

To: Prospective Cheerleader Candidates and Parents
From: Shane Martin, Kristina Noto, Taylor Ryan Head Coaches
Subject: Cheerleader Evaluations

Thank you for showing interest in being a Mountain Brook High School cheerleader.

You should read this packet and become familiar with the eligibility requirements, the expectations, and responsibilities of a Mountain Brook High School cheerleader. This packet contains the necessary forms for evaluations, evaluation information, and the Cheerleading Contract.

You and a parent need to carefully review the guidelines and requirements in the contract, as well as the evaluation requirements prior to participating in the clinic. If you meet all of the requirements and agree to the terms of the contract **please return the required forms to Coach Noto/Coach Ryan at MBHS by March 11th no later than 3:30 p.m. The evaluation fee of \$35 needs to be paid online by March 11th at 3:30pm.**

Directions to pay online:

- 1. Go to the MBHS website.**
- 2. Under the "resources" tab go to online payments.**
- 3. There will be a cheer evaluation page to click on to pay the fee.**

Cheerleading is both time consuming and expensive.

1. You must be willing to devote your time and effort throughout the summer, fall, winter and spring. Additionally, cheerleaders do not always have the same breaks as other students because of events that occur during those times.
2. Cheerleaders and their parents must pay for uniforms, equipment, summer camp and other necessary items. We will provide cost estimates for the upcoming year. No uniforms or other items will be given to the cheerleader until payment is received.

Mountain Brook Cheerleaders receive many valuable and rewarding experiences that are remembered long after graduation from high school. Participating in cheerleading at Mountain Brook instills a sense of pride and accomplishment.

If you have any questions, please feel free to contact us.

Best of Luck!

Kristina Noto
(205) 414-3800 x 7602
notok@mtnbrook.k12.al.us

Shane Martin
(205)414-3800 x 7726
martinp@mtnbrook.k12.al.us

Taylor Ryan
(205)414-3800 x 7635
ryane@mtnbrook.k12.al.us

MBHS Cheerleading Evaluation Information

- **Evaluations will be conducted on Thursday, March 17th- Friday, March 18th and Monday, March 21st through Thursday, March 24th from 3:30 -6:00 in the school gym.**
- **Friday, March 18th:** Friday is a regular evaluation day. Friday afternoon, there will be a video that contains the evaluation material posted on the cheer webpage. Each candidate must view this video and start learning the material. We expect you to know the material when you walk into evaluations on Monday, March 21st.
- The material is taught by an outside vendor.
- **Attendance on each day of evaluations is mandatory.**
- **Fee of \$35** is due with the application on March 11th. Application should be sent to Coach Noto/Coach Ryan. Fee needs to be paid online.
- Coaches will be evaluating candidates during the week of clinic.
- Clinic is closed to the public.
- **Clinic Attire:**
 - *Each day, hair needs to be in a high ponytail and absolutely NO jewelry. **Ribbon is required.** No cheerleading accessories or clothing bearing cheerleading affiliation may be worn during evaluations. No loose-fitting t-shirts during clinic.*
 - Thursday, March 17th and Friday March 18th: wear *any* color tank (one that will not come up while tumbling)/shorts/cheer shoes. You may bring running shoes for the physical requirements.
 - Monday, March 21st: **White** tank, black shorts, cheer shoes.
 - Tuesday, March 22nd: **Black** tank, black shorts, cheer shoes.
 - Wednesday, March 23rd: **White** tank, black shorts, cheer shoes.
 - Thursday, March 24th: **Black** tank, black shorts, cheer shoes.
- **Evaluation Elements**
 - ✓ Group Cheer with incorporations
 - ✓ Cheer (incorporates jump and tumbling).
 - ✓ Chant
 - ✓ Dance (jump will be incorporated)
 - ✓ Jumps (toe-touch, hurdler, pike, double toe-touch).
 - ✓ Tumbling
 - ✓ Stunting
 - ✓ Teacher Evaluations (evaluation sheet will be sent to teachers).
 - ✓ Physical Fitness
 - ✓ Work Ethic, Leadership
 - ✓ Please see assessment rubric for all other scoring categories.
 - ✓ **Keep in mind, all skills including fitness demonstrated during evaluations will be required through the *entire* season (March to March).**

The new roster of cheerleaders will be posted on the web no later than 9:00 pm on March 24th

EVALUATIONS ARE CLOSED TO THE PUBLIC-NO FAMILY OR FRIENDS WILL BE PERMITTED IN THE PRATICE OR EVALUATION AREAS. THANK YOU FOR YOUR UNDERSTANDING!

MBHS Cheerleader Evaluation Application

Deadline for submission: Friday, March 11th at 3:30 pm at MBHS

Student Name _____

Go to <https://forms.gle/2nPXm7jeRh1hAXz8A> and fill out the evaluation application via google form.

If selected for Mountain Brook High School Cheerleading, I understand that I am required to do the following:

- *Maintain excellent school attendance and grades.*
- *Promote sportsmanship and proper conduct at all times; in or out of uniform.*
- *Cooperate with the Coaching Staff, captains and other members of the squad at all times.*
- *Accept constructive criticism from the Coaching Staff, captains and other consultants.*
- *Meet all financial obligations.*
- *Abide by the requirements and guidelines set by the coach and those that are in the Cheerleading Contract.*
- *Be **FULLY** dedicated to the cheerleading program.*

By signing below, I agree to the conditions listed above. I also understand that in order to be evaluated, I must meet eligibility requirements. Finally, in the event of selection, I give MBHS the permission to post my first initial and last name on the MBHS Cheerleading website.

Application Signature: _____ Date: _____

Parent's Signature: _____ Date: _____

**MOUNTAIN BROOK HIGH SCHOOL CHEERLEADER
AGREEMENT AND RELEASE FORM**

We agree that _____ will participate in the evaluation and selection process. We agree to accept the system for the selection process and the results of the evaluations. We understand and agree to abide by the rules and regulations for cheerleaders set forth by the coaches and those that are established in the Mountain Brook High School Cheerleader Contract. We understand that all decisions are up to the discretion of the coach. We understand these conditions and agree to abide by these rules and regulations if selected as a Mountain Brook High School Cheerleader for the 2022-2023 academic year. We also understand that failure to comply with these rules and regulations may result in dismissal from the program.

We understand that cheerleading is a strenuous, physical activity requiring strength, stamina, and flexibility. We agree to practice and condition in order to improve physical ability and prevent injury. We also agree to obtain a medical release with a physician’s statement of the ability of the undersigned to participate in this type of activity. We further understand that skills including fitness performed during tryouts, are expected to be demonstrated throughout the **entire** season.

Understanding the physical requirements and risk involved, we hereby authorize the staff and appointed supervisors of Mountain Brook High School and Mountain Brook City Schools to provide medical attention in the event of any situation requiring such attention. We understand that clinics, practices, and performances will be supervised, and in the event medical attention is needed, it will be provided by qualified personnel. We waive any claim against Mountain Brook City Schools, its employees, or appointed supervisors for seeking medical attention.

Parent/Guardian Signature

Date

Student Signature

Date

MBHS Cheerleading – Evaluation Grievance Policy

The following is the Mountain Brook High School Cheerleading program’s policy for handling any grievances related to evaluations.

Should a grievance arise due to the evaluation results, a meeting with the candidate and the coaches can be scheduled to review the candidate’s rubric score. A request for a meeting must be sent via e-mail by the candidate (school email account) to the coaching staff. The coaching staff will then coordinate to establish a meeting time. During the meeting, only the evaluations of the candidate will be discussed. Any information not directly related to the candidate will not be discussed during the meeting.

The cheerleading program is placed fully under the athletic department. As a result the cheer program will function within, and adhere to, the standard operating procedures and philosophies of the athletic department. One of the many goals and one of particular importance to the athletic department, is to help develop, encourage, and promote self-advocacy. With that being a point of emphasis, it is important to understand meetings involving evaluation scores will only include coaches and candidates. Parents will not be involved in post evaluation meetings. Parents may contact the coaches via email but evaluation scores will not be discussed as those questions will be answered in the coach-candidate meeting.

If there are further questions or concerns after the post evaluation coach-candidate meeting you may contact the Athletic Director, Benny Eaves.

By signing this document below, you are affirming that you have read, understood, and agree to fully adhere to the grievance policy.

Candidate Signature

Parent Signature

After Evaluation Information

All of these dates should be put in your calendar.

Important Dates: subject to change

- **Mandatory Uniform Check off is Wednesday, April 6** at 2:30pm in cheer room. All previous uniforms have to be approved by Coach Noto/Ryan and signed off on the uniform sheet.
- New Cheerleader/Parent mandatory Meeting is **Monday, April 11 at 4:00**, in the library.
- Uniform Fitting will be on **Thursday, April 14th at 2:30pm in the cheer room.** Sophomores will come directly after school. **Mandatory** for every cheerleader (no parents).
- Physicals due in May (date TBD)
- Football Jamboree will be May13th.
- MBHS Cheerleading Boot Camp-**MANDATORY** will be **July 28th-29th**, 9-3 each day.
- Sign Painting-**MANDATORY** will be **August 1st-4th**
- ***IMPORTANT NOTE:*** Missing **any** portion of boot camp/sign painting will result in sitting out football games at a minimum.

Camp Information:

- Camp Dates are **June 3rd -June 7th – MANDATORY**
- Location: Great Wolf Lodge, Lagrange, GA.
- We will have a **mandatory** camp practice on **June 2nd**.
- Details to come at first meeting.

****ALL COLORED FORMS NEED TO BE SIGNED/FILLED OUT AND RETURNED TO COACH NOTO/RYAN****

This includes:

Google Form Application (online)

Blue teacher recommendation form (must be turned in at information meeting)

Pink Evaluation Application

Yellow Cheerleader Agreement/Release Form

Orange Grievance Policy

Green Stunting Form

Purple Contract Acknowledgment form