

2024 – 2025 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.

In order to be eligible to try out for Milton High School cheerleading, you **MUST** complete the Cheerleading Application (<https://shorturl.at/jlFP4>) and complete all forms in RankOne (www.rankone.com) by **Friday, March 8th**. Current Milton students must also have 3 teacher recommendations submitted by **Friday, March 8th**.

There will be an informational meeting on **Monday, February 12th at 6:00 PM** in the Milton Auditorium for cheerleading candidates and parents to answer any questions regarding tryouts. If you are unable to attend and you have questions, please contact:

Natalie Stucky	Varsity Football Sideline	Stucky@fultonschools.org
Bridgitte Hatfield	Varsity/JV/9 th Basketball	HatfieldB@fultonschools.org
Brent Paige	Varsity Competition	PaigeB1@fultonschools.org
Lindsay Ferguson	Varsity Competition	lferg924@gmail.com
Stacy Johnson	JV Football Sideline	JohnsonS5@fultonschools.org
Stephanie Blamires	9 th Football Sideline	BlamiresS@fultonschools.org

Tryout Dates

Date	Time	What?	Who?
March 6 th	by 4:00 PM	Post Material on Website	ALL Sideline
March 13 th	4:00 to 6:00	Comp Tryouts	Competition ONLY
March 14 th	4:00 to 6:00	Comp Tryouts	Competition ONLY
March 15 th	4:00 to 6:00	Comp Tryouts	Competition ONLY
March 18 th	4:00 to 6:00	Comp Tryouts	Competition ONLY
March 19 th	4:00 to 6:00	Comp Tryouts	Competition ONLY
March 20 th	4:00 to 6:00	Practice with Groups & Judge Tumbling	9 th and 10 th Sideline
March 20 th	4:00 to 6:00	Comp Tryouts	11 th and 12 th Competition ONLY
March 21 st	4:00 to 6:00	Practice with Groups & Judge Tumbling	11 th and 12 th Sideline
March 21 st	4:00 to 6:00	Comp Tryouts	9 th and 10 th Competition ONLY
March 22 nd	4:00 to 6:00	Comp Tryouts	Competition ONLY
March 26 th	4:00 until	Final Sideline Tryout	ALL Sideline
March 27 th	4:00 PM	Sideline Squad Posted at www.miltoncheer.com	ALL Sideline
March 27 th	4:00 PM	Squads Posted on Instagram @miltoncompcheer	Competition ONLY

Sideline tryouts are held in the Milton High School Cube. Each candidate must wear a **plain white tee shirt and navy or red shorts** for the final tryout on Tuesday, March 26th. Hair should be pulled back in a bow.

Athletes will be evaluated on several components. The judges are looking for candidates with the best possible skills, which includes tumbling, stunting, jumps, motions, dance, spirit, and attitude. For rising 10th – 12th graders, we will also consider teacher recommendations, discipline records and prior experience with athletes when making team decisions.

*****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 the coaches' discretion under EXTREME circumstances.

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!**

Statement of Eligibility for Milton High School Cheerleading

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

1. I passed 5 out of 6 classes the previous semester.
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) and districted for Milton High School in order to try out.
4. Athletes who are in private school are not eligible to tryout until they are officially enrolled at Milton High School.
5. Athletes who hardshipped, must have proof of hardship approval for the 2024-2025 school year.

Booster Club/Financial Obligations

The Cheering Section, the booster club, supports the football, competition, and basketball cheerleading squads. 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 10th. Attendance at Mini Camp is mandatory. We cannot run camp without cheerleaders! We understand there may be extenuating circumstances that might interfere with camp. In such cases, please contact Coach Stucky. Parents are also expected to volunteer for various jobs as requested by the Cheering Section and coaches.

Projected Costs for Sideline

- Participation Fee to the Cheering Section \$200
- Participation Fee to Milton High School \$50
- All Cheerleaders: \$450
 - Player Pack (practice attire, sports bra, shoes, water bottle, bows, poms)
- New Cheerleaders ONLY or cheerleaders needing new items/sizes:
 - Warm-ups \$75
 - Sleeves \$30
 - Backpack \$100
 - Bloomers \$60
- Sideline Team Building \$75
- Potential Travel Fees (Varsity Football & Basketball only) \$500

Projected Costs for Competition:

- Participation Fee to the Booster Club \$200
- Participation Fee to Milton High School \$50
- Competition Choreography \$250
- Shoes \$85
- Practice Clothes \$150
- Backpack (New Athletes ONLY) \$100
- Bows (New Athletes ONLY) \$40
- Competition State Fees (if the team qualifies) TBD

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 indefinite suspension from the squad.
2. 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.
3. Multiple absences from practices and/or games will result in indefinite suspension 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 text 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 dishonors the athlete, the team, the school, or the community will not be tolerated. Behavioral expectations 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
- Inappropriate use of social media and/or group texts
- 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 Expectations:

- Jewelry is not allowed at practice, games, or competitions.
- Keep your nails short (fingertip length). Nail polish must be neutral in color.
- 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 misplaced 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: **Skills should be maintained throughout the season.**

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

- 9th and JV Football sideline:
 - Tumbling: preferred but not required
 - Stunting: preferred but not required
- Varsity Football sideline:
 - Standing tumbling is preferred but not required
 - Stunting: Athletes should be able to base, back or fly in a stunt

Consequences:

- Missed Practice: sit out one quarter of a game
- Missed Game: sit out half of a game
- Violations of expectations will be handled on a case-by-case basis. Severe violations will result in an indefinite suspension from the team.

Resignation from the Team:

If you resign from a squad, 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).
- 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.
- If you resign after tryouts, you forfeit participation on any Milton Cheerleading Squad for the 2024-2025 season.
- If you resign during season, you forfeit participation on any Milton Cheerleading Squad for the 2025-2026 season.

Lettering:

- Lettering is not guaranteed to athletes who make a Varsity squad. To letter, athletes are expected to attend all practices, games and events.

Squads:

- 9th Grade: Freshman cheer for 9th grade
- Junior Varsity: Sophomores cheer for JV
- Varsity Football: Juniors and Seniors cheer Varsity
- Varsity Basketball: Juniors and Seniors cheer Varsity although sophomores might be pulled up
- If there are not enough athletes for a 9th and JV Squad, they may be combined to make one squad.

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 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 July 29th, 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 to be considered as a competing member.

Important Competition Dates

- **Wednesday, March 27th:** 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 27 th –June 2 nd and July 1 st –July 7 th)	June 4 th	AUX Gym and Cube
Mini Camp	June 10 th –14 th 8 AM – 12 PM Workouts will be 1:30 – 4	June 10 th	Main Gym
Competition Choreography **MANDATORY**	June 24 th and 25 th	June 24 th	AUX Gym and Cube
Fall Competition Practice	Monday: 4–6 PM Tuesday: 4–6 PM Wednesday: 6 – 7:40 AM Thursday: 3:30– 4:45 PM Friday: 3:30– 4:45 PM	July 29 th	AUX Gym and Cube

Important Dates

- **March 6th:** Tryout Material posted on website – www.miltoncheer.com.
- **March 8th:** Tryout Forms Due
 - Tryout Application (<https://shorturl.at/jlFP4>)
 - RankOne (www.rankone.com)
 - 3 Teacher Recommendations
- **March 13th – 22nd:** Competition Tryouts
 - It is imperative that you are there every day.
- **March 20th (9th and 10th), 21st (11th and 12th) and 26th (ALL):** Sideline Tryouts
 - It is imperative that you are there every day.
- **March 27th:** Sideline Teams posted by 4:00 PM on www.miltoncheer.com
- **March 27th:** Competition Team posted by 4 PM on Instagram @miltoncompcheer
- **May 27th – June 2nd:** GHSA Dead Week – Week of Rest
- **June 4th:** Competition summer workouts begin.
- **June 10th – 14th:** Minicamp from 8 AM to 12 PM
 - **ALL** cheerleaders are required to attend every day.
- **June 24th and 25th:** Comp Choreography
- **July 1st – July 7th:** GHSA Dead Week – Week of Rest
- **July 29th:** Mandatory Practices Begin for Competition
- **July 31st:** Mandatory Practices Begin for Football Sideline
- **October 2nd:** Basketball Pre-Season Conditioning Begins
- **October 23rd:** Mandatory Practices Begin for Basketball Sideline

Football and Basketball Practice Schedule

Football Squads (begin July 31st): Wednesday – 3:45 to 5:30

Basketball Squads (begins October 23rd): Wednesday – 3:45 to 5:15

RankOne Information

You may access RankOne via www.rankone.com or the RankOne App.

RankOne is a requirement of Fulton County. All documents and forms must be approved before students are able to participate in any athletic activity including conditioning, tryouts, practice or games. Please make sure RankOne is taken care of well in advance of tryouts.

If you already have a RankOne Account:

- Log into your account and click on your student.
- Make sure all forms are up today date.
 - From website: Look for Electronic Documents to say Approved next to all forms.
 - From the app: They will have a green check mark next to all forms.
- Make sure the physical will not expire before tryouts. Physicals are good for one calendar year.
- Do NOT worry about the GHSA Eligibility. That is something that needs to be completed by the Athletic Director.

To create a NEW parent account:

- Visit www.rankone.com.
- Select "Create New Account" and enter the appropriate information.
- You will receive a confirmation email confirming your user credentials. Click the link in the email to confirm your account. ***If you do not receive the email please check Junk/Spam folders***. After you click the link, you may login with your Username and Password.
- Once you're logged in you will be able to add your Student(s) to your account by selecting "Add a Student".
- Once your student is added, select "Start Forms".
- Complete and upload all required documents. Some will be approved right away, and others may take a day or two.
- Do NOT worry about the GHSA Eligibility. That is something that needs to be completed by the Athletic Director.

**Milton High School Cheerleading
Teacher Recommendation Form
Due: March 8th**

The following athlete is trying out for one or more Milton Cheerleading Squads.

Athlete's Name: _____

Grade: _____

Please rate the athlete on each of the categories below. Place an X in the appropriate column. This information is confidential, so please be honest.

	Needs Help	Fair	Average	Good	Excellent
Attendance					
Punctuality					
Responsibility					
Dependability					
Collaboration					
Motivation					
Leadership					

Do you feel this athlete is a good representation of Milton High School? Circle one. YES NO

Please share any concerns: _____

Teacher Name: _____

Please do not give the form back to the athlete. You may place the form in Stacy Johnson's mailbox or bring to 5308 by March 8th. Thank you for taking the time to complete this form.

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