

Tryouts & Selection

- Try-out practices and judged tryouts will be held in the North Gwinnett Middle School gym on May 3rd, 4th, 5th, 6th, and 7th.
- Tryout practices on Monday, Tuesday, and Wednesday will take place from 4:30-6:00.
- Tryout practice on Thursday will take place from 4:30-5:00.
- Final cheer tryouts are after school on Friday April 7th from 4:30-8:00 for jumps, cheers, chants, and dance in the NGMS gym.
- The tryouts are closed to all except the participants.
- The final day of tryouts will be judged by people not affiliated with Gwinnett County Public Schools.
- **All candidates must have all signed paperwork (including a current physical) turned in to be eligible to tryout and participate on the North Gwinnett Middle School Cheerleading Squad.**
- Candidates must have passed 4 out of 5 classes from their last semester of 7th grade (your two connections grades will be averaged together forming one grade) and a good attendance record.
- The judges will be looking for the following qualities at try-outs:
 - Ability to learn cheers and dances
 - Coordination
 - Jumping technique
- The following qualities will also be noted by judges and coaches throughout the try-out process:
 - Leadership
 - Responsibility
 - Punctuality
 - Adhering to the school dress code
 - School spirit

Grades

- Grades are extremely important and will be given priority to cheerleading. As a result, your grades are given much consideration in the selection process. We want to choose students who have excellent study habits, who will be able to commit themselves to the squad and who won't be absent often due to grade problems. **REMEMBER, CHEERLEADING IS A BIG TIME COMMITMENT.** School work and your grades are too. We want members that can manage **BOTH**.
- Cheerleaders will be expected to **MAINTAIN AT LEAST A "C" IN ALL CLASSES**, and grade checks will be done periodically to ensure that this standard is being met. This is not the same as maintaining a 2.0 GPA. You must have no lower than a C in all classes. Any member failing to meet this standard will be put on probation until she brings the cheer coach a progress report showing that her grades are up to standards.
- A cheerleader on probation will be required to sit out a game (boys game and girls game), but she will still be required to dress out, attend the game, practice with the squad, and participate in the halftime routine.

Duties & Responsibilities

Practices

- Will be held 2 days a week during the entire cheer season through February 2011. Practices will be held on Monday and Wednesday afternoons from 4:30-5:45.
- Additional practices (i.e. before pep rallies) will be determined by the cheer coaches.
- Cheerleaders should wear appropriate clothing to practice that meets dress code. No midribs, no short shorts, AND hair must be TIED BACK! If dress code is not met, then it counts as an unexcused practice, and the cheerleader will sit out.
- Cheerleaders will be expected to wear their hair in a ponytail or other style that enables hair to be out of the way and not hanging in their face.
- No other practices or special meetings will be scheduled at North Gwinnett unless proper notification has been given by the cheer coaches that such an event is school approved and supervised.
- As a member of the North Gwinnett Middle School cheerleading squad, this will be your first priority. **Therefore, outside sports and activities will be considered unexcused absences.** The commitment you are making to cheer with the squad will last from August 2010 until February 2011.

Games

- All squad members are to be present at each game, in uniform (with the correct sports bra on), and ready to cheer at least fifteen minutes prior to the scheduled start of the event. This includes having hair tied back in a ponytail with their hair ribbon.
- Squad members are expected to be on the floor, cheering for the entire game, well-groomed, and with total attention focused on cheering (Not with people in the stands, or friends on the sidelines).
- Cheerleaders are expected to stand in formation with the squad and to keep talking/socializing to a minimum during the game, except for discussing upcoming cheers or chants.

Fundraisers

Athletic Fundraisers:

- The money from these fundraisers goes into the general athletic funds for banquets, trophies, and other expenses for basketball or cheerleading.
- Krispy Kreme Fundraiser
 - Required for all cheerleaders
 - This fundraiser will be held **twice** during the basketball season.
 - Each girl will be required to pick up 10 dozen doughnuts boxes on the assigned Saturday mornings and pay for them at that time.
 - The dates and costs will be determined once the season starts.

Cheerleading Fundraisers:

- The money raised from these fundraisers will go directly into the cheerleading funds.
- NGMS Chick-fil-a Night
 - Minimum participation required
 - 30% of the profit earned that night goes to the squad.
 - We'll go eat as a team that night at Chick-fil-a and promote the fundraiser at school.
 - Date: TBD
- Brusters Coupon Book Sell
 - Each girl will be responsible for selling a certain number of booklets.
 - One night will be a group sell at Brusters
 - Date: TBD
- Pumpkin Gram Sells
 - Pumpkin grams will be sold at school before homeroom for 1-2 weeks before October 29, 2010.
 - We'll have a cookie baking and assembling party at school during a Monday or Wednesday evening practice.
 - The grams will be delivered on October 29, 2010.
 - Each girl will be responsible for providing 2-3 logs of sugar dough.
 - Finalized dates: TBD
- These are possible fundraisers, but other fundraisers may be added if the opportunity arises.

Costs

- **Camp**= ~\$115.00 (included rights to music for the routine)
- **Uniform** = ~234.39
Uniform fees include the following:
 - Shell
 - Skirt
 - Lettering for uniforms
 - Unifit
 - Bloomers
 - Shoes
 - Poms
 - Hair Ribbon
 - Bag
- **Warm-ups**=~\$75.00
 - T-shirt
 - Jacket
 - Pants
- **Dinner Fee (for meals before weekday games)**
 - ~\$50.00
- **Total= ~475.00 (This is an estimated total and is subject to change)**

Attendance

- All squad members are required to attend ALL practices and games. You must report a planned absence from a practice or game directly to the cheer coaches, in writing, at least one day in advance, or it will be unexcused.
- The only absences that are excused are an illness, a doctor or dental appointment, or lose of a family member.
- Upon returning from any qualifying excused absence the squad member must bring a note (otherwise it is unexcused). The school excusal notice that is given in the attendance office is acceptable in the case of an illness or an early checkout. Doctor and dentist appointments are considered excused, but please try to schedule these on days other than during cheer days. Special circumstances may be counted excused at the discretion of the cheer coaches.
- Each unexcused absence will result in a demerit.
- A squad member must be present at school for at least half a day (three classes) to be allowed to attend a practice or a game.
- Early dismissal from practice or a game also requires a note from parents in advance.
- If a squad member is attending a before school study session, you must FIRST report to the cheer coach to get permission and also provide a note from the study session teacher or it will be considered unexcused.
- Attendance will be taken at all practices and games.
- If you don't show up to practice without prior notification to the coaches, you will automatically sit out the next event! We are responsible for you during practices and events and need to know where you are.

By making the commitment to cheer, you are promising to attend **ALL** practices and games. When you miss an event, you miss learning and planning time and it lets down your teammates. It is extremely important that you have good attendance.

Uniforms

- Uniforms must be worn on each school day when the team is playing a game. This will mean that the uniform will be worn weekly during basketball season.
- When dressing out on game days, squad members are expected to wear the assigned uniform including: shell, skirt, body suit, bloomers, socks, shoes, and hair ribbon. Hair may be half up or in a ponytail at school on game days, but it must be up in a ponytail at the game.
- Cheerleading shoes are not to be worn outside of practices, game day, and games. Squad members are not to use uniform items except on a game day or when determined by the cheer coaches (i.e. Do not wear them on Halloween).
- Uniforms will not be bought, made, or remodeled in any way without the approval of the cheer coaches.
- Squad members will be expected to replace any items which they lose during the year. **Please label and keep track of all your cheerleading possessions.**
- Uniforms are to be clean and pressed whenever worn. Good grooming and cleanliness are a must at all times.

Conduct

- The members of the North Gwinnett Middle School cheerleading squad are representatives of themselves, North Gwinnett Middle School, and Gwinnett County Public Schools. This responsibility should not be taken lightly. As a representative of the school, squad members must consider the feelings and wishes of the group she represents. Therefore, all members must maintain a standard of performance, behavior, appearance, and sportsmanship, which reflect favorably upon the North Gwinnet Cheerleading Squad and North Gwinnett Middle School. **She must maintain this standard both at school and away.**
- Squad members are also expected to abide by all Gwinnett County Public School rules and regulations.

General Rules and Regulations

1. Jewelry shall not be worn except for religious or medical medals to games or practice.
2. Fingernails, including artificial nails, shall be kept at a length appropriate for safe participation. Appropriate length means the nails are not visible beyond the end of the fingers when viewed from the palm side of the hands.
3. Hair devices shall be safe and secure. Hair shall be worn in a manner to ensure safety while performing. All members of the squad shall wear their hair away from the face and off the shoulders.
4. Apparel shall be appropriate for the activity involved at both games and practices.
5. Cheerleaders shall arrive promptly to all required events/activities.
6. All performers will be dressed out and prepared to perform at practice and games.
7. All NGMS Cheerleaders will demonstrate proper, positive behavior and follow class and school rules at all times as they are representing Mrs. Hall, Mrs. Clack, Mr. Strickland, Mrs. Law and our school.
8. Cheerleaders will demonstrate citizenship and sportsmanship at all times.
9. Warm up and stretching shall precede all spirit squad practice or performance activities.
10. Coaches shall not permit participants to chew gum or have candy in their mouths during practice or performance for the safety and wellness of all participants.

All squad activities must be approved by Mrs. Hall and Mrs. Clack including cheers, chants, dances, posters, signs, music, travel arrangements, practice/game times and locations, etc. in accordance with GCPS policies.

CONSEQUENCES

Demerit System

- IF a cheerleader acquires 3 (three) demerits, she will be required to sit out a game (1 boys game and 1 girls game), but she will still be required to dress out, attend the game, practice with the squad, and participate in the halftime and quarter change routines.
- IF a cheerleader acquires 5 (five) demerits, she will be required to sit out another game (1 boys game and one girls game), but she will still be required to dress out, attend the game, practice with the squad. and participate in the halftime and quarter change routines.
- IF a cheerleader acquires 7 (seven) demerits, she will be required to sit out another game (one boys game and 1 girls game), but she will still be required to dress out, attend the game, practice with the squad, and participate in the halftime show, but sit out during quarter change routines.
- IF a cheerleader acquires 9 (nine) demerits, she will be required to sit out another game (one boys game and 1 girls game), but she will still be required to dress out, attend the game, practice with the squad, and sit out in the halftime and quarter change routines.
- IF a cheerleader acquires 10 (ten) demerits, she will be released from her duties as a member of the NGMS Bulldog Cheerleading squad for the remainder of the 2010-2011 school year.

** Demerits will be given and recorded based upon the discretion of the coaches. The consequences are subject to change.

Demerits will correspond with the Rules and Regulations (listed in Conduct

Section) as follows:

- 1 Demerit-Unexcused Absence
- 1 Demerit-Late to return from break, time-out or half-time
- 1 Demerit-Staff/teacher report via e-mail or note/letter of less than satisfactory behavior or performance in class
- 1 Demerit-Inappropriate behavior including gossiping, disrespect, language, etc.
- 1 Demerit- Off task behaviors at practice, games, camp, pep rally, or team meeting
- 1 Demerit-Inappropriate demonstrations of spirit days or uniform wear including hair, shoes, jewelry rules
- 1 Demerit-Breaking any NGMS Cheerleader Rules and Regulations listed in the Conduct Section
- 1 Demerit-Teacher detention
- 2 Demerits-Administrative detention
- 3 Demerits-Saturday School
- 4 Demerits-In School Suspension
- 5 Demerits-Out of School Suspension

****If a girl received ISS or OSS the day of a week day game or the Friday before a Saturday game, she will not be allowed to cheer at the game that evening or the next day if it is a Saturday game.**