

Dear Parents/Guardians,

Your child is interested in becoming a member of the Mill Creek Cheerleading Squad for the 2012-2013 school year. If your child becomes a cheerleader, there are specific responsibilities and obligations which your son/daughter must follow in order to qualify and remain part of the team.

Please read the attached Cheerleader Expectations and Contract to fully understand the rules and regulations which govern Mill Creek Cheerleaders. Discuss these expectations with your child and be sure both of you have complete understanding of cheerleader responsibilities. Finally, sign the enclosed parent permission form, financial statements, Cheerleaders Expectations, and Behavior Contract and return to the Mill Creek administrative offices by **Friday, June 1st**

There is an optional parent informational meeting on **Tuesday, May 29th at 6:00 PM** at Mill Creek in room C144. I will be going over tryout information, the cheerleader contract, safety concerns, and answering questions.

Parents and both new and returning cheer squad members must attend the new member meeting/uniform fitting on **Thursday, June 19th at 5:30 PM** at Mill Creek. At this meeting, your uniform deposit of \$350 is required. **Payment in full will be required by August 15th**, and is due before uniforms will be ordered.

The approximate cost for each cheerleader ranges from \$500 to \$700. These approximate costs include uniforms and summer camp fees. Returning members pay between \$100 and \$150 their second years.

Being a member of the Mill Creek Cheerleading Squad has many rewards and is a valuable experience that your son/daughter will remember for a lifetime. Additionally, your son/daughter will give pride and spirit to our school, students, and community through his/her participation!

We are delighted for their interest to join one of the finest organizations at our school and look forward to a successful year! **If you have any questions concerning cheerleader responsibilities, program philosophy, and financial commitments, please contact me at 253.373.6242 or email me at kasey.seman@kent.k12.wa.us.**

Thank you for your cooperation!

Cheerfully,



Kacie Seman - Cheerleading Coach
Mill Creek Middle School

Important Dates

Wednesday, May 23rd - Applications available in the Mill Creek Main Office & on the MCMS Cheerleading website: <http://millcreekmscheerleading.yolasite.com/>.

Tuesday, May 29th - OPTIONAL Informational Parent Meeting, **6:00 PM** at Mill Creek Room C144.

Friday, June 1st - Applications due to Mill Creek Main Office.

Friday, June 8th - Tryouts, **4:30-6:30 PM** in Mill Creek **Gym**.

Monday, June 11th - Tryouts, **4:30-6:30 PM** in Mill Creek **Gym**.

Tuesday, June 12th - FINAL Tryouts, **4:30-6:00 PM** in Mill Creek **Gym**.

Tuesday, June 19th - MANDATORY Parent/Member Meeting/Uniform Fitting, **3:30-6:00 PM** at MC in Room C144 (Parents needed from 5:30-6:00).

Applicant,

I am excited about your interest in cheerleading at Mill Creek and look forward to coaching you. The cheerleading application packet should provide comprehensive information about procedures, rules, and philosophy governing Mill Creek Cheerleaders. Please read all the enclosed information and do not hesitate to contact me if you have any questions or concerns about the cheerleading program.

Please prepare your cheerleading application in the following order:

- Complete Application Form
- Essay: "Why I want to be a MC Cheerleader"
- Cheerleader Expectations signed by you & your parent/guardian
- Cheerleader Contract & Discipline Issues signed by you & your parent/guardian
- Signed Financial Statement
- Complete physical form (**for incoming 7th graders, physical must be completed after June, 1st**)
- Complete registration card
- Complete insurance card

All these above listed items must be returned to Mill Creek's administrative offices by **Friday, June 1st**. Walk-ins are accepted; however, I expect cheerleaders to be responsible enough to turn in an application on time.

You are expected to attend all scheduled tryout dates to ensure a successful tryout. During these days, all applicants will be taught required elements and be judged by the coach. You will be judged by the following elements during the tryout process: fitness, knowledge of cheer and sports, jumps and gymnastics ability, cheer routine, and dance routine.

Good Luck with Tryouts!
Go Bulldogs!



Kacie Seman
Head Cheerleading Coach
Mill Creek Middle School

Mill Creek Middle School

Cheerleader Application

Please complete this form in ink & print the following information clearly. Applications must be returned to the Mill Creek Administrative office by **Friday, June 1st**

Please attach a wallet-size (2x3 inches or smaller) picture to this application if possible.

Applying for (check all that apply): <u>Choose carefully - you will be held to this choice!</u> <input type="checkbox"/> Season 1 (Football) <input type="checkbox"/> Season 2 (Boys' Basketball/Gymnastics) <input type="checkbox"/> Season 3 (Girls' Basketball/Wrestling)			
Full Name	Student ID #	Birthdate	Age
Address	City	Zip	
Home Phone(s)	Cell		
Last year's (2011-2012) school	<u>2012-2013</u> Grade Level:		
Parent/Legal Guardian(s)	Phone(s)		
Student's E-Mail (if you have one, not required)			

Personal Information:

1. What school activities, sports, or clubs have you been involved with before?

2. What other school activities, sports, or clubs do you plan on becoming involved in next year?

3. List any dance or gymnastics experience. List years & Level.

4. List any cheerleading experience. How many years? Former Coach's name? Number?

5. What do you feel would be your greatest strength you could offer the team?

6. What are the three most important traits of a cheerleader?

7. What is your biggest concern about trying out for cheer? Explain.

8. Will you & your family be traveling out of town during the year? What are the dates?

9. Have you & your parent read the Cheerleader Contract & Behavior Expectations? **YES** **NO**

Essay Requirement:

On another sheet of paper explain why you want to be a Cheerleader for Mill Creek Middle School. Type your or print your response clearly. Label your response with full name and date.

Teacher Recommendations:

Please list three past teachers as references. These teachers will be asked to complete a recommendation for you.

Teacher Number	Subject/Grade	School	Phone
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THE FOLLOWING WILL BE COMPLETED BY THE MILL CREEK OFFICE.

Last Year's School _____ **Student ID #** _____

Cumulative GPA _____ (if incoming eighth grader)

Data Office Signature _____ **Telephone** _____

Fines: _____ (must be cleared in order to apply)

Cashier's Signature _____ **Telephone** _____

I, _____, have read all rules & regulations which govern the Mill Creek Cheerleaders. As a representative of this school, I understand & agree to abide by them if selected as a cheerleader for the 2012-2013 school year.

Student Signature

Date

Parent Signature

Date

Mill Creek Middle School

Cheerleader Financial Responsibility Statement

The following is an **estimate** of the final costs for uniforms for the 2012-2013 year. Returning members must purchase items that they do not already have or are missing.

Shell and Skirt	\$120.00
Shoes	\$60.00
Briefs	\$15.00
Under Armor	\$20.00
Bows	\$10.00
Bag	\$35.00
Pom Poms	\$35.00
Personalized Warm-ups (pants, jacket)	\$105.00
Camp Shorts	\$15.00
T-shirts	\$50.00
Sweatshirt	\$35.00
Shipping and Tax (approximation)	\$75.00
Approximate total	\$565.00

These are just the basic items & are considered approximate costs. Unfortunately, cheerleading is expensive.

Payment Schedule & Procedures:

June 19th, 2012 -- A first payment of **\$350** must be paid for new squad members. An approximate **\$50-100** deposit will be required for returning members. Make check or money order payable to **Varsity Brands**. This payment will cover the required deposit for uniform costs and payment for camp.

August 15th, 2012 -- A second payment of **the balance of your account** (order total minus deposit) must be paid. Make check or money order payable to **Varsity Brands**. **Items will NOT be ordered until balance is PAID IN FULL!** The sooner this can be paid the sooner we can order the uniforms.

There is no reimbursement for uniform costs if the student leaves the team for any reason, and any unpaid balance is still owed. Any other incidental costs will be announced as they arise. Please let us know about concerns or to set up a payment plan.

Parent Signature _____ Date _____

Cheerleader Signature _____ Date _____

Discipline Issues Protocol

Academic Ineligibility:

ISSUES OF CONCERN:

1. Not completing assignments regularly in your classes
2. Academic progress coming to a stand-still or dropping
3. Notification of concern from teachers
4. Cumulative 2.0 GPA requirement; must not be failing any class(es)

ACTION STEPS:

1. Warning (issues 1-3)
2. Placed on Probation (issue 4). Conference with coach, copy of contract sent home with issues of concern highlighted. Must still attend practices, but time is spent on school work.
3. Removal from team.

Behavior Probation:

As a representative of the school, the way you conduct yourself is very important and is critical of how the team as a whole is perceived.

ISSUES OF CONCERN:

1. Unsportsmanlike conduct
2. Repeated classroom disruptions
3. Disregard for coach's directions or team policies
4. Continual disciplinary problems at school (detentions, etc.)
5. Involvement in illegal activity outside of school

ACTION STEPS:

1. Warning
2. Missed performance or game, based on number of discipline issues.
3. Placed on Probation. Conference with coach, copy of contract sent home with issues of concern highlighted.
4. Removal from team.

Attendance Issues:

Practice and games are important. Your team needs to know that they can always count on you to be present and ready to give your all to the team goals.

ISSUES OF CONCERN:

1. Frequent tardiness
2. Unexcused absences

ACTION STEPS:

1. Warning
2. Extra cheer activities assigned to make up time
3. Placed on Probation. Conference with coach, copy of contract sent home with issues of concern highlighted.
4. Removal from team.

I, _____, have read and understand the protocols used when discipline issues arise on the team. I also understand that if I am in violation of Mill Creek Behavior & Attendance rules and the KSD Athletic Code, I will be subject to disciplinary action by my coach.

Cheerleader Signature

Date

Parent Signature

Date

MILL CREEK MIDDLE SCHOOL

CHEERLEADER EXPECTATIONS

According to the WIAA handbook, page 17: "In summary, being the most recognizable representative of a school, cheerleaders are in a position of great influence over a crowd. The cheerleaders can set the tone for the crowd at a contest. Cheerleading activities should center on leading or directing the cheering of student and adult fans. In this role, cheerleaders can become the school's most effective student leaders.

Cheerleading activities should be focused on creative a cooperative spirit among the cheerleaders, athletes, student bodies, school administrators and community, recognizing outstanding plays and examples of good sportsmanship on the part of both teams, and aiding the game officials in the promotion of good sportsmanship and the administration of the contest."

Performance Group: Cheerleaders will be expected to fulfill a performing function at assemblies and athletic contests. They will be expected to function as a team in presenting a variety of routines to entertain and help motivate spectators at appropriate times during the year.

ASB Leadership Role: Cheerleaders will be expected to take an active role in student government & be a school ambassador. This includes helping with assemblies, promoting school functions, and participating in Spirit Weeks.

Positive Role Model: Cheerleaders are expected to act above and beyond the norm. Cheerleaders will not be involved in any illegal activity. Cheerleaders should put academics first.

Crowd Participation and Control Leaders: Cheerleaders will plan and execute a series of activities designed to include spectators in the support of our various teams. Cheerleaders will encourage good sportsmanlike behavior by the students. This includes time spent as a spectator while sitting amongst peers in the stands and any time the cheerleader is wearing team apparel.

Miscellaneous Rules:

1. Must purchase an ASB card prior to start of Fall Season.
2. Must sign and follow all Kent School District Athletic Code guidelines, as outlined in the Kent School District Athletic Handbook.
3. Cheerleaders may only exit the team for one season. Intent to exit the team must be communicated at the beginning of the school year.
4. Must be committed to squad by working to build trust, abiding by team rules, caring about others, and reinforcing team unity.
5. Any Cheerleader who does not pay his/her balance on a timely basis may be subject to suspension and/or removal from the team.
6. Cheerleaders who leave the team for any reasons will not be refunded any costs associated with cheerleading.

CHEER IS A SERIOUS COMMITMENT OF TIME, ENERGY, AND DEDICATION, AS ARE OTHER VARSITY SPORTS. COMMITMENT TO THE CHEER PROGRAM MUST BE 100%. DO NOT TRY OUT IF YOU ARE UNWILLING TO COMMIT YOURSELF TO THE ENTIRE CHEER SEASON TO WHICH YOU APPLIED.

Student Initials: _____ **Parent/Guardian Initials:** _____

ELIGIBILITY CRITERIA

Try-outs:

- Cheer tryouts at Mill Creek Middle School are open to all incoming seventh and eighth grade students.
- Application papers, parent permission forms, athletic papers, and contracts must be signed by the student and parent/guardian prior to tryouts.
- Must have a minimum 2.0 cumulative GPA and maintain that average throughout the entire cheerleading season without failing any class(es).

PERFORMANCE CRITERIA AND APPEARANCE CRITERIA

Uniforms:

- Uniforms will consist of (but are not limited to) one skirt, one shell, a set of poms, shoes, briefs, t-shirts, hair bows, tank tops and shorts, and warm-up jacket and pants. It is the responsibility of each cheerleader to make sure his or her uniform is in performance condition.
- Cheerleaders are to be in full uniform upon arrival at each game they are assigned. Full uniform will be determined by the coach prior to performance, but will include shoes, socks, & hair ribbons (females), & pom poms (megaphone for males). Hair & make-up must be completed before arrival. Failure to wear designated uniform will result in disciplinary action.
- Any items lost or damaged will be replaced at cheerleader's expense.
- Cheerleaders are assigned to wear specific clothing to school on game days (uniform to be determined by coach or captain). Uniforms shall only be worn as a uniform when representing your school. They shall never be worn as personal clothing during the season; this includes warm-ups and shoes.

Games and Practices:

- All cheerleaders must arrive to sporting events at times designated by the coach – see full uniform expectations. Timeliness is important as it allows proper team warm-up, stretching, and team rehearsal.
- All scheduled practices, performances, & assigned games are mandatory.
- Cheerleaders will be expected to be in proper practice attire (athletic shoes, sports bra (females), athletic clothing, hair is tied up and away from face; NO JEWELRY), ready to begin activity when practice begins.
- Practice will follow a designated routine, including but not limited to warm-up, stretching, strength training, aerobic training, skill building, stunt technique, & rehearsals.
- Cheerleaders will wear their hair pulled away from their face for games and practice. Bangs must be pinned back.
- No jewelry of any type will be worn at practice, games, or competitions. This includes stud earring, watches, belly rings, and necklaces.
- Fingernails shall be kept at a reasonable length. They shall not extend past fingertips when viewed from palm side.
- Cheerleaders must provide and arrange their own transportation to all games & practices.
- Cheerleaders must bring their own water bottle. Sharing beverages among team mates is forbidden. NO GUM OR CELL PHONES AT PRACTICE!

Student Initials: _____ Parent/Guardian Initials: _____

PRACTICE AND ATTENDANCE CRITERIA

Work-Outs:

- Off season work-outs are highly recommended.
- Official work-outs on school grounds must be supervised by a coach.
- Non-official, or personal, work-outs on cheerleaders' own time off school grounds should only constitute reasonable, approved components. Kent School District is not liable for injury during non-official work-outs.

Squad Season:

- To begin the year with good team unity and the proper skill basics, the team summer camp is required for each member. There will be no cost associated with the summer camp.
- Cheerleaders may choose to participate in Season 2 or 3 athletics. If this is the case, the cheerleader will not participate in cheerleading for that season and is responsible for catching up on missed material upon return. Cheerleaders may not participate in a sport and cheer during the same season. This creates strain on the team and disunity.

Attendance Policy:

- You must attend three full periods on game day in order to cheer at a game. An unexcused absence from a practice or performance will result in NOT cheering at one upcoming performance.
- The following will be considered EXCUSED absence or late arrivals: documented illness, school-related activity, family emergency, bereavement, or any UNAVOIDABLE dental or doctor appointment.
- Missing a practice directly before a performance for any reason causes the cheerleader to miss the performance. The cheerleader is responsible for making up missing information on his/her own time.
- Every effort must be made to schedule appointments, vacations, or other commitments (such as religious activities) around cheerleading in an effort not to conflict with practice or performance.
- Three unexcused absences from a practice or performance may result in dismissal from the squad. Tardies will constitute extra work-outs or other assigned consequence.

Chain of Command:

- It is your responsibility to PERSONALLY notify the coach if you are going to be absent or excusably late to practice or performance. This must be done BEFORE NOT AFTER THE ABSENCE OR LATE ARRIVAL.
- Notice must be given in person, by phone or by email by you or a parent even if you have an excused absence from school for the entire day. DO NOT ask another student or cheerleader to provide notice on your behalf.
- If the coach is unavailable, you may notify the captain(s) and be subject to a conference with the coach upon your return.
- Late arrivals of more than 15 minutes and not arranged before practice or performance will be considered an unexcused absence and dealt with accordingly.

Student Initials: _____ Parent/Guardian Initials: _____

SAFETY CRITERIA

1. Report all injuries to coach.
2. If you see a doctor regarding any illness or injury, you must present the coach with a medical permission and/or clearance slip authorizing your return to activity.
3. All notes from a doctor limiting your participation must be specific in nature and shown to the coach prior to the practice or game.
4. All national Federation Spirit Safety regulations will be upheld.
5. No coach – No stunts or tumbling!

I, _____, have read all rules and regulations which govern Mill Creek Middle School Cheerleaders. As a representative of my school, I understand and agree to abide by them if selected as a cheerleader for the 2012-2013 school year. If I chose to violate any of the expectations set forth by the Cheerleader Contract and Behavior Expectations, I will be dismissed from the team.

Student Signature

Date

Parent Signature

Date