

**Crain's Creek Middle School  
Cheerleading Tryouts  
Registration Form**

**Any rising 6<sup>th</sup>, 7<sup>th</sup> or 8<sup>th</sup> grader who meets the eligibility requirements for cheerleading tryouts must fill out the following information completely and present it to be admitted to tryouts. This form MUST be present in order to be admitted to tryout. Along with a completed Arbiter Athlete profile.**

**Cheer Participation Information**

Student's Name: \_\_\_\_\_ Grade: (2019-2020) \_\_\_\_\_

Student's Insatgram Handle (if applicable): \_\_\_\_\_  
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Parent/Guardian's Name: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Work Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip Code: \_\_\_\_\_

**Emergency Contact Information**

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Relationship to student: \_\_\_\_\_

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Relationship to student: \_\_\_\_\_

**Seasons Interested in Cheering**

\_\_\_\_\_ Football \_\_\_\_\_ Basketball \_\_\_\_\_ Both

**Stunt Position Interested in Trying**

\_\_\_\_\_ Flyer \_\_\_\_\_ Base \_\_\_\_\_ Back Spot \_\_\_\_\_ Unsure

Name of Candidate: \_\_\_\_\_

Because we are looking for well-rounded student athletes, all potential CCMS cheerleading candidates must have the following form filled out by a *current certified* teacher where they attend school. The following will be used as a part of the overall score. All evaluation forms are due by Wednesday, May 22. Failure to turn in the evaluation will result in a score of 0 for this section, late evaluations will not be accepted.

Please rate the above candidate in each of the areas listed below using a scale of 1 to 5, with 5 being the highest.

\_\_\_\_\_ Leadership Abilities/Skills

\_\_\_\_\_ Dependability/Commitment

\_\_\_\_\_ Ability to get along with others

\_\_\_\_\_ Work ethic

\_\_\_\_\_ Motivation/Willingness to work

\_\_\_\_\_ Cooperation

\_\_\_\_\_ Punctuality

\_\_\_\_\_ Willingness to follow rules and directions

\_\_\_\_\_ Ability to represent Crain's Creek Middle School in a positive manner

**Additional Comments (only if you feel necessary)**

Teacher's Name: \_\_\_\_\_

Class Name: \_\_\_\_\_

Teacher's Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Please put the evaluation in the provided envelope. Seal the envelop and sign along the lip before returning to the cheerleading candidate.

Thank you,

Arianna Thompson

CCMS Cheerleading Coach

# Parent Authorization and Candidate Agreement

## Parent Authorization Waiver

I, \_\_\_\_\_ the parent/guardian of \_\_\_\_\_, release Moore County Schools, Crain's Creek Middle School, its administrators, athletic director, and coaches from all responsibilities of personal injuries or accidents incurred by my child/ward during cheerleading tryouts.

I also understand that my child/ward cannot participate without this practice waiver and a current (non-expired) physical. I understand that separate waivers will be issued when the cheerleading squad is chosen.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## Candidate Agreement Statement

I, \_\_\_\_\_ understand that **IF** I am chosen as a Crain's Creek Middle School Cheerleader I:

- Must maintain at least a 'C' (70%) average in all of my classes
- Cannot have any disciplinary action that results in a suspension
- Must abide by the rules and regulations set forth by the coaches, athletic director and administration of CCMS
- Must cooperate with and follow the instructions of the cheerleading coach
- Must attend all practices and games unless otherwise arranged with the cheerleading coach
- Will be picked up promptly at the close of each game and practice

Candidate Signature: \_\_\_\_\_ Date: \_\_\_\_\_

# Crain's Creek Cheerleading

## General Information

### **Mission Statement:**

Crain's Creek is a place where student-athletes are provided the opportunity to achieve the best by being inspired to dream, challenged to practice, encouraged to try, and equipped to be successful in an environment that promotes responsible, ethical, and courteous behavior within a sportsmanship like atmosphere. As a Crain's Creek Middle School Cheerleader, your first priority is academics and your second priority is cheerleading.

### **Seasons:**

There are two seasons during which cheerleaders can choose to cheer. All cheerleaders must let the coach know which seasons they will be cheering for *immediately prior* to the start of each season. Cheerleaders at this level are able to try out for other sports they are interested in. This means that cheerleaders have the opportunity to play or manage softball, tennis, or cross-country and cheer for basketball or play or manage basketball and cheer for football.

### **Games:**

*Football* – Games are scheduled for play on Wednesday beginning at 4:00pm and ending around 5:30pm. Cheerleaders will only cheer at home games with a *possibility* of attending away games depending on the schedule.

*Basketball* – Games are scheduled for play on Mondays and Wednesdays. The girls' game begins at 4:00pm and is immediately followed by the boys' game, typically ending around 6:30pm. Cheerleaders will NOT attend away games.

### **Practices:**

Practices will typically be held once a week, on Tuesday, from 3:00-4:45pm.

### **Competitions:**

Cheerleaders who make the team have the opportunity to try out for an optional competition squad in addition to the school squad. There are limited spaces for the competition team as well as additional costs. *The competition team is in no way affiliated with the school's sideline team. Therefore, being a member of the CCMS cheerleading squad does not guarantee you will make the competitive team.*

### **Commitment:**

Cheerleaders will be provided monthly schedules with all upcoming practice and event dates. They are expected to attend all scheduled activities.

**Finances:** (These amounts are approximations for the entire year)

New Cheerleader - \$175.00                      Returning Cheerleader - \$75.00

**Tryout Information** (There will be one tryout for the 2019-2020 school year)

### **Mandatory Tryout Training Sessions**

- Monday, May 20<sup>th</sup> through Wednesday May 22<sup>nd</sup> from 3:00-5:00pm.
- Candidates should be dressed and ready to go by 3:10 in the CCMS cafeteria.

\*All rising 6<sup>th</sup> graders must report to the office at the middle school on Monday, May 20<sup>th</sup> to turn in paper work and receive their eligibility wristband to try out.\*

## Actual Tryout

Thursday, May 23<sup>rd</sup> beginning at 3:15 and continuing until all candidates have had the opportunity to tryout.

### **Please bring:**

1. All forms necessary for tryouts (if not turned in prior)

Forms include: *Tryout Registration, Authorization and Agreement, Teacher Recommendation*

*\* Current Arbiter Athlete Profile must be approved in order to participate\**

2. Something to drink (water, PowerAde, Gatorade)
3. A positive attitude

### **Information:**

Candidates will learn a cheer and a dance for tryouts. This is new material that has been made especially for this year's tryouts. Candidates will also learn how to do three jumps on count and two starburst motion drills. Candidates may be taught a basic stunt sequence. Candidates with tumbling experience may attempt any gymnastic sequence that they are comfortable with. Even though tumbling experience is not a requirement, at least attempting a cartwheel or round-off is encouraged. Extra points will be awarded for additional gymnastics.

Candidates will perform the cheer, the dance, both starburst drills, jumps on count, and any gymnastic skills for the actual tryout. Candidates will not perform a stunt sequence during tryouts. Candidates will tryout in groups for a panel of judges and will be scored on precision and accuracy of each skill, facials, voice projection during the cheer, and spirit.

**These are closed tryouts. No one other than students who are trying out for the 2019-202 squad will be admitted into the tryout area. Parents can pick up their child at the end of each training session and once their child is finished on the tryout date.**

### **Results:**

Results will be posted using candidate number on Friday, May 24<sup>th</sup> at the end of the school day by the front entrance and on the [ccms.cheerleading](https://www.instagram.com/ccms.cheerleading) Instagram page, as well as the CCMS Facebook page.

### **Questions:**

Contact coach Thompson with any questions or concerns.

[athompson@ncmcs.org](mailto:athompson@ncmcs.org) | (910) 245 - 2796