

H.S.E

TIGERS

CHEER

handbook  
2023-2024

\*Nfinity Flyte BLACK cheer shoes – you can find at some academys and at dance stores in the area or you can order online: <https://www.nfinity.com/collections/cheerleading-shoes/products/flyte?variant=31777421230150> (\$130).

\*\*These MUST be purchased as soon as the candidate makes the team – all candidates are expected to have these shoes by MAY 2<sup>nd</sup>!

**\*All members must purchase all items as this is a new uniform year and all items will be new and styled changed**

Attire payments DUE MAY 2<sup>nd</sup> (cash only)

Full year attire amount: \$430

\*Note: The logos will be accurate on actual ordered items – these are just a mock-up



# Responsibilities & Rules!

## MIDDLE SCHOOL CHEERLEADER:

Cheerleading will be open to students in grades 4<sup>th</sup>-8<sup>th</sup>(HSE). A cheerleader is required to purchase all uniforms and practice attire (this is the total number of all out of pocket expenses for attire for the whole year), agree to the monthly use and fee of the All-Star Cheer gym (\$70 a month), attend, and pay for summer CAMP (approx. \$150), pay and/or fundraise competition fees and meet UIL rules and requirements. Each cheerleader must realize the commitment he/she makes to the school and student body to be a school representative. Because performances are frequently before the public, cheerleaders are expected to act in a way that would not cause embarrassment to the school and school district.

## CHEERLEADER CANDIDACY:

This policy and all others include the remainder of this year, including next year. Each candidate shall remain in “good standing” in all classes. “Good standing” requires students to have a B or better in EVERY subject, EVERY 9weeks and have NO conduct or discipline issues within the classroom from the moment they make the team. Cheerleaders who fail any quarter will immediately be removed from the team. Cheerleaders making a grade between a 70-79% may be benched/placed on probation and/or removed from a performance until grades are at an 80% or higher. Each candidate shall also return a signed parental permission form to the coach, on or before, the date specified in order to become a cheerleader. Cheerleaders will be chosen based on their average performance of: dance, tumbling, facials, motions, jumps, showmanship, voice, representation among student body (grades and behavior), determination and overall potential.

## OTHER EXTRACURRICULAR ACTIVITIES:

Cheerleaders shall be eligible for participation in athletics, as well as other extracurricular activities provided the schedules do not conflict. All cheerleaders will need to be available on Tuesdays and Thursdays directly afterschool and into the evening hours. This also includes scheduled games/events and competition dates (most likely 3 Saturdays/Sundays out of the year).Please note that all candidates will need to be flexible with schedules, as well as have the ability to always arrange transportation to and from events, including offset weekly practices.

## PURPOSE:

The focus of our endeavor as a cheerleading squad is to create school spirit and to promote a sense of pride and dignity at HSE. While experiencing teamwork, we will strive to develop a sense of fair play and learn the importance of doing one’s best. The team will instill determination as well as physical and emotional strength and endurance and represent a strong sense of discipline.

## GENERAL:

Cheerleaders will follow the rules and regulations as developed by the coach and the administration.

- \* Please understand that cheer is entirely a team sport and that 1 person being absent or removed from the squad can result in an ineffective practice or even removal from a competition for the squad as a whole – please be mindful of this and always make sure to plan ahead and be on time. Also, note that the coaches’ time and commitment is strictly voluntary. Please be respectful of this and be on time for arrivals and departures regarding cheer. Cheerleaders will not be supervised and HSE/Coach will not be liable after the stated “pick-up” time has passed.

## **STANDARDS: For cheerleaders and parents**

1. A cheerleader needs to understand that they may be removed/suspended from the team for a period of time to be determined by the coach and the campus administrator for violating the school and/or team handbook, or for any other reason deemed necessary by coach/admin.
  2. Cheerleaders shall be expected to attend all cheerleading activities including competitions meetings, mini-camps, pep rallies, games, and extracurricular activities designated by the coach. Note: even cheerleaders that are considered “benched, on probation or alternates” are required to still attend all activities
  3. Once the cheerleader starts the school year, they must finish the year with the squad. If a cheerleader is off the squad, she may not return for any year(s) to come.
  4. Cheerleaders may be “benched” from participating in games, pep rallies, social events if absences have kept the cheerleader from being prepared to do so. Demerits/conditioning will be issued.
  5. If any part of the uniform is forgotten, the cheerleader may not be permitted to participate.
  6. Cheerleaders shall be required to follow all guidelines concerning transportation to and from an event. Each student shall have completed, and have on file, a trip permission form given to them by the coach before traveling. All students shall remain with the squad until the performance is finished. All cheerleaders will ALWAYS be responsible for arranging transportation to and from events within the given time frame unless provided by coach.
  7. Cheerleaders will be expected to compete in local cheerleading competitions - (this will be based on potential and skill abilities of the squad as a whole). Cheerleaders will be expected to participate in fundraising events to help fund important, needed materials to boost performances. Fundraising will only help offset costs for those who contribute to raising funds. If parents/cheerleaders do not offer equal support they will be required to pay for each of their cheerleaders competition fees (~150 per cheerleader/per competition). All cheerleaders will have individual cheer accounts for competition. There will also be “team money”. Please make sure you refer to the fundraising information that will be attached to the end of this packet
- \*All cheerleaders will be required to raise a certain amount of funds per fundraiser unless they choose the “opt-out” option in which you pay for all competitions and fees upfront for a cost of \$500 (\$400 towards competitions / \$100 towards parent volunteer hours) – this means that you will not be asked to participate and/or volunteer for most fundraising events during the season. \*Note: the \$400 total is an estimate and the actual amount will be updated as we enroll in competitions. All cheer money in and out will be handled through the schools activity cheer fund for this season. Account updates will be sent twice a semester ad can be requested at any time. Please note: refunds are not provided unless an event is cancelled beyond the teams control.
8. If a cheerleader is a member of any other type of cheerleading squad, or extra-curricular activity other than the school’s cheerleading squad, the cheerleader’s first obligation will be to the school’s academic needs and then to the HSE cheerleading squad. This includes competitions, practices, and any other cheerleading duties.
  9. All communication made by coaches is the final decision, changes and suggestions will not be considered after information has been communicated to the team. Parents will need to trust that coaches will always make the best decision for the squad as a whole.
  10. Email Policy: The cheer team will follow HSE Handbook policy and all email communication will be through coaches and team moms and will always be BCC. Class dojo is the main form of communication – make sure notifications are on.
  11. **NO DRAMA POLICY: Cheerleader and/or parent gossip will not be tolerated.** Cheerleaders will be given a warning /demerits for the first offence. If the issue occurs amongst parents, then the consequence will be given to the cheerleader. Please be respectful of each other and know that all decisions are made by coach, discussing other outcomes or ideas just leads to unnecessary drama. If you have any ideas/questions or concerns please bring those to the “team mom” who will relay them to me a coach, deemed necessary.
  12. Volunteer hours: To help offset coaches’ time and to support the school community all cheerleaders must volunteer for a total of 6 1-hour sessions throughout the year. Cheerleaders will be offered a sign-up in order to accrue these hours.

## **GRADE REQUIREMENTS:**

All cheerleaders shall maintain at least an **80 overall average** in academic work EVERY 9weeks and have NO conduct or discipline issues within the classroom from the moment they make the team. Cheerleaders who fail any quarter will be removed from the team. Cheerleaders making a grade between a 70-79% may be placed on probation.

## CHEERLEADER DEMERIT SYSTEM

Demerits will be given for the following violations. Once a cheerleader receives 7 demerits they will be issued a written “warning” as 10 demerits will result in being terminated from the squad.

- Being disrespectful to ANYONE/gossiping 2
- Saturday Detention 3
  - Please note that depending on the reason may result in a more severe consequence
- Arguing or “talking back” with coaches or captains 1
- Any report of trouble in a classroom or with a staff member 1
- Getting in trouble at any HSE sporting event or activity 1
- Any public display unbecoming of a HSE cheerleader 1
- Not informing the coach of an absence before-hand 1
- Unexcused miss of practice or game (must provide documentation to be excused) 2
- Not being prepared for a pep rally, game or competition 1
- Being late for a game or /turning information in late (per day) 1
- Giving “miss-information” (gossip) or taking the lead w/o permission 1
- Eating or drinking without permission while cheering at a game 1
- Not participating in a cheer/chant/or dance at a game 1
- Arriving at a game or event out of uniform 1
- Staying at the concession stand/on break too long during a game 1
- Not participating in required extra-curricular cheerleading activities TBD
- Refusing to follow driver rules on the road trips (caught w/o seatbelt) 1
- Complaining 1
- Failure to make arrangements for a ride/late pick up
  - Please be respectful of coaches time
- Failure to have workout clothes and shoes for after-school practices 1
- out of position at games without permission 1
- No participation fundraiser 1

- \* The purpose of the demerit system is to cut down on problems that might arise on the cheerleading squad. Demerits will be given by the coaches
  - \* Demerits do not affect the cheerleader’s grade.
  - \* Once a cheerleader has acquired 7 or more demerits she risks being pulled from participating in events/games / socials as 10 demerits will result in being terminated from the squad
  - \* Under special circumstances and if cheerleaders receive permission, merits may be given to offset demerits (merits will be determined by the coaches and cheerleader together)
- \* Please understand that cheer is entirely a team sport and that 1 person being absent or removed from the squad can result in an ineffective practice or even removal from a competition for the squad as a whole – please be mindful of this and always make sure to plan ahead and be on time.

## TIME COMMITMENTS:

- Beginning May 2<sup>nd</sup> - March 2024:
  - Tuesdays 3:30-6:00
  - Thursdays: 3:30-6:00
  - Each cheerleader will be required to take a tumbling class once a week based on their level (cheerleaders must select and sign up for their class within 5 days of the first practice)
    - The level and schedules will be provided at the first practice
    - Cheerleaders tumbling day will be individual based and can change if skill level adjusts.  
\*this is built into the monthly fee and is not optional  
\*NOTE: levels will be assigned at the first practice
- All cheerleaders will need to set up accounts through the gym & will be charged **\$80/month.** (+a **onetime** registration fee of \$35) This paper work **MUST** be completed by 4/11/23 at noon.
  - Please know that practices will continue all throughout the summer and your accounts will still be charged the monthly fee – the class will remain from 3:30-6:00 with the individual tumbling class . I know that families travel and have plans during the summer months so each girl will be allowed to miss 2 summer practices with no penalties, provided they notify coach before the absence occurs.
- Cheerleaders will be **required** to attend 2 cheer camps/social and must be available:
  - **End of July (TBA)** Not attending camp = removal from the squad
    - Camps will be held at the gym and payment for camps will be collected in installments from the gym during the first 2months (cost will be: **approx \$150-225** and this pays for both choreography and NCA camp/routine for the entire year. Note: the “team” account will be covering food to minimize cost per cheerleader and will also be covering the music fee to offset the 2<sup>nd</sup> camp cost this season.
    - Final details and reminders will be sent out when things are finalized and closer to the camp date.
  - All parents and cheerleaders are responsible for making arrangements to and from practices and events **ON TIME.** We encourage the cheerleaders and parents to support one another and recommend working out carpool situations if able.
- For practices: if a student will be/is absent please have a parent/guardian email and inform coach as soon as possible to make arrangements for practice (please know that if one member is absent it will affect the whole team from successfully practicing-only emergencies w/ documentation will be excused). If a cheerleader is sick they will still need to attend unless a doctor’s note says otherwise (they will not physically practice but will sit on the sides to learn any new information/changes). Cheerleaders should only miss practices in **EXTREME** cases. **Cheerleaders may NOT miss any practices 3weeks before an event or they will not perform. This includes any practices that are scheduled over holiday breaks – ALWAYS CHECK THE CALENDAR.**
- Cheerleaders are expected to attend the determined home volleyball, flag football and basketball games (schedule will be provided once seasons begin) and will be required to travel and cheer for state championship games if applicable. Cheerleaders must also attend all scheduled competitions.
- NOTE: \* Bid Events: Teams may or may not attend bid events at the end of the cheer season. If a team receives a bid event, additional coaches & competition fees will be required to attend.
- NOTE: Practice times may be extended closer to events – communication will be given in advance

**DETACH AND RETURN  
THE LAST 2 PAGES NO  
LATER THAN 3/31/23 at  
3:00P.m**

**- keep the others for  
your reference  
throughout the year**

- The next pages must be filled in, in their entirety, & must be detached, signed, and returned before the cheerleader is eligible for the squad.

## Cheer Team Handbook/Code of conduct CONFIRMATION

### HSE's Material, Logo, & Property Rights:

HSE owns the rights to all program material (cheers, choreography, music, logos etc.):

All program material may not be reproduced or taught in any manner without prior written permission. HSE has the rights to use any picture and/or video of the student taken at cheer events for use on the website or marketing material.

### HSE Cheer Team Athlete & Parent Code of Conduct:

\*I understand this is an eleven (11) month commitment that I will honor I will not participate in any gossip or negative communication regarding HSE Cheer Team

\*I will not use any inappropriate language

\*I will show good sportsmanship and act like the athlete I am

\*I understand that the Coaches have the right to suspend any athlete or parent if needed

\*I understand that if I am removed from /quit the team, I will not be entitled to a refund of any kind.

\*I understand that I cannot contact any officials and/or competition companies. All question or concerns should be placed directly with HSE Cheer Coaches

\*HSE Reserves the right to change and/or modify these policies and rules at any time. HSE coaches and admin also reserve the right to terminate any student and/or student's parent from our program for any misconduct detrimental to the team.

I have read the Harmony School of Excellence Cheerleader Handbook carefully and thoroughly. I agree to abide by the rules stated in the Handbook at all times. I understand the responsibilities of being an HSE Cheerleader and will do my best to uphold the high standards of the squad. I will accept the decisions of the coach and the administration.

Student Name: \_\_\_\_\_ Student Signature \_\_\_\_\_ DATE: \_\_\_\_\_

I have read the Harmony School of Excellence Handbook carefully and thoroughly. I agree to help my child comply with all policies, rules and regulations set forth in the Handbook. I understand the responsibilities of being a guardian of an HSE Cheerleader and will abide by the decisions of the coach and the administration. I also waive all "liability" when considering injury as well as forms of transportation for myself/my cheerleader.

Parent/Guardian Name \_\_\_\_\_ Parent/Guardian Signature: \_\_\_\_\_ DATE: \_\_\_\_\_

VOLUNTEER INFO: I can volunteer to help and am available on these days/times:

I am able to volunteer:

### **Additional Contact Information: (make sure I can read the email so you can be notified of tryout results)**

Mother Name: \_\_\_\_\_ Contact #: \_\_\_\_\_

Email: \_\_\_\_\_

Father Name: \_\_\_\_\_ Contact #: \_\_\_\_\_

Email: \_\_\_\_\_

Cheerleader Name: \_\_\_\_\_ Contact #: \_\_\_\_\_

Email: \_\_\_\_\_

Additional/Emergency Contact: Name: \_\_\_\_\_ #: \_\_\_\_\_



WAIVER OF LIABILITY, INDEMNIFICATION, ASSUMPTION OF THE RISK, AUTHORIZATION  
TO CONTACT EMERGENCY MEDICAL ASSISTANCE and PRESS RELEASE FORM

Participant's Name: \_\_\_\_\_ Birthdate (mm/dd/yyyy): \_\_\_\_\_

Team/Organization: Harmony School of Excellence Cheer Team Current Grade/Section: \_\_\_\_/\_\_\_\_ Gender: \_\_\_\_

THIS "WAIVER OF LIABILITY, INDEMNIFICATION, ASSUMPTION OF THE RISK, AUTHORIZATION TO CONTACT EMERGENCY MEDICAL ASSISTANCE and PRESS RELEASE FORM" ("Form") HAS BEEN APPROVED, for use at all events held by its members. READ IT CAREFULLY. If the participant is under the age of 18, as a parent or legal guardian you are releasing rights for yourself and for your child by initialing and executing this form. READ IT CAREFULLY. Please review the form carefully, and initial the beginning of each paragraph in the spaces provided before completing the information on the lines provided.

**A. \_\_\_\_\_ [initial]** As the parent or legal guardian of the above-listed child, I freely acknowledge that I have or will voluntarily register (my child) to participate in cheerleading and dance activities held/sponsored by a member/employee of Harmony Public Schools, which include dance, gymnastics, stunting, jumping, and tumbling components. I acknowledge that my child's participation in cheerleading and dance activities entails both known and unanticipated risks that could result in serious and permanent physical and emotional injuries to my child, my child's death, damage to property, and injury to others. I understand that such risks are inherent in these activities and that even with precautions and safety measures they cannot be eliminated without jeopardizing the essential qualities of the activities. I also understand and acknowledge that injuries (I/my child) receive(s) may be compounded or increased by negligent rescue operations and as such, I understand that other than telephoning for an ambulance, stretching, soothing sore muscles, or issuing over the counter needed medication (i.e.; ibuprofen, pamprin, Benadryl) no medical assistance shall be provided by the sponsors/coaches, its agents, staff or other representatives in the event an injury occurs during the event. Understanding such dangers, I hereby knowingly and voluntarily enroll my child in events held/sponsored by members of the Harmony Public Schools. I give my permission for my child to engage in the dangerous activities described above, and I assume the risk of the activities involving my child. I understand that (I do not/my child does not) have permission to participate in cheerleading and dance activities at an event held/sponsored without agreeing to the terms and conditions on this release. I understand that this Form is effective for all events held for the ending of the 2022 year till the end of the 2023 year from date of signature ("effective period"). I understand that this release and waiver of liability shall continue to be in effect during the above stated effective period until such time as I renounce it, in writing, at which time my child shall no longer be able to participate.

**B. \_\_\_\_\_ [initial]** I represent that my child is in good health and that no condition of my child's would constrain my child from safely participating in the activities described in paragraph A. I understand that failure to provide information of any health condition that would constrain my child from participating could result in serious injuries or death to my child. I certify that I have adequate insurance to cover any injury or damage that my child may suffer while participating in an event. I agree to bear the costs of any injury or damages my child may suffer while participating in any event. I hereby authorize the sponsor/coach holding/sponsoring the event, or representatives of said member to call for medical care for my child if in the opinion of such personnel or my child's coach medical attention is needed. I otherwise sponsor/coach to provide over the counter medication as listed above if they deemed appropriate while within HPS activities or events and/or if provided by parent.

**C. \_\_\_\_\_ [initial]** On behalf of my child and myself, I hereby knowingly and voluntarily release and forever discharge Harmony Public School member holding/sponsoring an event where my child is injured, all Harmony Public School members, all their respective, employees, agents, coaches, instructors, assistants, officers, directors, owners, shareholders, subcontractors, and any other representative or affiliates and their respective heirs, successors, and assigns from any and all liability arising out of or in connection with the above-described activities involving my child at any and every event held/sponsored. "Liability" means any and all claims, demands, losses, causes of action, lawsuits or judgments of any and every kind that occurs during or incidental to the above-described activities that result from any cause whether caused by the negligence or otherwise.

**D. \_\_\_\_\_ [initial]** I hereby agree to and shall indemnify, defend, save and hold harmless Harmony Public School Representatives from and against any and all loss, liability, damage, or cost they may incur, including attorneys' fees and litigation costs, arising out of or related to the above-described activities, whether cause by negligence or otherwise.

**E. \_\_\_\_\_ [initial]** I hereby agree that the assumption of risk, the release and waiver of liability, and the indemnity agreements contained herein extend to all acts of negligence and is intended to be as broad and inclusive as is permitted by the law of Texas and any other state whose laws apply to the activities, and that if any portion of this Form is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

**F. \_\_\_\_\_ [initial]** I give the right to photograph or video tape my child, or likeness of my child, and to disseminate any images or recordings of my child for any reproductions associated or in any way connected with marketing, advertising, publication or marketing of any event undertaken. Specifically, I hereby forever and irrevocably grant a license and permission to use any such photographic or video reproduction of my child in any form of advertisement for promotional purposes. I understand that no compensation will be paid for the use of any photographic or video reproduction of my child.

**G. \_\_\_\_\_ [initial]** By signing this Form and initialing each paragraph, I represent that I have read this Form thoroughly and understand it completely, including the substantial legal rights I am giving up for my child and myself by signing it. I have signed this Form freely and voluntarily without inducement of any kind or guarantee being made.

**H. \_\_\_\_\_ [initial]** I INTEND BY MY SIGNATURE FOR THIS FORM TO BE A COMPLETE AND UNCONDITIONAL WAIVER AND RELEASE OF ANY AND ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW. I UNDERSTAND AND AGREE THAT THIS FORM CANNOT BE AMENDED OR MODIFIED BY ANY ORAL STATEMENTS OR OTHER WRITINGS AND THAT IT IS BINDING ON MY CHILD AND MYSELF, AND OUR HEIRS, SUCCESSORS, DISTRIBUTEES, GUARDIANS, LEGAL REPRESENTATIVES, AND ASSIGNS. I AGREE A FAXED OR SCANNED SIGNATURE SHALL BE BINDING IN LIEU OF THE ORIGINAL.

Name of Participant: \_\_\_\_\_ Age of Participant: \_\_\_\_\_ (as of August 1, 2023)

Name of Emergency Contact: \_\_\_\_\_

Insurance Carrier: \_\_\_\_\_ Policy #: \_\_\_\_\_

Relationship to Participant: \_\_\_\_\_

Parent/Guardian Email Address: \_\_\_\_\_

Date ( ) Number to be Called in Case of Emergency: \_\_\_\_\_

Address of Participant/Parent/Guardian: \_\_\_\_\_

Signature of Parent/Guardian: \_\_\_\_\_

# TRY-OUT SCORE SHEET

FINAL TRYOUT TOTAL SCORE = \_\_\_\_\_/100

\*TRYOUT # = \_\_\_\_\_

\*STUDENT NAME = \_\_\_\_\_

\*SECTION/GRADE = \_\_\_\_\_

• DANCE:

- |   |   |   |   |   |   |
|---|---|---|---|---|---|
| <input type="radio"/> Memorization        | 1 | 2 | 3 | 4 | 5 |
| <input type="radio"/> Facials             | 1 | 2 | 3 | 4 | 5 |
| <input type="radio"/> Tight Motions       | 1 | 2 | 3 | 4 | 5 |
| <input type="radio"/> Overall Performance | 1 | 2 | 3 | 4 | 5 |

▪ TOTAL DANCE SCORE = \_\_\_\_/20

• TUMBLING RUNNING:

- CARTWHEEL= 1 /ROUND OFF = 2 / RO/REBOUND = 3 / RO/REBOUND = 4/5

1	2	3	4	5
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- POTENTIAL 1 2 3 4 5

• TUMBLING STANDING:

- Bridge = 1 / KO = 2 /BWO = 3 /Back Handspring + = 4/5

1	2	3	4	5
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- Potential 1 2 3 4 5

▪ TOTAL TUMBLING SCORE = \_\_\_\_/20

• JUMPS:

- |   |   |   |   |   |   |
|---|---|---|---|---|---|
| <input type="radio"/> Tight Motions             | 1 | 2 | 3 | 4 | 5 |
| <input type="radio"/> Correct placement of arms | 1 | 2 | 3 | 4 | 5 |
| <input type="radio"/> Height of Jumps           | 1 | 2 | 3 | 4 | 5 |
| <input type="radio"/> Overall                   | 1 | 2 | 3 | 4 | 5 |

▪ TOTAL JUMP SCORE = \_\_\_\_/20

• CHEER:

- |   |   |   |   |   |   |
|---|---|---|---|---|---|
| <input type="radio"/> Memorization        | 1 | 2 | 3 | 4 | 5 |
| <input type="radio"/> Projection          | 1 | 2 | 3 | 4 | 5 |
| <input type="radio"/> Tight Motions       | 1 | 2 | 3 | 4 | 5 |
| <input type="radio"/> Overall Performance | 1 | 2 | 3 | 4 | 5 |

▪ TOTAL CHEER SCORE = \_\_\_\_/20

• Potential:

- |   |   |   |   |   |   |
|---|---|---|---|---|---|
| <input type="radio"/> Behavior/conduct (PBA/RP) | 1 | 2 | 3 | 4 | 5 |
| <input type="radio"/> Respectful                | 1 | 2 | 3 | 4 | 5 |
| <input type="radio"/> Dedicated                 | 1 | 2 | 3 | 4 | 5 |
| <input type="radio"/> Grades                    | 1 | 2 | 3 | 4 | 5 |

▪ TOTAL POTENTIAL SCORE = \_\_\_\_/20

Score sheet example - to be filled in by judges

**A physical copy of this essay must be submitted with signed waivers NO LATER THAN**

**3/31/23**

- **\*\*\* Please write down anything I should know when considering you for the team – CHEERLEADER FILL IN THIS PORTION PRIOR TO TRYOUT (make sure you use appropriate grammar and complete sentences – keep in mind I am a teacher not just a coach)**
- ***i.e.; can you fly?/Are you flexible?/Can you back-spot or base?/do you have outside cheer or dance experience?/ Why would you be a great addition to the squad?***

Handwriting practice lines consisting of 18 sets of three horizontal lines (top, middle, bottom) in yellow.