

# Colony Middle School Cheerleading Try-Out/Season Overview

## Check Off List:

\_\_\_ Attend first day of practice Monday 8/30/21 in the small gym 2:30-3:30, you will receive this season packet & signature sheet to return to coach the next day!

\_\_\_ Athlete registration, sports physical, sports fee, and gear fee must be completed online by Tuesday 8/31/21- go to the CMS webpage and follow prompts in athletics tab for registration. Sports fee \$100 this year, you will also need to pay your gear fee (\$100) in schoolcash.

\_\_\_ Practice is Monday through Friday 2:30-3:30, come prepared to work out! Try-outs are the first 2-3 days of practice, but there are no cuts, everyone who tries out makes a team! Your ride MUST be here at 3:30 for you to participate.

\_\_\_ A parent/guardian zoom meeting will be Wednesday 9/1/21 at 6:30 pm.

## Projected Costs:

- Sports Physical~ (paid to physician- good for 18 months)
- Sports Fee~ \$100.00 paid online
- ~~Competition Fees~~~ (No fees for competing kids this year!)
- Gear~ \$100 this season (cash, check, or pay online in schoolcash) gear will not be ordered for your child until it's been paid for. Students may practice in PE clothes and shoes but will not cheer for games/compete without team gear. Gear package includes jacket, bag, poms, shoes, socks, briefs, & bow!

\*No one is excluded because of money; please talk to me to set up a payment plan.

For more information, please email/call/text

Coach Chris Hebert

[chris.hebert@matsuk12.us](mailto:chris.hebert@matsuk12.us)

761-1521 or 232-6010

Colony Middle School Basketball Cheerleading  
9250 Colony Schools Drive \* Palmer, AK 99645  
(907) 761-1500 \* (907) 761-1521  
Activities Principal: Julie Schultz \* Athletic Director: Matt Clark  
Head Cheer Coach: Chris Hebert (907) 232-6010  
Assistant Cheer Coach: Amanda Bellamy (907) 315-5086

Parents and Cheerleaders,

ALL Cheerleaders will be held to high standards of integrity and responsibility. Once you join the program, you become a student athlete. This is a privilege you earn. Athlete or not, you are expected to follow the rules, but as an athlete, the rules become even more important. Student athletes represent their school, peers, and community always- in or out of season.

You are required to attend every practice and event unless you have made prior arrangements. Excessive absence, whether excused or not, will jeopardize your position on the team. If any participant has more than one unexcused absence from any event, including practice, they may be asked to leave the team. Each member of the team has a specific purpose, and the success of the entire team is contingent upon total commitment from every participant. Unlike other sports, there are no second or third strings to depend on if members are absent.

Student athletes are required to maintain passing grades to participate. At CMS grades are checked every Friday- any failing grades will result in the athlete sitting out the following week to make up the grades. If a cheerleader misses a week due to academic ineligibility, he/she will no longer be able to compete- they may come back as a game cheerleader only.

While involved in any school-related sport participants are required to follow the athletic code of no alcohol, drugs, or illegal/inappropriate activity of any kind. This includes what you post, or your friends post about you, on social media! CMS basketball cheerleaders will be recognized as legitimate student athletes because they will practice, perform, and behave like respectable student athletes.

Practice wear- cotton shorts, tee shirts in Colony colors, and sports bras. Everyone must wear tennis shoes with socks to every practice/ event. Girls with shoulder length or longer hair must have it pulled back at all practices/events for safety reasons.

We follow all National Federation (NFHS) and AACCA rules and guidelines on safety. This means absolutely NO jewelry of any kind ever (except a medical I.D.), no glittery make-

up, no fingernails showing above the tips of the fingers, no gum, and no large metal/plastic hair clips. Only very minimal make-up may be worn while in uniform. We will present a clean, wholesome, and uniform look. All hair will be worn the same way at games/events, no colored nail polish, and only natural looking hair color will be allowed (no hot pink, for example). If you have any questions or concerns about any of these expectations, please do not hesitate to call me.

I have been coaching cheer for 25 years in the MSBSD. I cheered in college on scholarship, staffed for NCA and UCA, and have choreographed and taught stunting clinics all over the state and West Coast since 1998. I am certified by the American Association of Cheer Coaches and Administrators (AACCA), The National Council for Spirit Safety and Education (NCSSE), and NFHS as a cheer coach instructor. I am also Red Cross First Aid and CPR certified, as well as ASAA Spirit Management and Coaching Principles certified. I am a nationally certified judge and the Northern Lights Conference Cheer Committee Leader. I am a 7-time coach of the year recipient.

My assistant/JV coach, Amanda Bellamy, has been with me since 2002. She is a highly qualified and experienced coach who holds several certifications, including AACCA & NFHS. Amanda and I create an extremely positive atmosphere in which athletes can accomplish great things and take pride in what they achieve as a team. It is hard work, but the rewards are well worth it. The word "can't" is not allowed in our program! No one improves, over comes fears, or achieves goals by saying, "I can't." We have a lot to offer young athletes, including what it takes to cheer in high school & college (we also coach at CHS) and it is never too early to begin planning for the future! We're very excited for the upcoming season. Thank you for your support and interest in the program.

Please complete the signature sheet at the end of this packet and contact me with any questions. Parents keep this letter for your records and feel free to visit a practice and/or attend games to support your student athlete. We look forward to working with you and your son/daughter; you will receive information via email and/or hard copies on schedules and events as it becomes available.

**GO KNIGHTS!**

Coach Hebert, cell 232-6010

Coach Amanda, cell 315-5086

# Standards for CMS Basketball Cheerleading

## PRACTICES

- All practices throughout the season are required, unless specified by coaches.
- All absences/tardies must be excused; this means they are pre-arranged with the coach.
- Parent contact is required prior to an absence.
- If you are late due to working with a teacher after school- bring a note signed by that teacher to practice.
- In the event of an emergency or unexpected absence, Do NOT rely on a teammate to tell your coach why you are absent/late. If you have time to tell a teammate, you have time to call my cell or text me- if you leave school early, come see me first.
- Unexcused absences and tardies will be handled on an individual basis; excessive unexcused absences and tardies will result in removal from the team.

## GAMES

- All cheerleaders are required to stay after school on game days. Bring snacks! There will be down time for working on homework. JV games are right after school; varsity games begin around 5:00 pm. Again, absences, coming late, and leaving early must be pre-arranged with coaches!! Unexcused absence or tardy will result in some time on the bench (in uniform next to coach) and excessive unexcused absences/tardies will result in removal from the team.

## Miscellaneous

- You will always represent Colony Middle School and Colony cheerleading well.
- Inappropriate and/or disrespectful behavior on or off school grounds will not be tolerated. Coaches will handle these situations on an individual basis and with regard to the severity of the offense. In most cases, if coaches must address unfavorable behavior with a cheerleader more than once, he/she may be excused from the team.
- Alcohol, tobacco, drug use, and illegal activity of any kind is not allowed and will result in immediate dismissal from the team. Please remember you are also “guilty by association” and I hear about everything! Get rid of anything that could be considered inappropriate on your social media accounts!!
- Uniforms do not go home with cheerleaders, they remain here at school at all times, however your uniform is your responsibility while you have it on; every piece of your gear is also considered part of your uniform, including warm-ups. Do NOT lend any piece of your uniform/gear out to others (a uniform is something you must earn, respect, and take pride in). If your uniform- all pieces included- is torn, stained, lost, stolen, or damaged in any way you will be charged for a new one (up to \$200.00).
- Gear (everything from bow to toe) should also remain here at school in your cheer bag. If you take something home and forget to bring it back in time for the next game, you will NOT participate in that game. Always keep your cheer bag fully stocked! If you have “extras” keep them handy for teammates who may need them!!
- In any situation I reserve the right as the coach to amend these standards if I feel it is necessary. All final decisions will be made by me and in the interest of what is best for the entire team. These standards will be strictly enforced from day one of the season to the final day of the season.

# Skill Expectations for CMS Cheerleading

## Competition Team Expectations:

- 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> graders may earn spots on the competition team
- Colony spirit, a positive attitude, and high aptitude for learning
- Advanced level of fitness/potential
- Level toe touch or higher with proper technique
- Sharp motion technique with proper placement
- Advanced tumbling skills preferred

## 8<sup>th</sup> Grade Basketball Game Cheerleaders:

- Typically 7<sup>th</sup> & 8<sup>th</sup> grade cheerleaders
- Colony spirit, a positive attitude, and high aptitude for learning
- Sharp motions & proper jump technique preferred
- Some tumbling skills preferred, none required

## 7<sup>th</sup> Grade Basketball Game Cheerleaders:

- Typically 6<sup>th</sup> grade cheerleaders
- Colony spirit, a positive attitude, and high aptitude for learning
- Demonstrate proper approach and execution of jumps.
- Demonstrate potential for sharp motion technique with proper placement
- Basic tumbling skills preferred, none required

## Remember!!!

- Everyone who wants to cheer will cheer!
- You do not automatically make the competition team if you have tumbling.
- You do not automatically “level up” based on the team you were on last year.

## Cheer Evaluation Sheet (Sample)

Name:				Grade:		Comments:	
Standing (10)	Running (10)	Jumps (10)	Motions (10)	Dance (10)	Spirit (10)	Overall (10)	Total (70)

## 2021CMS BASKETBALL CHEER SEASON SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30 2:30-3:30	31 2:30-3:30	<b>1 SEPT</b> 2:30-3:30 <b>Zoom 6:30!</b>	2 2:30-3:30	3 2:30-3:30	4	5
<b>6</b> <b>No School</b>	7 2:30-3:30	8 2:30-3:30	9 2:30-3:30	10 2:30-3:30	11	12
13 2:30-3:30	14 2:30-3:30	15 2:30-3:30	16 2:30-3:30	17 2:30-3:30	18	19
20 2:30-3:30	21 2:30-3:30	22 2:30-3:30	23 2:30-3:30	24 2:30-3:30	25	26
27 2:30-3:30	28 2:30-3:30	29 2:30-3:30	30 2:30-3:30	<b>1 OCT</b> <b>No School</b>	2	3
4 2:30-3:30	5 2:30-3:30	6 2:30-3:30	7 2:30-3:30	8 2:30-3:30	9	10
11 2:30-3:30	12 2:30-3:30	13 2:30-3:30	<b>14</b> <b>GAMES</b>	15 2:30-3:30	16	17
<b>18</b> <b>GAMES</b>	19 2:30-3:30	20 2:30-3:30	21 2:30-3:30	22 2:30-3:30	<b>23 CHEER</b> <b>COMP</b> <b>@CHS</b>	24
<b>25</b> <b>GAMES</b>	26	27 2:30-3:30	<b>28</b> <b>No School</b>	<b>29</b> <b>No School</b>	30	31
<b>1 NOV</b> <b>GAMES</b>	2	3 2:30-3:30	<b>4</b> <b>GAMES</b>	5 2:30-3:30	6	7
<b>8</b> <b>GAMES</b>	9	10 2:30-3:30	<b>11</b> <b>No School</b>	<b>12 TBA</b> <b>Tourney</b> <b>@WMS</b>	13	14 Awards Ceremony TBA in Dec.

**\*ALL DATES AND TIMES ARE TENTATIVE AND SUBJECT TO CHANGE\***

# Informed Consent and Acknowledgement Agreement

## Colony Middle School Basketball Cheerleading Program

I/We, \_\_\_\_\_, parents and guardians of \_\_\_\_\_, who is a student at Colony Middle School and wishes to participate in cheerleading tryouts for the varsity and/or junior varsity cheerleading team, and, if accepted as a cheerleader, to participate in all cheerleading activities of the Colony Middle School basketball cheerleading program, and in consideration of allowing our son/daughter to tryout and/or participate in such activity, give our consent for such participation by our son/daughter.

We understand that our son/daughter is required to be in good physical shape and condition and that the activities that he/she will be asked and expected to participate in are strenuous and require physical and athletic agility. It has been fully explained to us that these activities include but are not necessarily limited to a variety of gymnastic routines, including somersaults, back handsprings, aerials and round-offs; that there will be a variety of mounts and stunts requiring the coordination of more than one participant on the squad; that these activities will not be confined to any one site or venue, but rather a variety of sites and places throughout the basketball cheerleading season.

It has also been explained to us that cheerleading is an activity in which the risk of injury is high; that any one of the routines involving our son/daughter's participation in cheerleading activities in general could lead to serious injury, including partial or total paralysis, even death. We have also discussed this with our child and among ourselves. Despite this understanding of the possibility of serious or catastrophic injury or death and the risks involved, we still consent to the participation in this activity by our son/daughter.

We also understand that our son/daughter will be required to travel to locations off campus for the purpose of participating in cheerleading activities and that transportation may be provided to him/her by the coaches, advisors, and/or the school. We also consent to such transportation.

We represent to you that, to the best of our knowledge and belief, our son/daughter has no physical, medical, or mental disability or other limitation that would restrict his/her ability to fully participate in this activity as described and explained to us. We have been informed that our child must be examined by a physician prior to participation in the activities described above and we agree to such examination. Verification of such an examination has been turned in to the Colony High School office.

We agree to, and by the signing of this agreement, release the coaches, assistant coaches, volunteers, staff of Colony Middle School and the Board of Education from any claim of negligence by ourselves, our son/daughter, our heirs, executors and assigns, from any liability arising from claims for damages for injury to our son/daughter and any claims of loss of or damage to his/her property which may arise out of his/her participation in the Colony Middle School basketball cheerleading program for the current academic year.

**\* Sign this agreement on the next page.**

# Parent/Cheerleader Signature Sheet

You MUST return this page tomorrow to participate this season.

We have read, understand, and agree to comply with the expectations set forth in the CMS Cheerleading Season Packet.

Cheerleader Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ Text OK? \_\_\_\_\_

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

Cell Phone: \_\_\_\_\_ Text OK? \_\_\_\_\_

Parent Email (print carefully!): \_\_\_\_\_

## Informed Consent Agreement (from previous page):

I/We, \_\_\_\_\_, parents and guardians of \_\_\_\_\_... In witness whereof, I/we have affixed our signatures to this agreement this \_\_\_\_ day of \_\_\_\_\_, 2021 at Colony Middle School, Palmer, Alaska.

\_\_\_\_\_  
(parent signature) (date)

\_\_\_\_\_  
(parent signature) (date)

## Cheerleader Character Pledge:

I pledge to always treat others with kindness and respect. I will avoid gossip and other negative behaviors. I will hold myself to high standards of integrity and responsibility and take my role as a student athlete seriously. I understand I am a leader; my thoughts, words, and actions make a difference in the lives of others. I choose to make a positive difference. I fully understand that I am responsible for my choices, and I may no longer be allowed to cheer at CMS if I make poor choices.

Cheerleader Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Questions may be addressed at the parent zoom meeting 9/1/21 @ 6:30pm.**