniors Only</b> 4:45PM-5:45PM <b>Juniors Only</b> 5:45-6:45PM <b>Sophomores Only</b> 6:45-7:45PM <b>Freshman Only</b>  <b>Room 1405</b>
<b>Mandatory</b> Fittings for Apparel (Varsity Apparel & Nfinity Apparel will be there)	<b>Wednesday April 1<sup>st</sup>, 2026</b>	4:00-4:30PM <b>Seniors</b> 4:30- 5:00PM <b>Juniors</b> 5:00-5:30PM <b>Sophomores</b> 5:30-6:00PM <b>Freshman</b>  <b>Room 1405</b>
<b>Mandatory</b> Little Bucs Cheer Camp PRACTICE	<b>Thursday May 21<sup>st</sup>, 2026</b>	9AM-12PM at <b>AHS Aux Gym</b>
<b>Mandatory</b> Little Bucs Cheer Camp	<b>June 8<sup>th</sup>-11<sup>th</sup></b>	7:30AM-12:00PM at <b>AHS MAIN GYM</b>
<b>Mandatory</b> Varsity Stunt Camp	<b>Wednesday &amp; Thursday June 3<sup>rd</sup> and 4<sup>th</sup></b>	9-4:30PM in <b>AUX GYM</b>
<b>Varsity Traditional Competition</b> Summer Conditioning	<b>Starting June 2<sup>rd</sup>-July 24<sup>th</sup>, 2026</b>	<b>Tuesday and Thursday</b> <b>Aux Gym 9-11AM</b>
<b>Mandatory</b> Varsity Traditional Comp Choreography w/ Happy Hoover	<b>June 24<sup>th</sup> and June 25<sup>th</sup>, 2026</b> <b>Wednesday &amp; Thursday</b>	9-4PM at the AHS Aux Gym
<b>Varsity Game Day Competition</b> Summer Conditioning	<b>Starting June 2<sup>nd</sup>- July 24<sup>th</sup>, 2026</b>	<b>Every Wednesday</b> <b>9-11AM in the Aux Gym</b>
<b>Game Day Competition</b> Choreography	<b>July 6<sup>th</sup> Monday</b>	<b>9AM-7PM</b> <b>12-12:45PM Lunch</b> <b>Snack Break 4:30PM</b> <b>in Aux Gym</b>
<b>JV Traditional Competition</b> Summer Conditioning	<b>Starting June 2<sup>rd</sup>-July 24<sup>th</sup>, 2026</b>	<b>Tuesday and Thursday's</b> <b>9-11AM at Aux Gym</b>
JV Traditional Comp Choreography	<b>Date TBA</b>	9-4pm Aux Gym at AHS
<b>Team Practices for ALL SQUADS</b>	<b>Calendar Will be Provided 1<sup>st</sup> Booster Meeting</b>	<b>TBD</b>
<b>Mandatory</b> Buc Bash Competition	October 3 <sup>rd</sup> , 2026 Saturday	Allatoona High School- All Day
<b>Varsity Traditional Competition</b>	<b>November 13<sup>th</sup> and 14<sup>th</sup> Thursday and Friday</b>	<b>Macon Centerplex</b> <b>Macon, GA</b>
<b>Game Day State Competition</b>	<b>December ( 1<sup>st</sup> two weeks)</b>	<b>Macon, GA</b>
<b>End of Year Banquet</b>	<b>February 3<sup>rd</sup>, 2027 Wednesday</b>	6PM-8PM at NorthStar Church

### 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
March 14 <sup>th</sup> , 2026	April 11 <sup>th</sup> , 2026
May 2 <sup>nd</sup> , 2026	June 13 <sup>th</sup> , 2026
June 6 <sup>th</sup> , 2026	July 11 <sup>th</sup> , 2026
August 22 <sup>rd</sup> , 2026 ( Beautiful date to take 😊 )	September 19 <sup>th</sup> , 2026 ( COMPETITION)
September 12 <sup>th</sup> , 2026 (Varsity will be competing)	October 17 <sup>th</sup> , 2026 (COMPETITION)
October 3 <sup>rd</sup> , 2026- BUC BASH ( DO NOT TAKE)	December 12 <sup>th</sup> , 2026 (Possible Game Day Comp)
November 7 <sup>th</sup> , 2026 ( Region Championship- DO NOT TAKE)	
December 5 <sup>th</sup> , 2026 ( Last year Game Day was around this time)	

## 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. Please note, If a full team of 16 athletes cannot be fielded at the appropriate competitive level, the coaching staff reserves the right to reduce squad numbers in order to maximize difficulty points. For example, if 14 out of 16 athletes meet the required tumbling expectations, the team may remain at 16 athletes. However, if only 12 out of 16 athletes meet the tumbling requirements, the coaching staff may reduce the squad size to 14 athletes so that difficulty maximums are still achieved (12 out of 14).

**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 9<sup>th</sup>-11<sup>th</sup> 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. The Georgia High School Association (GHSA) limits **JV competition cheer teams to four (4) competitions per season.**

**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. Additionally, GHSA counts **all individuals on the performance mat**, including a mascot, toward the total roster limit for a routine. For example, **23 athletes + 1 mascot = 24 total participants.** Roster sizes and mat participation will be determined based on GHSA regulations, division limits, and the best competitive strategy for the team.

### **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.

<b>Game Day, Basketball Sidelines, and Football Sidelines Will be scored based on the criteria detailed below:</b>	<b>Traditional Competition Squads Will be scored based on the criteria detailed below:</b>
<ul style="list-style-type: none"> <li>• <b>Cheer:</b> Motion technique and sharpness.</li> <li>• <b>Dance:</b> Timing, rhythm and motion technique.</li> <li>• <b>Jumps:</b> Toe touch and one other jump of choice.</li> <li>• <b>Standing Tumbling</b></li> <li>• <b>Projection/Sideline Presence</b></li> <li>• <b>Stunting Ability</b></li> <li>• <b>Appeal:</b> Showmanship and genuine spirit.</li> <li>• <b>Sportsmanship:</b> Attitude and participation during tryouts.</li> <li>• <b>Appearance:</b> Correct clothing and hair pulled back – off the shoulders (in a pony tail).</li> <li>• <b>Teacher Recommendations</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Cheer:</b> Motion technique and sharpness.</li> <li>• <b>Dance:</b> Timing, rhythm and motion technique.</li> <li>• <b>Jumps:</b> Toe touch and one other jump of choice.</li> <li>• <b>Standing Tumbling</b></li> <li>• <b>Running Tumbling</b></li> <li>• <b>Stunting Ability</b></li> <li>• <b>Appeal:</b> Showmanship and genuine spirit.</li> <li>• <b>Sportsmanship:</b> Attitude and participation during tryouts.</li> <li>• <b>Appearance:</b> Correct clothing and hair pulled back – off the shoulders (in a pony tail).</li> <li>• <b>Teacher Recommendations</b></li> </ul>

**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 non-refundable. 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. All uniforms and issued items remain the property of the Allatoona Cheerleading Program.

Any damage due to negligence or misuse, as well as any lost items, will be the financial responsibility of the athlete/parent, including full replacement costs.

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

**Varsity Competitive Uniform:** We purchased a new uniform in 25-26 and had several issues with it. After meeting with our Varsity Rep and the Region Rep, they are making us a **BRAND NEW** uniform for this year. If you paid for a new uniform last year, you do not have to pay again. If you are new to the squad, you will have to pay for your uniform. Once you purchase, this uniform will be good for three years. We will be getting a new competition cheer uniform every 3 years (2030-2031 season is when a new one will come in) Once you are done, you can sell it if the uniform is still in use 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).
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- 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:** The DEMERIT system for the 2026-27 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 (10 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.

- 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 10 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 10 hour requirement is not met, your cheerleader may not letter and/or get approval from the coaching staff for their lettermen 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 Shirts (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 is selected to provide athletes with coordinated options for practices and local events. Items may include a combination of tanks, t-shirts, and approved bottoms. All practice wear must be worn as designated by the coaching staff.
- (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:** Instead of purchasing a separate rain jacket and warm-up, we've partnered with Nfinity to create a sleek 2-in-1 option! It looks amazing, is super practical, and we're so excited for our athletes to rock it this season.

Item	Paid to:	Amount:
<b>NEW*</b> Rain Jacket/Warm-Up Combo	NFINITY	\$130
Allatoona Bookbag with logo & name	NFINITY	\$105
Megaphone	Varsity	\$86

**Total: \$321**

**Our goal here is to only purchase these items once for the 4 year time frame!**

## Annual Purchased Items for Returners

Please note that every new POMS must be purchased if you are sidelines or game day. You WILL not purchase poms if you are competition only or Varsity Basketball only. The items that are optional are items that are up to YOU if you want to purchase something again that might need replacement. You are more than welcome to reuse items the next years if they look presentable.

Item	Paid to:	Amount:
<b>Poms</b> ( Everyone EXCEPT Varsity Basketball & Comp Only Cheerleaders will need to buy poms every year)	Varsity	\$53
Allatoona Bookbag with logo & name( <b>Optional</b> )	NFINITY	\$105
Customized Sideline Shoes-Sideline Spirit Squads	Varsity	\$123

**Total: \$281**

### *Varsity Traditional Competition Squad Only*

Item	Paid To:	Amount:
Choreography Camp	Booster	\$250
Music	Booster	\$90
Stingray Gym Fees (Aug-Nov)	Booster	\$250
Competition Registration Fee	Booster	\$60
NFINITY Black Vengeance Shoes	NFINITY	\$125
Competition Bow	Booster	\$30
Team T-Shirt	Booster	\$25

**Total: \$830**

### *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 Bow	Booster	\$14
White NFINITY Vengeance Shoes	NFINITY	\$125

**Total: \$529**

### *Varsity Football Sidelines Only*

Item	Paid To:	Amount:
Bows (2- Red & White)	Booster	\$16
Team Sweatshirt	Booster	\$25
Red and Black Liner	Varsity	\$60
Red and Black Bloomers	Varsity	\$58

**Total: \$283**

### *Junior Varsity Football Sidelines Only*

Item	Paid To:	Amount:
Team Shirt	Booster	\$25
Bows (2- Red & White)	Booster	\$16
Black Liner	Varsity	\$29
Black Bloomers	Varsity	\$30

**Total: \$100**

## Varsity Basketball Squad Only

No MEGAPHONES are allowed for basketball games. Additionally, after assessing this past season, the girls really do not need the poms as they do a lot of cheers clapping.

Item	Paid To:	Amount:
Team Shirt	Booster	\$25
Bow( Red and White)	Booster	\$16
Black Liner		\$29
Black Bloomers	Varsity	\$30

**Total: \$100**

## Varsity Game-Day Competition

Item	Paid To:	Amount:
Choreography	Booster	\$215
Bow	Booster	\$10
Team Sweatshirt	Booster	\$25
Black Liner	Varsity	\$26
Black Bloomers	Varsity	\$26

**Total: \$302**

**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:
<b>April 1st at Fittings</b>	Anything that you need to pay for NFINITY and Varsity will be calculated and you will get sent a link to pay with a deadline. You will also need to bring a check for \$200 <b>volunteer fee(1)</b> this night.

Remainder of your invoice will be split up into 6 months
<p><b>May 1<sup>st</sup>, 2026</b></p> <p><b>June 1<sup>st</sup>, 2026</b></p> <p><b>July 1<sup>st</sup>, 2026</b></p> <p><b>August 1<sup>st</sup>, 2026</b></p> <p><b>September 1<sup>st</sup>, 2026</b></p> <p><b>October 1<sup>st</sup>, 2026</b></p>

**(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 April 1st, 2026.** 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.

**2026-2027 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 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 ACTIVITES WHETHER OCCURING 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 ACTIVITES, I WILL NOT BE ENTITLED TO ANY REFUND OF ANY AMOUNTS PAID FOR PARTICIPATION IN ANY CURRENT OR FUTURE ACTIVITES.

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 & RANKING 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.)

**UNDERCLASSMEN PREFERENCE SHEET INSTRUCTIONS:**

Please indicate your level of interest for **each team** below:

- **CIRCLE** the team(s) you are interested in being considered for.
- Place an **"X"** to any team you **DO NOT** wish to be considered for.

<b>Varsity Football Sidelines</b>
<b>JV Football Sidelines</b>
<b>Varsity Traditional Competition</b>
<b>JV Traditional Competition</b>
<b>Varsity Basketball</b>
<b>Varsity Game Day Competition</b>

**RANKING INSTRUCTIONS:** You are ranking **ONLY** the teams that you circled. Write **#1** for your top choice and continue ranking in order of preference. **DO NOT** rank any team that you marked with an X.

<b>#1-</b>	<b>#4-</b>
<b>#2-</b>	<b>#5-</b>
<b>#3-</b>	<b>#6</b>

- Ranking does **NOT** guarantee placement. Placements are based on evaluations, program needs, skill set, leadership, and overall team balance. If a team is marked with an X, it will not be considered for placement. Additionally, 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. 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 & RANKING 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.)

**UNDERCLASSMEN PREFERENCE SHEET INSTRUCTIONS:**

Please indicate your level of interest for **each team** below:

- **CIRCLE** the team(s) you are interested in being considered for.
- **Place an "X"** to any team you **DO NOT** wish to be considered for.

<b>Varsity Football Sidelines</b>
<b>Varsity Traditional Competition</b>
<b>Varsity Basketball</b>
<b>Varsity Game Day Competition</b>

**RANKING INSTRUCTIONS:** You are ranking **ONLY** the teams that you circled. Write **#1** for your top choice and continue ranking in order of preference. **DO NOT** rank any team that you marked with an X.

<b>#1-</b>	<b>#4-</b>
<b>#2-</b>	<b>#5-</b>
<b>#3-</b>	<b>#6</b>

- Ranking does **NOT** guarantee placement. Placements are based on evaluations, program needs, skill set, leadership, and overall team balance. If a team is marked with an X, it will not be considered for placement. Additionally, 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. 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 Junior Coach Application*

**Directions:** In your own words please complete the following application using legible handwriting or complete in Microsoft Word and save document. Application deadline is March 13th. Please submit to Coach Gratzer.

**Eligibility:** Any **Junior** or **Senior** Varsity Cheerleader.

### **Junior Coaches Responsibilities & Expectations:**

- Attend all Junior Bucs practices from August until mid-October.
  - Choreograph a half-time routine for your team by the 1<sup>st</sup> game.
  - Teach all AHS cheers to your team.
  - Be positive and a role model for all Junior Bucs cheerleaders.
  - Have a great attitude and respectful towards yourself, the Junior Directors, team moms, parents and of course all Junior Bucs cheerleaders!
  - Follow the AHS Cheer Constitution to the letter. Meaning no jewelry, hair up in a pony tail, cell phones should not be out during practices, etc.
  - Have a good working knowledge of basic cheerleading technique.
  - Know all cheers with confidence to execute and teach them to the girls.
  - Show proficiency in jumps, cheer technique, dance movement, and choreography.
  - Develop a critical eye for errors and critiquing cheer technique.
  - Be able to give constructive criticism to your cheerleaders in an effective, tactful manner.
  - Coach the girls to ensure that all squad members behave in a professional manner when cheering.
  - Have excellent attendance for cheerleading and school at all times.
-

Name: \_\_\_\_\_ Grade Level: \_\_\_\_\_

**If I am selected for this position, I would appreciate the opportunity to count toward my Work-Based Learning (WBL) credit/job requirement.**

**Circle ONE: YES NO**

1. Why do you want to apply for a Junior Coaching position?

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2. What is your definition of leadership?

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3. Please describe the qualities you have that will make you the perfect Junior Bucs Cheer Coach.

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---

4. What past experience makes you a good Junior Bucs Coach candidate?

---

---

---

5. What do you think your biggest challenge would be as a coach? How would you overcome it?

---

---

---

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

- ***You may attached a document to this application if you need more space.***



# Expectations & Demerit System 2026-2027

Being an Allatoona cheerleader is an honor and a privilege. With that honor comes many responsibilities above regular student responsibilities. This demerit system was created as a guide for the expectations of Allatoona Cheerleaders. It is not intended to be used as a tool against anyone, but instead to protect those who wish to do all they can to keep cheerleading the **honorable position** it should be.

## Demerit Breakdown

### A. PRACTICES/EVENTS/GAMES:

All practices are mandatory. Cheerleading is a team commitment and cheerleaders are expected to be at every practice, competition, event or game. Practice time is when motions, jumps, chants, cheers, dance routines and stunts are learned and friendships are formed. Remember – birthdays, birthday parties, going to the mall, movies and sleep-overs are NOT excused absences. Other sports/school conflicts will be dealt with on a case-by-case basis. Excused absences include illness, death in family, and church/school functions. Coaches need to be notified 24 hours PRIOR to a missed practice or game in order to be excused.

<b>UNEXCUSED ABSENCE FROM PRACTICE</b>	5 Demerits
<b>UNEXCUSED ABSENCE FROM OTHER SQUAD EVENT</b>	5 Demerits
<b>UNEXCUSED ABSENCE FROM GAME</b>	5 Demerits

### B. TARDINESS/LEAVING EARLY:

*Being early is being on time.* Practice starts at the start time- so that means that the mats need to be out and ready to GO. Please be there early and ready to begin at the start time. For games & competitions, cheerleaders should be on time according to the set time their coach has clarified with them. Leaving early for a cause that has not been approved will also not be tolerated. This is a team sport and we need everyone to be held to the same standard.

<b>1-5 MINUTES LATE</b>	(1 <sup>st</sup> Offense) Run two laps (2 <sup>nd</sup> Offense and above - 1 demerits)
<b>6-10 MINUTES LATE</b>	2 Demerits
<b>MORE THAN 10 MINUTES LATE</b>	3 Demerits
<b>LEAVING Any event early</b>	2 Demerits

### **C. BEHAVIOR:**

Being an Allatoona cheerleader is a privilege not a right. Your goal is to represent this program in such a manner that others will want to join. We must always remember that you are the face of not just the high school program but the program as a whole ( K-12<sup>th</sup>). Please remember that your actions reflect your squad, your coaches, your parents, and this program. I am holding you to the highest standard when it comes to this.

P.D.A (Public Displays of Affection) both in and out of uniform/practice wear	2 demerits
School Detention	3 demerits
I.S.S.	8 demerits & benched for a full game
O.S.S.	Subject to immediate dismissal at the coaches' discretion.
Negative Teacher Email	2 demerits
Inappropriate Social Media (Pictures, Tik Tok's, etc.) Please do not film any inappropriate Tik-Tok's especially in your uniform. This also means using inappropriate songs. ( Just because you put it on a private story, does not mean it's private)	5-15 coach's discretion
Arguing/Inciting conflict	2 demerits
Eating/Chewing Gum/ on cell phone during a game or at practice without the coach's consent	1 demerit per item per occurrence
Disrespect to team members	3 per occurrence
Disrespect to coaches	5 per occurrence/benched 1 game
Insubordination	5 per occurrence/benched 1 game
Dress Code (In school & GYM class)	2 demerits per occurrence
Talking/horseplay during practice/game/competition	2 demerits

### **D. RESPONSIBILITY:**

Our goal as a coaching staff is to provide opportunities for our cheerleaders to mature, grow, learn to be independent, and instill skills that will help them be successful post-graduation. Making up work/assessments for a class should be done before school, during Buc Block, or on non-practice days. If your teachers schedule does not work with this, please communicate with your coach immediately to work something out (4 hours in advance is preferred).

Unprepared for game or practice (wrong uniform, wrong practice wear, no megaphone, shoes, socks, poms, etc.)	1 demerit per occurrence for practice 2 demerits per occurrence for game
Failure to turn in FORMS	1 demerit per occurrence
Failure to learn cheers/dances (not saying the words to cheers)	1 demerit per occurrence/possible benching
Failure to perform GAME duties	1 demerit per occurrence/possible benching

## **E. UNIFORM/APPEARANCE:**

Part of being an Allatoona cheerleader is looking the part and following guidelines. Please keep in mind, some of these rules are GHSA/NFHS mandated rules that can result in a fine to our program if broken.

- Parents- If your cheerleader wants a new piercing or tattoo, please refrain from doing it during season as piercings will need to be removed during practices, games, and competitions. And tattoo's can especially hurt while stunting and prohibit range of motion. (Even NEW piercings will need to be removed, which could cause potential for them to close up. YOU CAN wear a clear earring plug that is undetectable to the naked eye.
- After games, cheerleaders MUST change out of uniform before they leave campus.
- Please remember, when you are wearing any type of Allatoona shirt in public- that you represent the program.

No artificial nails AT ALL	3 demerits
No color nail polish (nude, clear, French polish ONLY)	3 demerits
Jewelry at practice, games, competition ( NO NEW PIERCINGS)	1 demerit
Not wearing game day shirt/or dressed up	2 demerits
Making sure you have shorts that are BLACK under your uniform. (NO OTHER COLOR)	1 demerit
Forget bow or wear wrong bow.	1 demerit

## **F. CONSEQUENCES:**

**After 5 demerits have been given**- Cheerleader & Coach Conference Meeting will be held. Athlete will also have to sit out half a game & do extra conditioning.

**After 10 demerits have been given**- Coach will speak with cheerleader & call parents to discuss issues. Athlete will sit out full game & do extra conditioning.

**After 15 demerits have been given**- Cheerleader, Coach, and Parent meeting to discuss cheerleaders potential dismissal from squad. Athlete will be put on probation ( which means no practice, no games, no competition) until meeting has been held to discuss athlete's future.

If **15 demerits** have been accumulated by the cheerleader, she will need to have a sit down meeting with the coaches to discuss dismissal from the SQUAD. Coaches have **the RIGHT to issue demerits for situations not specified on this list. Cheerleaders may be dismissed from the squad for situations that warrant dismissal at the discretion of the coaches and the principal.** All absences and lates will be considered unexcused until documentation is provided. Once the end of the season concludes (the end of year cheer banquet) cheerleaders will stop receiving demerits.

- It is up to the coaches discretion whether or not the cheerleader could be eligible for tryouts the following year if they are dismissed from the squad.
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Cheerleader Name: \_\_\_\_\_  
LAST NAME FIRST NAME

Grade: 9<sup>th</sup> 10<sup>th</sup> 11<sup>th</sup> 12<sup>th</sup>  
for 2026-2027 school year

# Expectations & Demerit System 2026-2027

## Parent & Cheerleader Acknowledgement

Page	Section
1	A. Practices/Events/Games
1	B. Tardiness/Leaving Early
1	C. Behavior
2	D. Responsibility
3	E. Uniform/Appearance
3	F. Consequences

By **SIGNING below**, we (cheerleader and parent(s)) verify that we have read and understand the contents of the Allatoona Buccaneers Cheerleading expectations and Demerit System for the 2026-2027 season.

Cheerleader Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Print Parent Name: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_