

**MAPLE GROVE CRIMSON**  
*Cheerleading Handbook*



## Activities Policies

The Maple Grove Cheerleading program adheres to the school district's activities policies. Participation in this program implies your consent to abide by those policies and consequences, and our obligation to enforce them.

### Maple Grove Cheerleading Expectations

Our expectations are simple and straightforward.

1. The Cardinal Rule: Always do what is best for your team.
2. Always make your best possible effort.
3. Be present.
4. Cell phones are not allowed and can be taken away if they are out.
5. Always respect your coaches and teammates. Disrespectful behavior to anyone will not be tolerated on any level and you will be asked to leave practice if you display this type of behavior.
6. MSHSL BYLAW 209.00 SEXUAL/RACIAL/RELIGIOUS HARASSMENT/VIOLENCE AND HAZING IN
  - a. 1. A student shall not engage in sexual, racial or religious harassment or sexual, racial, religious violence or hazing during the school year or any portion of an activity season which occurs prior to the start of the school year or after the close of the school year.
  - b. 2. Sexual, Racial, Religious Harassment and Hazing Violations A. Penalty for Category I Activities: 1) First Violation: The student shall lose eligibility for the next two consecutive interscholastic contests or two weeks, 14 calendar days, of a season in which the student is a participant, whichever is greater.

### Attendance Policy

If you wish to be a member of this program, then the expectation is that you will be present for all practices, events, competitions & performances. If attendance is an issue, there may be consequences because, like you, the coaches have the obligation to do what is best for the team. The coaches will make every reasonable effort to work with you and your family to accommodate reasonable absences that are communicated well in advance (i.e. months, not days or weeks) to the coaching staff. Please note:

#### Excused Absences

- Planned Family Vacations - *notice 1 month in advance*
- Illness - *if your coach is contacted prior to absence*
- Family Emergencies
- Other Excused Medical
- Choir or Band concerts - *notice 1 month in advance*
- For absence to be 'excused' your coach must be contacted PRIOR to the absence occurring.
  - For **same-day illness absences** your coach must be contacted prior to 12pm via email, text or call from the parent or cheerleader.
  - Absences related to an illness that lasts for more than **three** practices will require a doctor's note to return to practice.

- **Even with an excused practice you are expected to return to practice at the same level as your teammates and are responsible for all routine changes that occurred during your absence.**

### **Unexcused Absences**

- Choir or Band concerts - *No notice*
- Orthodontist/Dentist Appointments
- Work
- PSAT prep courses/SAT Test
- Chiropractor Appointments
- Babysitting
- Concerts
- Dance/Cheerleading lessons or recitals
- Shopping
- Hair Appointments
- Doctor Appointments - *unless excused in advance*
- Driver's Education
- Driver's Tests
- Illness when present in school day
- Homework/school clubs, lessons, or unapproved help
- **You are expected to return to practice at the same level as your teammates and are responsible for all routine changes that occurred during your absence.**

**UNEXCUSED ABSENCES:** per season, can be for practices, games, competitions or any other required event the cheerleaders have.

- **2nd Offense:** Loss of competition/game or coach's discretion
- **3rd Offense:** Loss of competition/game
- **4th Offense:** Loss of 2 competitions or games or coach's discretion
- **5th Offense:** Removal from the team

### **There are certain absences that WILL NOT be excused:**

- Summer camps
  - Reece White Camp #1 June 2nd & 3rd
  - Reece White Camp #2 August 3rd, 4th & 5th
- Choreography (JV Gold)
  - Week of August 13th
- Choreography (Varsity, Gameday, JV Crimson)
  - August 9th-13th
- Games (weekly beginning at the end of August generally, but not always, Fridays)
  - Listed by team on the calendar on [www.crimsoncheer.com](http://www.crimsoncheer.com)
- Competitions - listed below. Schedule may change slightly

<b>Varsity</b>	<b>JV Crimson</b>	<b>JV Gold</b>	<b>Game Day</b>
10/13 East Ridge 11/2 UCA Regionals 11/10 Jefferson 12/1 Prior Lake 12/15 U of M 1/12 Edina 1/26 Clean Sweep 1/27 CCC 2/2 State Nationals (TBD)	10/13 East Ridge 11/2 UCA Regionals 11/10 Jefferson 12/9 Woodbury 12/15 STMA 1/12 Edina 1/26 Clean Sweep 1/27 CCC 2/2 State Nationals (TBD)	12/1 Champlin 12/8 DeLaSalle 12/15 STMA 1/6 UCA Spirit of America 1/19 Dassel Cokato 1/27 CCC 2/2 State	11/2 UCA Regionals 11/10 Jefferson 11/18 Woodbury 12/1 Prior Lake 12/8 DeLaSalle 1/5 Tonka 1/26 Clean Sweep 1/27 CCC 2/2 State Nationals (TBD)

***Coaches retain 100% authority to decide who is on the mat or an alternate at all times. Simply being on the team is not a guarantee that you will perform/compete.***

### **COMPETITIONS** (Competition Teams Only)

Each team will compete anywhere between 7 and 12 times a season. Competitions are held on weekends and start in October and go through February. For most local competitions, the teams will take a bus to the competition; parents are required to arrange transportation home. There may be a few competitions where transportation is not provided. In this case the cheerleaders/families are responsible for organizing their own transportation to and from the competition.

### **Attendance**

- Mandatory for all competitions
- Injury: If you are injured or serving a suspension, you must dress as if you are competing in full hair and uniform, travel with the team, and cheer them on. Failure to do so will result in sitting the next competition as well.
- Late: If you are late and miss the bus, you must find your own ride to the competition.

### **Competition Preparation**

- No late nights or exhausting activities the night before – You will need a good night's rest and 100% of your focus. Curfews will be put in place based on time of the competition the next day. This will be up to each coach's discretion.
- Arrive to the bus dressed, hair done (or as your coach has communicated to your team), have everything you need for the competition and your waiver turned in.
- All cheerleaders are required to ride the bus to the competition if one is provided.

### **Attitude**

- Remember that you are always representing your team, program, and MGS, both in and out of uniform.
- You should always support and cheer on both your fellow teammates and other cheer teams at every competition.

## **Games**

- The number of games you cheer will depend on the season and team you cheer for. Transportation is provided for away travel, there may be a couple instances where transportation is not provided.

## **Game Preparation**

- Arrive at the field or court one hour before the start of the game or when you are told by your coach. At this time you will go over all necessary game material. You should always come to a game dressed and ready to go.
- If you do not have any part of your uniform, warm-up or poms you will not be able to cheer.

## **Attitude**

- Remember that you are always representing your team, program, and MG, both in and out of uniform.
- You should always support and respect the sport teams for which you are cheering for.

## **Academic Policy**

Student Athletes must be making progress towards an on time graduation. If an Athlete has an F in a class they must sit out of practice, games and competitions until it has been brought up. Cheerleaders will be required to turn in School View Grade reports bi-weekly or more often if there are concerns from the coaching staff.

## **Lettering Policy**

Cheerleaders may letter by achieving one of the following set criteria:

- Cheer all of the Varsity Football games they are assigned to as well as all playoff games.
- Cheer all of the Varsity Basketball games they are assigned to as well as all of the playoff games they are assigned.
- The Coaching staff may award a letter due to special circumstances (illness, injury, etc.)
- Varsity competition cheerleaders can also letter by competing throughout the season earning a score of 74 or higher at 5 competitions.
- Letters may be denied due to attitude problems or disciplinary action.

## **Conflict Resolution Policy—24-HOUR RULE**

Each year 2.5 million people coach kids. These coaches are the vehicles that provide organized youth athletics an existence. As parents we will not always agree with a coach's decision. However, it is important to recognize the coach's role is to make decisions for the team first and a player second.

Often, we tend to recognize the coaching staff's decisions through our player first and the team second. Also, we need to understand that most players are not aware of any problem until we, as parents, bring it to their attention.

Many sports throughout the United States have adopted the 24-Hour rule in an effort to address significant concerns, while attempting to remove the emotional concerns, particularly in the presence of the youth athlete.

### ***MG Cheer subscribes to the 24-Hour Rule.***

Briefly, this means that parents are not to discuss any “negative” practice/performance situation with the coaching staff until at least 24 hours have passed from the completion of the practice/performance. At this point, if the issue remains a concern, the following procedure must be followed:

1. The parent will contact the program director and schedule a meeting with the program director that will be documented.
2. The program director and coach will discuss the area of concern and obtain a documented, consensus recommendation.
3. The program director will respond to the issue of concern to the parent.
4. If the parent feels that the issue of concern remains, and has not been appropriately addressed, the parent may schedule a meeting with the MG Senior High Athletic Director.

***Violation of the 24-Hour Rule will be addressed as Zero Tolerance and may result in suspension of your child from the MG Cheer Program.*** Please respect the significance of the 24-Hour Rule. If we honor this concept, concerns will be moved away from an audience with our children, a possible ill-timed discussion, and issues will be viewed in the proper perspective.

### **Athletic Fees & Registration**

Sideline **only** Cheerleaders are required to pay an athletic/registration fee of \$190 for each season (fall & winter)

Competition Cheerleaders are required to pay a one-time Fall athletic/registration fee of \$190 on FeePay, along with the Competition Cheer fees payable to the Competition Cheer Boosters

Additionally, cheerleaders are required to have a current physical on FeePay in order to register as an athlete. Sports registration takes place on FeePay. Contact the athletic secretary at MGSB with any additional questions.

### **Uniforms**

MGSB Cheer Booster Club will provide the shell and skirt for cheerleaders. These pieces are property of MGSB Cheerleading Booster Club and must be returned at the end of each season. Each member must take proper care of uniforms. ***A member may be asked to purchase or replace an item if its condition is considered excessive.***

### **Communication**

Due to an overwhelming amount of communication between parents/team members and coaches, use the following communication protocol:

- Email, Facebook groups and the website ([www.crimsoncheer.com](http://www.crimsoncheer.com)) are the primary modes of communication for information between coaches and families. We use these tools to provide important information about practices, performances and other team-related info.

At times, coaches get inundated with text messages from both families and team members. Please understand and respect that coaches have full-time jobs and responsibilities

outside of cheer, just as you do. Text messages should be used very sparingly, and only in emergency situations. The following are examples of appropriate reasons to text your coach:

- Absence
- Tardiness

The following are examples of **Inappropriate** reasons to text your coach:

- Schedule (check facebook and the website)
- What to wear (this will have been announced at practice; check with your teammates)
- Fundraising (booster club issue – contact them through the website)
- Booster Club Meetings (booster club issue)
- Finances/money (booster club issue)
- You (parent) are upset about something you heard (gossip)/were told by your child, etc. about something that happened at practice/event. We are happy to discuss issues (adhere to 24-Hour Rule), but not through text.

### Maple Grove Cheerleading Code of Conduct

**\* You will NOT be allowed to tryout or participate until this form is completed & turned in\***

I hereby pledge to be positive about my cheerleading experience at Maple Grove Senior High and accept my responsibility for my participation by abiding to this code of conduct.

1. I have read the handbook in its entirety and agree to all of the policies.
2. It is my choice to participate in this program. I will inform my coaches of any physical injury or ailment that may affect my safety or the safety of others.
3. I will demonstrate good sportsmanship by showing respect, courtesy, and positive support for all cheerleaders, players, coaches, officials and spectators and at every practice, game, competition or other event.
4. I will treat all individuals equally regardless of their race, creed, color, sex, or ability.
5. I will attend all practices, games, and competitions and will arrive on time, ready to participate. I will notify my coaches ahead of time if I will be late or if I cannot attend due to sickness or other reason.
6. I will do my best to listen and learn from my coaches, captains, and veteran cheerleaders. I will follow the rules and policies of the team, program, school, and state.
7. I will treat my coach and all other coaches in the program with respect and will honor any decision that they make regarding myself and the team.
8. I deserve to practice and compete in an environment that is free from drugs, tobacco, and alcohol. I will refrain from the use of these substances and also expect my fellow teammates to do the same.
9. I will encourage my parents to be positively involved with my experience, team and program.
10. I will do my best in school, and agree that my performance in the classroom is as important as my performance in cheerleading.
11. I will not encourage or participate in any behavior or practices that would endanger the health and well-being of my teammates or peers.
12. I will not encourage or participate in the bullying of any athlete in this program or any student in general, whether it's with words, gestures, and written communication or text messages. I will also not bully anyone through social media, such as Twitter and Facebook.
13. I understand that I may be required to attend additional practice time if my skills are not at the level of my teammates (tumbling, stunting, etc.).
14. I will treat my uniform with respect and realize that any damage done to it will result in replacing the uniform at my expense.
15. I understand that if I fail to abide by the code of conduct listed above, that I will be subject to disciplinary action which could result in removal from practices, games or competitions and/or the program. Should I be removed from the program or decide to quit the team, I will not be reimbursed for any payments made thus far.
16. I shall not engage in sexual, racial or religious harassment or sexual, racial, religious violence or hazing during the school year or any portion of an activity season which occurs prior to the start of the school year or after the close of the school year.
17. Sexual, Racial, Religious Harassment and Hazing Violations A. Penalty for Category I Activities:  
1) First Violation: The student shall lose eligibility for the next two consecutive interscholastic contests or two weeks, 14 calendar days, of a season in which the student is a participant, whichever is greater.

**Athlete & Parents: By signing our cheerleading code of conduct, you acknowledge that you have read and are in full agreement with this policy. You acknowledge that both you and your athlete take full responsibility for their actions while participating in this program.**

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

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

## **2018-2019 MG CHEER RULES/EXPECTATIONS**

*Please read through this document and sign the attached portion. By signing this, the parent/athlete are agreeing they understand what is expected of them throughout the season.*

Dear Parents,

Please understand that the Maple Grove Cheer Program is a highly competitive program. In order to achieve our goals, there are some things you need to understand about the program. The following permission to participate should outline these facts. Please agree to the following conditions and return the signature slip at the preseason meeting in order to allow your child the opportunity to participate in tryouts.

### **Athlete Expectations**

- 1.** We understand that competition practices are mandatory beginning May 21, 2018 with the exception of an excused absence. Definition of an excused absence is outlined in the MG Cheerleading handbook.
- 2.** We understand that unexcused absences will be counted and a maximum of 3 is allowed. If an athlete has more than 5 unexcused absences, she may be moved down a team or made an alternate.
- 3.** We understand that if practice is cancelled because many athletes will be absent, unexcused absences will still be counted for this practice because practice was cancelled as a result of low attendance.
- 4.** We understand that we must notify our team coach via email with all planned absences as soon as possible following tryouts.
- 5.** We understand that respect, honesty, and safety are core values of the Maple Grove Cheer Program. Failure to adhere to these values will result in consequences included but not limited to: parent and athlete meeting with coaching staff and administration and sitting out for a practice.
- 6.** We understand that an athlete may be made an alternate as a result of disrespectful behavior during practice, competitions or other events.
- 7.** We understand that as cheerleaders, we are a direct representation of Maple Grove Senior High. Engaging in inappropriate attire, behavior, and social media interaction will result in consequences deemed appropriate by the team coach.
- 8.** We understand the MGSJH Cheer Program has zero tolerance for bullying. Acts that constitute bullying will result in removal from the team. No refund will be given.
- 9.** We understand that all competitions and events are mandatory. The Booster Board and coaching staff promises to communicate details for events with at least a week's notice. Please refer to the calendar for event and practice schedules.
- 10.** We understand that the last two weeks in August are mandatory choreography practices.
- 11.** We understand an athlete's selection for a certain team this year does not guarantee a spot on the team for the following year. Annual tryouts are necessary for every MGSJH cheerleader.

## Parent Expectations

1. We understand the team selection process outlined in the Maple Grove Cheerleading Tryout Information Packet. This process includes alternate selection as well.
2. We understand there is potential for injury in competitive cheerleading. All coaches are certified as deemed by the Minnesota Cheerleading Coaches Association standards and will make safety their top priority.
3. We understand that participating in fundraisers is an expectation.
4. We understand that it is our responsibility to check the calendar on the website for all scheduling matters.
5. We understand that talking badly about another MGSJ Cheer athlete or family, giving another athlete/parent dirty looks or leading active discussions during events about another athlete's performance is misconduct and will not be tolerated. We understand that doing so may result in being banned from attending cheer related events and activities. The athletic director reserves the right to ban any parent from any cheer events who engages in this activity.
6. We understand that all team placement decisions are final and will not be negotiated with the coaching staff. We also understand that we may ask questions about the selection process and ask to see our child's formal tryout score.
7. We understand that the last two weeks in August are mandatory choreography practices.

## Communication Rules/Expectations

1. We understand that athletes will be communicated with directly by the coaching staff via email, or a group chat. Although parents will be notified of practice schedule changes, bills/payments, and any event involving transportation, athletes themselves will receive majority of the cheer correspondence. This is to teach girls the importance of checking their email and prepare them with communication skills for life beyond high school.
2. We understand that we may not contact coaches with an issue about our child without first sending the athlete to discuss the issue with the coach directly. We understand that if we contact a coach before our child has discussed his/her issue with the coach, we will receive this response, "Please send your child to speak with me directly. Thank you."
3. We understand that all parent meetings need to be scheduled ahead of time via email and within the guidelines of the 24-Hour Rule.

By signing below, you are agreeing to above conditions and will allow your child to participate in the tryout process.

We have read and understand the conditions and expectations of becoming a member of the Maple Grove Senior High Cheer Program

We/I give permission of our daughter, \_\_\_\_\_, to tryout.

Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## **MAPLE GROVE CHEERLEADING** *Sideline and Competition Tryout Packet*

To Potential Competition and Sideline Cheerleaders and Parents :

I would like to thank you very much for your interest in Maple Grove Senior High Sideline and Competitive Cheerleading. This packet contains very important information.

Attached you will find paperwork that will need to be completed and turned in no later than Wednesday, May 2, 2018. You will not be permitted to participate in tryout clinics or tryouts until you have your paperwork completed and on file. Please review all the information included in this packet and feel free to contact me if you have questions.

High School Cheerleading is a very demanding and time-consuming sport that begins in April and does not finish until February or March. We take great pride in coaching out athletes to their highest potential. Each candidate needs to seriously consider the amount of time, hard work and dedication involved with being part of the MGSB Cheer Program before deciding to try out for a team. Cheerleading teaches young athletes many valuable life lessons and rewards them with the value of competition.

Each candidate needs to seriously consider the amount of time, hard work and dedication involved with being part of the MGSB Cheer Program before deciding to try out for a team. Being a member of the MGSB Cheerleading Program requires hard work and long hours. If a student is already struggling with grades, or is involved in several other programs, please think hard about this decision. This is a team sport where each individual plays a very important role. The inability of one individual to balance their commitments affects the whole team.

Take time to decide what team(s) you would like to participate on next season. On the tryout form, there are several different teams to consider, so be sure to circle ALL teams you would be willing to cheer on if selected. If you do not circle a certain team, you will not be considered for that team. This means if you only circle the Varsity Team and are not selected, you will not be placed on a JV team or a sideline team. There is also the decision to be an alternate - you can choose to be a Varsity alternate and compete on the JV team if chosen.

Please feel free to e-mail [crimsoncheercoach@gmail.com](mailto:crimsoncheercoach@gmail.com) if you have any additional questions. Thank you for your cooperation and interest in the program.

### **Important Dates for Cheerleading Candidates:**

- Tryout Week Maple Grove Middle School Gym C. Monday April 30th, Tuesday May 1st, Wednesday May 2nd, Thursday May 3rd 5-7pm
- Final Tryout Maple Grove Middle School Gym C Friday May 4th 4:30-8pm
- Sunday, May 6th : Teams Announced on [www.crimsoncheer.com](http://www.crimsoncheer.com)

We look forward to a great season!

**Sideline Cheer:** The sideline teams are responsible for supporting the athletic programs at MGSB by motivating and rallying the crowd. Sideline cheerleaders use their strength, endurance and technique to execute the skills used in crowd leading. It is your job to entertain the crowd on game day with use of cheers, stunts, tumbling, jumps and dances. Cheerleaders should have a full understanding of the sport they are cheering for and genuinely support and have pride in

their school. Sideline cheerleaders are ambassadors of MGSB and represent the athletic program to the community. Cheerleaders will also have the opportunity to perform in pep fests, parades and other various school-related events.

**Competition Cheer:** MGSB will have a minimum of two competition teams depending on tryout numbers. Teams are decided based on skill level and age. Competition teams compete a 2.5 minute routine at competitions held at local high schools throughout the season. They may also have the opportunity to perform at other school-related events. If the Varsity or Junior Varsity teams qualify at its regional competition in October, they will travel to Orlando in February to compete at UCA Nationals against the best teams in the nation. Competition teams start practicing in the spring and go through the month of February. Competitive Cheerleading requires extraordinary dedication and commitment. All members of the team must support and work together to be successful. Unlike many other sports, comp cheer is position-specific. Each cheerleader has a spot and they are the only one who knows, or can perform, the required elements for that spot. There are no bench players or replacements available to fill in. Because of this, expectations and commitments are high.

**Eligibility for Teams and Teams Available:** All cheerleading candidates and parents must sign a contract stating that they agree to and are aware of the amount of time, expense, expectations, commitment and responsibility required and expected.

Sideline - Number of games responsible for cheering at depends on tryout and team numbers

- Varsity Football: Cheerleaders must be entering grades 9-12
- Varsity Soccer: Cheerleaders must be entering grades 7-12
- Varsity Basketball: Cheerleaders must be entering grades 7-12 (Additional tryouts held in fall)

Competition - Actual number of teams depends on tryout numbers and skill level

- Varsity: Cheerleaders must be entering grades 8-12
- Junior Varsity Crimson: Cheerleaders must be entering grades 7-12
- Junior Varsity Gold (B Squad): Cheerleaders must be entering grades 7-12
- Game Day: Cheerleaders must be entering grades 8-12

*Varsity, Junior Varsity Crimson and Game Day Cheerleaders will be required to cheer Varsity Football and Varsity Basketball Games.*

*Junior Varsity Gold will be required to cheer Select Varsity Soccer and Varsity Basketball*

**All cheerleaders will in some way shape or form be required to cheer sideline games whether it is Football, Soccer or Basketball. Playoff games will be announced as coaches find out the information and will be required for the teams assigned.**

**Pre-Tryout Meeting:** There will be a mandatory tryout informational meeting for all parents on Monday, April 30th at MGMS in room H149. At this meeting we will discuss and answer questions about both competition and sideline cheerleading, including the time and financial commitment. Please contact the head coach if you have any questions about this meeting.

**Tryout Clinics:** There will be mandatory tryout clinics for all potential cheerleading candidates on The Week of April 30th in Gym C at the Middle School. All tryout material will be taught at these clinics so it is crucial to attend. Your completed application packet is due with a photo and copy of report card/transcript on Wednesday May 10th. Tryout is not allowed if this is not turned in. Please wear athletic shorts, a T-shirt, and cheer or athletic shoes, with hair pulled back in a ponytail. Please leave all jewelry at home.

### **Tryouts**

- Friday, May 4th from 4:30pm to Completion in Gym C at Maple Grove Middle School
- You will be assigned a number and tryout group. Special requests for tryout times will not be guaranteed.
- You will be evaluated by outside judges with three or more other candidates chosen by the coaches, you may pick your stunt group to tryout with
- Please wear black shorts, a white t-shirt, and cheer or athletic shoes, with hair pulled back in a ponytail. Please leave all jewelry at home.

*Teams will be announced on Sunday, May 6th on [www.crimsoncheer.com](http://www.crimsoncheer.com)*

### **Tryout Rules/Process**

- A completed tryout packet with parent signatures must be turned in before you are allowed to participate in any clinic activity.
- All cheerleaders will tryout each year.
- No scores or judging sheets will be distributed after tryouts.
- All decisions are up to the coaching staff and are final.
- Hair must be pulled back and away from your face.
- You will be observed by the MGSJ Coaching Staff during clinics and tryouts. At the final tryout you will be asked to perform specific skills. We take many factors into account other than your tryout score (past years' attendance, work ethic, attitude, dependability, etc.). Final decisions on team placements are up to the coaching staff. Please remember that as coaches, our main goal is to place each individual on a team that they will be the most successful on. We are looking not only at skills, but also at growth potential, attitude and willingness to learn.

**Required Tryout Material:** During the tryout clinics you will learn material that will help the coaching staff determine your skill and ability level. Below is a list of material you will learn and perform at tryouts. You may be asked to execute these skills more than once during the tryout process. All cheerleaders are expected to not only maintain the skills they tried out with, but to work towards improving them throughout the season. Lack of improvement in your performance and skills may result in being moved to a different team. You are expected to continue to work hard after you have made a team.

Tryout Material:

- Jumps
- Dance
- Cheer
- Flexibility
- Tumbling Ability
- Stunting Ability

**Tumbling Requirements for Varsity and Junior Varsity Crimson Competition Cheer:**

- Back-Handspring
- Round-Off Back-Handspring
- Standing Back Tuck *preferred*
- Round-Off Back Tuck *preferred*
- Round-Off Handspring Back Tuck *preferred*

The expectation is that team members will meet the minimum tumbling requirements today. If athletes are unable to meet minimum tumbling requirements they will be required to make arrangements to take additional classes at a local gym and work toward the skill outside of normally scheduled practice.

**Mandatory Team/Coaches Meeting:** We will be having a Mandatory meeting for all team members on the Monday following tryouts (May 7th). Varsity & JV Crimson will meet from 6-7pm and JV Gold will meet from 7-8pm in the MGMS Auditorium.

**Mandatory Parent Meeting and Apparel/Uniform Fitting:** We will have a mandatory parent meeting and apparel and uniform fitting on Monday, May 14th from 5-8:30pm in the MGSH Cafeteria for everyone who made a cheer team. It is very important that you attend this meeting, we will be sizing each team member for uniforms, practice wear, and shoes.

<b>Varsity</b>	<b>Gameday</b>	<b>JV Crimson</b>	<b>JV Gold</b>	<b>Sideline</b>
Meeting 5-5:30	Meeting 5:30-6:00	Meeting 6:-6:30	Meeting 6:30-7	Meeting 7-7:30
Sizing 5:30-6	Sizing 6-6:30	Sizing 6:30-7	Sizing 7-7:30	Sizing 7:30-8
Treasurer 6-6:30	Treasurer 6:30-7	Treasurer 7-7:30	Treasurer 7:30-8	Treasurer 8-8:30



## TRYOUTS CHECKLIST:

\_\_\_ “Information About You” google form **The google form must be filled out no later than WEDNESDAY May 2, 2018. If it is not filled out you CANNOT tryout.**

\_\_\_ A list of any potential conflicts with practices, camps or performances

\_\_\_ Application for Cheerleading Tryouts

\_\_\_ Code of Conduct Form

\_\_\_ Rules and Expectations Form

Note: If you intend to try out, but will not be at the final tryout day (Friday, May 4th), please notify the coaches at crimsoncheercoach@gmail.com.

### IMPORTANT NOTES

- Teams will be announced no later than the Sunday, May 6th. Check our website ([www.crimsoncheer.com](http://www.crimsoncheer.com)) and facebook pages for updates.
- Use [www.crimsoncheer.com](http://www.crimsoncheer.com) for information about our organization, including calendars. Check often for updates.
- If you have not yet joined our facebook page, please do. Search for “Maple Grove Cheerleading.”

### MANDATORY PRE-TRYOUT PARENT MEETING

Monday, April 30th 6:30-7:00pm

MGMS Room H147

### MANDATORY CHEERLEADER/COACHES MEETING

Monday, May 7th

Varsity & JV Crimson 6:00-7:00pm

JV Gold 7:00-8:00pm

MGMS Auditorium

### **MANDATORY PARENT/CHEERLEADING MEETING & APPAREL ORDER NIGHT\***

Monday, May 14th 5:00-8:30pm

MGSH Cafeteria

***\*financial paperwork and payment will be due at this time***