

# 8th Grade Cheer Tryouts February 24-27, 2020

## Tryouts

Tryouts for 8<sup>th</sup> grade cheer for the 2019-2020 school year will be held from 5:00 p.m.-6:30 p.m., February 24-27, 2020, at the North Gym at Conway Junior High. Tryouts are open to students currently enrolled in the 7<sup>th</sup> grade in Conway Public Schools. Students may begin signing-in at 4:45 on Monday the 24th. Students must be picked up promptly at 6:30 p.m. Monday through Wednesday. Thursday's start and ending times will vary and be announced later. Students may have no more than two absences for the week. This is a closed tryout.

**ALL participants must complete the Information sheet/participation form (page 2) and submit it by email to [raneyl@conwayschools.net](mailto:raneyl@conwayschools.net) no later than Wednesday, February 19, 2020. Rank One documents should be entered by Wednesday, February 19, 2020. Current athletes are already entered in Rank One and will not need to resubmit information unless their physical has expired. Rank One instructions are on page 3. Students with incomplete paperwork will not be allowed to participate until completion is verified.**

Tryout numbers and/or /names for those making the team will be posted on the school website after tryouts are completed.

## What should I wear to tryouts?

All students trying out for cheer should wear blue shorts and a plain white sleeved t-shirt, sports bra (girls), and clean athletic shoes. Tank tops and camis are not sleeved t-shirts. Hair should be pulled back out of one's face. Nails should be clipped short to prevent injuries to oneself and to others. No nail polish or excessive makeup. Do not wear hair bows. Hair should be a natural color. Pink/blue, etc. are not natural colors. Do not wear or bring jewelry to tryouts. Do not get new piercings before tryouts, cheer clinic, or cheer season. These guidelines provide for all contestants to look similar like a team and not stand out or be recognizably different and also provide safety.

## How much time is required of a cheerleader?

Cheer is a year-long class meeting 6<sup>th</sup> period, Monday-Friday. We cheer for blue and white side football and basketball home games both boys' and girls' teams. That involves approximately 40 school nights required attendance. Parent/guardians must provide transportation to and prompt pick up after games. Coaches are not allowed to transport cheerleaders/students. Cheer practice may begin as early as the first week of August. Meet the Cats is typically the first Friday night after school begins and attendance is mandatory. Cheer clinic for new cheer teams are held three days in April/May after school in the South Gym. And...possibly more.

## Contestant Expectations for Cheer

- ✓ Great attitude
- ✓ Follows and takes direction well
- ✓ Learns quickly
- ✓ Smiles
- ✓ Voice projection not screaming
- ✓ Motions are sharp and accurate
- ✓ Tumbling skills are smooth/connected
- ✓ Jumps

Top scores make the team.

## Costs for Personal Items

Required personal items to be purchased MAY include items such as shoes, poms, windsuit/jacket, rain jacket, bag, and bows. This will cost approximately \$300. Cheerleaders will be fitted for items after school on Wednesday, April 22, 2020 and items will be paid for by parents at the Varsity website by May 1, 2020.

## Uniforms

Cheer uniforms are property of the Conway Athletic Department. They will be assigned by the cheer coach and returned to the cheer coach the week after the last basketball game which is typically mid-February.

## Cheer is a Sport!

Cheer is considered a team school sport and part of the Athletic Department. Team members are expected to be in physical shape for athletic participation. Physical conditioning is part of team sports. When basketball season is over, off-season cheer conditioning will be an everyday class expectation.

## Behavior Expectations

Cheer represents Conway Junior High and cheerleaders are expected to demonstrate leadership and act as role models for our school. Respect for coaches and teammates is expected at all times whether on or off campus, during school hours or non-school hours.

Texting and social media sites should not be used to gossip or make suggestive, derogatory, or harassing comments about anyone. Harassment or bullying of teammates or other students is strictly forbidden.

Poor attitudes/behavior will prevent stunting for cheer. Stunting can be very dangerous and only teams that work together will stunt. Poor attitudes/behavior can result in benching or removal from the team.

## Volleyball and Basketball Conflicts

Any girl who will be participating in both Volleyball and Cheer/Dance in 8th grade needs to understand that Volleyball games are played on Monday/Thursday and all football games are played on Thursday. There will be days when your volleyball team plays at home, you might have the chance to play the volleyball game and then get to the football game to cheer and perform at half-time. On Thursday's when your volleyball games are out of town, you would not have that option.

Boys' and girls' basketball games are played at the same times but at different gyms with few exceptions. You will not be able to cheer during basketball season if you are a basketball player unless there is not a scheduling conflict.

## Questions?

For more information regarding cheer, please contact Leigh Ann Raney, 8<sup>th</sup> grade cheer coach, at [raneyl@conwayschools.net](mailto:raneyl@conwayschools.net).



# 8th Grade Cheer Tryouts February 24-27, 2020

## Contestant Information Sheet and Participation Agreement

Name \_\_\_\_\_ Tryout # (TBA) \_\_\_\_\_

Middle School (check the box ): Courtway ☐ Stuart ☐ Simon ☐ Doyle ☐

Parent(s) Name(s): \_\_\_\_\_

Best Phone Number: \_\_\_\_\_

Emergency contact name and number other than above: \_\_\_\_\_

Are there any **current** medical conditions that the coaches should know about? For example: allergies, asthma, concussions, breaks/sprains, etc. \_\_\_\_\_

### NOTICE!!!

#### 8th Grade - Volleyball - Cheer/Dance Conflicts

Any girl who will be participating in both Volleyball and Cheer/Dance in 8th grade needs to understand that Volleyball games are played on Monday/Thursday and all Football games are played on Thursday. There will be days that when your volleyball team plays at home - you could/would have the chance to play the volleyball game and then get to the football game to cheer/dance - perform at half-time. On Thursday's when your volleyball games are out of town- you would not have that option - and would have to make a choice - and that would need to be discussed ahead of time with all coaches involved. There would be no conflict after volleyball season for any cheerleader/dancer - and you could be full participation.

#### 8th Grade - Basketball - Cheer/Dance Conflicts

Any girl who is participating in both Basketball and Cheer/Dance in 8th grade needs to understand that you would play in your basketball game - and cheer only on game days that you did not have a game. (Girls and Boys usually play at the same time in different gyms)

### Participation Agreement

Please know that if you make the cheer/dance team, it is not just a commitment during school hours; it also requires time outside of school. These out-of-school times will be mandatory, and no absence except another school activity or unforeseen emergency (such as illness or death in the family) will be excused.

If your child is involved in competitive cheer/dance, volleyball or basketball, he/she will not be excused from any school cheer practice or ballgames due to competitive events. If you feel this commitment will be a problem, please don't take a spot of someone who is willing to be committed to our school cheer/dance team.

The financial responsibility for required items will be approximately \$300.

I understand this commitment.

Student Signature \_\_\_\_\_

Parent Signature \_\_\_\_\_

8<sup>th</sup> Grade Dance tryouts are one week after 8<sup>th</sup> grade cheer tryouts. If you do not make the cheer team, you may try out for dance with the same forms. If you make the cheer team, you may not also try out for the dance team.

\_\_\_\_\_ I plan to try out for dance if I do not make the cheer team.

\_\_\_\_\_ I do not plan to try out for dance if I do not make the cheer team.

# 8th Grade Cheer Tryouts February 24-27, 2020

All parents of athletes in 7<sup>th</sup> – 12<sup>th</sup> grades and participating in any sport this year, must go online and fill out participation paperwork at <https://conwaypublic.rankonesport.com/New/NewInstructionsPage.aspx>

## How to Complete the Electronic Participation Forms

- Step 1 Visit [www.rankonesport.com](http://www.rankonesport.com)
- Step 2 Click on Fill out Electronic Participation Forms
- Step 3 Select your State – Select your School District
- Step 4 Read through the instructions page
- Step 5 Scroll down & click Start Online Forms

You will need your **child's school ID number**, you can get this off of E-School, report card and most school documents.

Ask your child's coach if you need help.

There are also many tutorials on the actual website

There is also a Rank One Parent App:



**Parent/Public Rank One** 4+

AllPlayers Network, Inc.

★★★★★ 2.5, 10 Ratings

Free