

2022 – 2023 Milton High School Cheerleading Tryout Packet

We the cheerleading coaches of Milton High School as well as the administration, faculty, and staff are happy that you have shown interest in participating in the cheerleading program. Please read all information in this packet very carefully.

Tryouts

Date	Time	What?	Who?
March 11 th	by 4:00 PM	Post Material on Website	ALL Cheerleaders
March 14 th & 15 th	4:00 to 6:30	Judge Jumps and Standing Tumbling	Competition ONLY
March 16 th – 18 th	4:00 to 6:30	Judge Running Tumbling & Stunts	Competition ONLY
March 21 st	4:00 4:30	Judge Tumbling/Practice	10 th Grade 9 th Grade
March 21 st	4:00 to 6:30	Competition Tryouts	Competition ONLY
March 22 nd	4:00 to 6:30	Competition Tryouts	Competition ONLY
March 22 nd	8:00 PM	Competition Team Posted	Competition ONLY
March 23 rd	4:00	Judge Tumbling/Practice	11 th and 12 th Grade
March 25 th	4:00 until	Final Tryout	ALL Cheerleaders
March 28 th	4:30	Comp Team Meeting	Competition ONLY
March 28 th	6:30	Comp Parent Meeting	Competition ONLY

Saturday, March 26th by 4:00 PM – Sideline Teams Posted on MHS website (www.miltoncheer.com).

Tryouts are held in the Milton High School gym. Each candidate must wear a **plain white tee shirt and navy or red shorts** for the final tryout on Friday, March 25th.

Athletes will be evaluated on several components. The judges are looking for candidates with the best possible skills, which includes tumbling, jumps, motions, dance, spirit, and attitude.

Results are **FINAL** and will be posted on the MHS Cheerleading Website after tryouts are completed and scores have been tabulated. **ALL RESULTS ARE FINAL!**

There will be an informational meeting on **Tuesday, February 15th at 7:00 PM** on Microsoft Teams for cheerleading candidates and parents to answer any questions regarding tryouts. The link to the meeting will be posted on www.miltoncheer.com before the meeting. If you are unable to attend and you have questions, please contact:

Natalie Stucky	Varsity Football Sideline	Stucky@fultonschools.org
Wendy Arnold	Varsity Basketball	ArnoldW2@fultonschools.org
Lindsay Ferguson	Varsity Competition	lferg924@gmail.com
Stephanie Blamires	9 th /JV Football Sideline	BlamiresS@fultonschools.org
Stacy Johnson	9 th /JV Football Sideline	Johnsons5@fultonschools.org

In order to be eligible to try out for Milton High School cheerleading, you **MUST** complete the Cheerleading Application (<https://bit.ly/2KRGEyG>) by **Monday, March 7th**. You must complete all forms in DragonFly Max (www.dragonflymax.com).

*****INJURIES*****

If a candidate is injured and unable to perform a particular skill, no video tapes or letters from outside coaches will be permitted. This process may be amended at coach's discretion under EXTREME circumstances.

Statement of Eligibility for Milton High School Cheerleading

I certify that I meet all of the following requirements according to the "no pass, no play" rule.

1. I passed 5 out of 6 classes.
2. I am on track for graduation.

I understand that I must maintain these grade standards if I am selected as a Milton High School cheerleader.

3. Additionally, I understand that I must be a current student at MHS or MHS feeder middle school (EPMS and NWMS) in order to try out.

Booster Club/Financial Obligations

Dear Prospective Cheerleader Parents,

The Milton High School has the Cheering Section, which is the Cheerleading Booster Club to support the football, competition and basketball cheerleading squads. By having our own Booster Club, we have been able to use our funding to continue to support each of the cheerleading teams at MHS.

Each cheerleader will be expected to participate in mandatory fundraising activities, including the Milton Mini Cheer Camp. This year the camp is scheduled for the week of June 13th. Parents are also expected to volunteer for various jobs as requested by the MHS Cheerleading Booster Club and Cheerleading Coaches at MHS.

Expenses involve the purchase of items such as shoes, warm-ups, t-shirts, shorts, summer camp, and community coaching.

Projected Costs

• Participation Fee	\$250
• Competition Choreography	\$250
• 9 th and JV FB Sideline Camp	\$75
• Varsity Camp	\$75
• Warm-ups	\$170
• Shoes	\$70
• Clothes	\$75-\$200
○ Varies for team and grade level	
• Bows	\$40
• Poms	\$40
• Competition Classes	\$50/month
• Competition State Fees (if the team qualifies)	TBD
• Eagle Pass (optional)	\$210

*Additional money or donations (food) will be requested for meals/snacks as determined by each coach. *

**Other items such as a bag, body suit and bloomers will be available for purchase. **

Milton High School Cheerleading Constitution

All athletes are held to a higher standard. An athlete may be dismissed or suspended indefinitely until a meeting is held with the coach and athletic director. All Fulton County rules apply 365/24/7. This rule goes into effect once an athlete makes a team. Please familiarize yourself with the Fulton County Athletic Handbook on www.miltonhighschool.com under Extracurricular → Athletics.

Team Commitment:

Cheerleading is a major personal commitment of my non-academic time and cannot be placed secondary to other non-academic activities.

1. I am expected to participate in all practices, games, squad meetings, squad projects, pep rallies, minicamp, choreography, summer camp and other spirit activities as designated by the cheerleading coaches. Failure to participate in these activities can lead to sitting out games and dismissal from the squad.
2. Cheerleading is a commitment for the entire football, basketball and/or competition season. I will attend all games and competitions that my squad requires.
 - a. Consequences for not following through with this commitment include not being eligible for any other sport during the same season.
3. Due to the time commitment of this sport, I may not participate in another sport or club during my cheerleading season if there is a conflicting schedule.
4. Multiple absences from practices and/or games will result in dismissal from the squad.

Attendance:

All cheerleaders must have a good attendance record. If you miss school for a half-day or more, then you may not be able to cheer at practice, a game, a pep rally, or any other function. Please schedule your appointments so that they do not conflict with your cheerleading schedule. When you are absent from school call your coach and leave a voicemail or email your coach during the day.

School Behavior:

A cheerleader must maintain positive behavior in all classes and school activities. This means setting an example for others to follow. Any conduct which results to dishonor the athlete, the team, the school, or the community will not be tolerated. Behavioral expectations and prohibitions apply 365 days a year, 24 hours a day, in and out of the specific extracurricular season, and on or off school grounds (including social media). The following violations will not be tolerated and will be given appropriate punishment that will be determined by the coach:

- Use of tobacco
- Use of alcoholic beverages
- Use of illegal drugs
- Undesirable or immoral behavior
- Use of alcoholic beverages
- Violation of the honor code
- Public display of affection
- Bullying and hazing
- Any behavior considered inappropriate by a school representative
- Cheerleaders are to obey all Milton High School rules.
- Cheerleaders are to obey all GHSA rules in the handbook.

Cell Phones:

Cell phones may not be used during practices or games unless in the case of an emergency. If you have something that calls for immediate attention, please talk to your coach first. You may use your phone during half-time of games, but once the game resumes it must be put away.

Transportation:

Cheerleaders are required to ride the bus to and from functions.

Squad Behavior:

- Jewelry is not allowed at practice, games, or competitions.
- Keep your nails short. Nail polish is not permitted.
- No gum chewing in uniform or at practice.
- Hair must be pulled back for practice, games, and competitions.
- Talk over ALL potential problems with the coach.
- Do not talk about a cheerleader in a negative way.
- Cooperate with and respect each other.
- DO NOT argue in public as a squad.
- Do your share of the work.
- Always show good sportsmanship.
- Give 110% in all aspects of cheerleading.
- Be neat in appearance.
- Be proud of yourself, work hard, and strive to improve yourself and your squad.
- Remember that there are a lot of athletes that wish they were in your shoes.

Uniforms:

The uniforms are expensive and must be taken care of with respect for the next cheerleaders to wear them. You will be required at the end of the season to have your uniforms cleaned and returned in the condition they were issued. You will be responsible for replacing any uniform you misplace or damage. Under no circumstances is another student allowed to wear any part of your cheerleading uniform.

Injury:

The school and coach assume no responsibility for an accident or injury that might occur at school, during an event, or away from the school grounds.

Skills:

The following skills are required in order to make the squad:

- 9th and JV Football sideline:
 - Tumbling: preferred but not required
- Varsity Football sideline:
 - Tumbling: minimum of running and standing back handspring (tuck preferred)
 - Stunting: extension full down, liberty, heel stretch

****Skills should be maintained throughout the season.**

Resignation from the Team:

If you must resign from the team, you and your parents must first contact the coach. If you resign from the team:

- You will be unable to participate in any other sports that have the same season (per GHSA).
- You will be unable to try out for any other sport until the cheerleading season has ended (per GHSA).
- You will be unable to try out for any cheerleading squad for the following school year.
- You will be unable to try out for the 2022 – 2023 Game Day Squad.
- You will lose 20% of the regular season for any other cheerleading teams.
 - This penalty will apply if you resign from a Football or Competition Team after August 1st.
 - This penalty will apply if you resign from a Basketball Team after October 1st.
- This penalty will apply if you resign from a Football or Competition Team after May 23rd.
- This penalty will apply if you resign from a Basketball Team after October 1st.

If you resign from a team, you will not be eligible to receive any refund for clothes, shoes, or items that are ordered on your behalf.

Personal Fitness Waiver:

Athletes at Milton High School may be eligible to apply for the Personal Fitness Waiver at the end of their season. The Personal Fitness Waiver is only in effect as long as Milton High School is eligible for this exemption through the Request for Flexibility process. Cheerleaders who wish to apply for the Personal Fitness Waiver must meet the following criteria:

1. The athlete and parents must adhere to all of the policies outlined by the School Governance Council regarding the requirements for the Personal Fitness Waiver.
2. The athlete must have completed the full season for his/her team. This timeframe is determined by the Coach.
3. Here are the eligibility requirements:
 - Complete one full season on a Varsity squad (football, basketball or competition).
 - Complete two full seasons on a sub-Varsity squad (football, basketball or competition).

Additional Competition Information

Performance Clause

- I am trying out for the MHS Competition Cheerleading Program. I understand that if I am selected as a member of the Cheerleading Program, I may be selected to participate on either the Varsity or Junior Varsity Team.
- Team selection is only based on skills. No preference will be given to athletes based on age, grade, or past team membership. Seniors will be considered for the Varsity Team only.
- As a member of the Competition Program, I need to continue to work on my skills in order to continue to be considered as a competing member on either team.
- I understand that my placement on either team is not permanent; at any time, I may be moved from one team to another.

Summer Participation

- I understand that I am expected to keep and improve my skills outside of the regular season.
- Although mandatory practices do not begin until August 1, I understand that my attendance at summer workouts/camp is important to my individual improvement and to the team.
- I understand that I must notify the coach if I will not be able to attend a summer workout.

Alternates

- I understand that if I am not selected as a performing member on either team, then I will be an alternate for the Competition Program.
- As an alternate I am expected to attend every practice and every competition.
- I am expected to actively practice and participate at all practices. This includes, but is not limited to: jumping, tumbling, stunting, stretching, etc.
- I understand that I am expected to know the routine and be prepared to compete as needed.
- I understand that I am expected to continue to work on my skills in order to be considered as a competing member on either team.

Important Dates

- **Monday, March 28th:** Team selection meetings starting at 4:00 pm

	<u>Varsity</u>	<u>Start Date</u>	<u>Location</u>
Competition Summer Workouts	Tuesday, Wednesday, and Thursday 9:00 to 11:30 AM (Dead Week: May 30 – June 5 and July 4 – July 10)	June 6	Cafeteria
Mini Camp	June 13 – 17 (8 AM – 12 PM)	June 13	Main Gym
Competition Choreography	June 20 th and 21 st	TBD	TBD
Fall Competition Practice	Monday: 4–6:30 PM Tuesday: 5:15 – 7:15 PM Wednesday: TBD Thursday: 5:15 – 7:15 PM until 9 th /JV start Thursday: 3:30 to 4:45 Friday: morning or afternoon	August 1	Cafeteria
Competition Regular Season Class	TBD	August 3	TBD

Important Dates

- **March 7th:** Tryout Application on Microsoft Forms (<https://bit.ly/2KRGEyG>) and DragonFly Max (www.dragonflymax.com) forms are due.
- **March 11th:** Tryout Material posted on website – www.miltoncheer.com.
- **March 14th – 22nd:** Competition Tryouts
 - It is imperative that you are there every day.
- **March 21st, 23rd and 25th:** Sideline Tryouts
 - It is imperative that you are there every day.
- **March 22nd:** Competition Team posted
- **March 26th:** Sideline Teams posted by 4:00 PM
- **March 28th:** Competition Team meeting 4:30 and Competition Parent Meeting at 6:30
- **May 30th – June 5th:** GHSA Dead Week – Week of Rest
- **June 6th:** Competition summer workouts begin.
- **June 13th – 17th:** Minicamp from 8 AM to 12 PM
 - **ALL** cheerleaders are required to attend every day.
- **June 14th:** Football sideline stunt camp from 1:30 to 4:30 at GA Allstars
- **June 20th and 21st:** Competition Choreography Camp
- **July 4th – July 10th:** GHSA Dead Week – Week of Rest
- **August 1st:** Mandatory Practices Begin for Football Sideline and Competition

Football and Basketball Practice Schedule

9th and JV Football Squads:

- Tuesday – 3:45 to 5:15 and Thursday – 3:45 to 5:15 (until games begin)
- Games are typically on Thursday.

Varsity Football Squad:

- Tuesday – 3:45 to 5:15

JV and Varsity Basketball Squad (beginning in October)

- Wednesday – 4:00 to 5:30

DragonFly Max Information

GET STARTED WITH DRAGONFLY



DragonFly makes sports and activities more organized with easy-to-use digital forms, health records and team communication tools.



PARENTS & STUDENTS

- 1 Download the DragonFly MAX app from the App Store or Google Play.
- 2 Tap 'Get Started' and 'Sign Up for Free' then follow the prompts to create your Parent account with your own email address.
Note: please do not create an account with your child's name or contact information – you will get the chance to add your child soon!
- 3 Verify your account with the verification ID sent to your email address.
- 4 Tap 'Connect to your school' to select 'Parent' as your role and search for your child's school. If you cannot find your school, try searching with the School Code at the bottom of this page. Milton School Code: TP43ST
- 5 After selecting your child's school, tap 'Join' to request access. An administrator at your school will approve your request.
- 6 Tap 'Set up your children' and follow the prompts to add your kid(s) and fill out their participation forms.



ATHLETIC DIRECTORS, COACHES & SCHOOL ADMINISTRATORS

- 1 Visit dragonflymax.com and click the 'Log In/Sign Up' button.
- 2 Click 'Sign Up for Free' to create your account with your school email address.
- 3 Verify your account with the verification ID sent to your email address.
- 4 Click the 'Get Started' button to select your role and search for your school. If you cannot find your school, try searching with the School Code at the bottom of this page. Milton School Code: TP43ST
- 5 After selecting your school, tap 'Join' to request access. You will see a list of administrators at your school who can approve your request. If you're the first person to request access to your school, a member of the DragonFly team will verify your role and approve your request.

PREFER TO DO THIS ON YOUR COMPUTER?

Visit dragonflymax.com and click 'Log In/Sign Up' to get started.