



**2019-2020 CHEERLEADING SEASON
APPLICATION PACKET – Middle School Football Cheer**

- You must email Coach Mindy Kral to **register for clinic tryouts**. All applicants should be registered by May 13th. Should you miss the registration date, please do not hesitate to contact Coach Mindy at mkral@baylorschool.org.
- **COMPLETED applications must be turned in by the 1st day of Clinic** (May 14th during registration beginning at 4pm in the Cheer Room located below the Cardio Room of the field house). All applications must be completed and parent signs all documentation where noted. PLEASE READ THOROUGHLY AS CHEER IS A COMMITMENT AND CAN BE EXPENSIVE!
- Tryout Clinic is **May 14-17th**. We will meet in the cheer room and move into Duke during part of the time. The date of May 17th will be held solely in Duke Arena of the Field House. All clinics and tryouts are closed to outside spectators.

Dear Parent/Guardian and Student:

Baylor Cheerleading

Thank you for your interest in becoming a part of the Middle School Cheerleading Program at Baylor School. We are excited to be growing our program and offering cheer for football in middle school as a cut sport for the fall session of after school. Basketball Cheer will remain non-cut and sign ups are for the winter session of after school activities.

It is important that you are aware of the **high level of commitment** that is required and the standard of excellence that is expected from each of the squad members. Before completing the registration packet, please consider the following:

CHEERLEADING IS A COMMITMENT and requires after school time attendance nearly every day of the week, as well as in the evenings and on weekends for scheduled sporting events. In the height of the various sport seasons, it is not uncommon to have various sporting events per week. For Football Middle School Cheer, it will be a cut sport. If you are chosen as a team member and accept, you are part of that team and are required to attend games and practices, even over any breaks given by the school.

BEING A CHEERLEADER INVOLVES FINANCIAL OBLIGATIONS. You will be given an estimated cost sheet and once the full team is chosen, there will be a deposit due from team members so that we can begin our ordering of attire.

Your interest and cooperation with our program at Baylor School is appreciated. Please review the attached copy of the Baylor School Cheerleader Rules and Expectations and discuss it with your daughter or son. We have high expectations for our cheerleaders and expect each one to follow the policies. Our cheerleaders are ambassadors for our school and should act accordingly.

Feel free to contact me with any questions you may have via email. My information is as

follows: Mindy Kral: mkral@baylorschool.org

EXPECTATIONS

DATES

- Tuesday, May 14th Cheer Room 4:15-5:30PMreview of skills and material
- Wednesday, May 15th Cheer Room 4:15-5:30PM.....review of skills and material
- Thursday, May 16th Cheer Room 4:15-5:30PM.....review of skills and material
- Friday, May 17th Duke TRYOUT DATEWarm Ups at 4pm Start at 4:30PM

Time of actual dismissal of tryout time may vary due to amount of time needed.

We will give an estimated time of dismissal the night prior at clinic.

****Please make sure to eat/snack prior to clinic and work on any homework. Please DO NOT come and be loud within the field house, as they are testing in many areas for the upper school AP Courses. It is important that we respect the students in exams and keep the areas as quiet as possible.**

****Bring a water bottle with you as it is important to remain hydrated.**

ATTIRE

Clinic Review Days:

- Appropriate athletic wear with supportive tennis shoes and socks (Cheer shoes are strongly recommended)
- Any color attire items accepted during the clinic
- * NO baggy T-shirts! This is for stunt safety and viewing of techniques taught.

April 17th:

- RED athletic shorts mandatory for tryout day – appropriate to school dress code
- WHITE t-shirt – no spaghetti straps, tank tops or revealing tops – mandatory
- * RED Bow, Hair in Pony Tail away from face

GENERALITIES

- During clinic week, the coach and representatives will be present during the clinic reviewing all material.
All prospective team members should have registered with the coach to receive the tryout packet.
- * No gum or jewelry allowed during clinic, tryouts, practices or games
- All athletes will receive an email by Monday evening (at the latest) as to whether they made the team. Results will not be discussed via text or calls. If you do have any questions, please contact Coach Mindy via email at mkral@baylorschool.org to set an appointment. Please note that no emails will be returned within a week after tryouts due to time away from the office.

ALTHOUGH WE APPRECIATE YOUR SUPPORT FOR YOUR ATHLETE, NO SPECTATORS WILL BE ALLOWED IN OR AROUND THE GYM DURING TRYOUTS OR THE CLINIC PRECEDING TRYOUTS

GOOD LUCK TO ALL!

Baylor School
Cheerleader Rules and Expectations

2019-20 Football Season

The Baylor School Cheerleading team will follow ALL Baylor School Honor Code, Rules and Policies. Furthermore, all cheerleaders **MUST** abide by the following policies: **PARENT AND ATHLETE PLEASE READ EACH and acknowledge they've read and understand the commitment of each.**

1. ATTENDANCE: You will be expected to attend ALL practices, games and any and all activities that the Baylor Cheerleaders are participating in, with the **ONLY** exceptions being that of a doctor's excuse, death in the family, medical emergency, or special permission from the coach. A note is **ALWAYS** needed for any absence! **UNEXCUSED ABSENCE(S) MAY RESULT IN DISMISSAL FROM THE TEAM.** If you are aware of ANY potential absence, you must contact the coach immediately so that routines can be adjusted accordingly! Do not come the day prior or the week of if you've known about something that is a conflict weeks or months before. **Being on a team is a commitment and your first responsibility is to your team and the practice times and games.** As all are aware, one person missing will effect the entire team and performance practice in every aspect.

If you miss a day of school and will not be able to make a practice or a game because of one of the above reasons, a parent must email, call or text your coach. If you leave school due to illness, you must have checked out from the infirmary in order for it to be excused. Sending a message through a friend or teammate is not acceptable. A note written by a parent/guardian will be necessary the first day back to practice after your absence.

Schedule personal/routine appointments around practice times to earn your privilege to cheer, as leaving early is considered unexcused as are family vacations and/or dinners.

A cheerleader must be at the practice(s) leading up to and before a game/performance/activity in order to cheer in the next game/performance/activity. It is the coach's decision to determine if a cheerleader is prepared for a game/performance/activity. If a cheerleader has missed a practice in which cheers, chants, formations, and/or dances have been learned, it is up to the coach to decide if that cheerleader will cheer in that week's game(s)/performance/activity.

Your performance in practice and games will determine whether you may cheer at a future games. Lack of effort, insufficient knowledge of the material, poor attendance, and poor attitude are some examples of reasons for being benched from a game, performance or activity, or for being removed from the team.

****Please note that exceptions to the above include if a student is receiving tutoring or any other academic related activity as administration sees fit. These academic absences will always be excused and we follow protocol set forth by Baylor.**

2. TRANSPORTATION: Cheerleaders will have their own form of transportation to and from all practices and home games.

3. CELL PHONES: There will be **NO CELL PHONE USAGE at any time** when you are actively participating in a Baylor Cheerleader performance, game, practice or activity. Your coach will have a bag where all cheerleaders are expected to drop their phones off and each will be handed back out after the event has been completed in its entirety (including the breakdown of mats and such after a game). Should you need to contact your family for emergencies or change of times for pick up, you will be allowed to use the coach's phone or a phone in the field house. The best advice is to leave your phone in your bag or turn it into your coach. If you are seen with your phone at any time during a game or performance times while in uniform, you will be benched until the coach sees fit to re-admit you into the formation for performing. You will be permitted at half time to have your phone after any half time performances are completed. You must turn it back in or place in your bag and it **MUST** remain there until game is over and break down of mats, etc. and you are dismissed.

4. REPRESENTATION OF BAYLOR: Cheerleaders represent his/her team as well as his/her school, therefore appropriate behavior is expected not only when a cheerleader is wearing his/her uniform, but also at all times throughout the season.

Cheerleaders will abide by the rules and honor code set out in the Baylor Student Handbook. (See student handbook.) Represent your team well and **DO NOT** put yourself in a compromising position!

5. RESPECT and ATTITUDE: Cheerleaders will have a good attitude throughout the season and will **work as a team cooperatively**. We succeed as a team and meet challenges together as a team. Negative attitudes and behavior that displays bullying amongst team members **WILL NOT BE TOLERATED**. Respect will be given to all teammates, coaches, officials, and opposing teams at all times.

6. UNIFORMS and ATTIRE: A cheerleader will be prepared for all activities. This includes having her/his uniform, shoes, hair bow, poms, etc. Proper practice attire consists of athletic shoes, athletic shorts, and a shirt.

Hair should be PULLED BACK INTO A HIGH PONY WITH THE DESIGNATED BOW.

7. A cheerleader is RESPONSIBLE!! This includes being aware of practice and game dates and times, knowledge of material, care of uniform and warm-up, care of facilities, pick up trash, etc. A cheerleader is responsible for arriving on time for all practices, games and activities, as well as be properly dressed in your uniform.

At home games, **NO CHEERLEADER IS DISMISSED** until you sign off with your coach. **EVERY** cheerleader will participate in the rolling of the mats, cleaning your trash, etc.

9. WARM UP and CONDITIONING: Jumping, stunting and tumbling without being warmed up and without a coach present is PROHIBITED! We will be conditioning during each practice. Safety is most important!

10. OUTSIDE ALL-STAR TEAMS: Baylor School Cheerleaders may compete on an All Star or other competitive cheerleading team. Should you have an All Star practice or performance at the same time as Baylor Cheer Event, **the school event takes the lead on attendance.** All conflicts and scheduling issues MUST be discussed with the coach weeks prior to the event!! Again, it will be up to the coach to determine absences as excused or unexcused.

11. PERFORMANCE: Your performance in practice and activities will determine whether you may cheer at a future games. Lack of effort, insufficient knowledge of the material, poor attendance, and poor attitude are some examples of reasons for being benched from a game or performance, or for being removed from the team.

These rules are for safety as well as certain rules mandated by the State.

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FAILURE TO COMPLY WITH THESE RULES AND EXPECTATIONS MAY RESULT IN BEING BENCHED DURING A GAME OR DISMISSAL FROM THE TEAM AT THE COACH'S DISCRETION.

I have read and understand the expectations of the Middle School Baylor Cheerleader rules and will comply with the rules and expectations of the cheerleading team for the season 2019-20.

Signature of the Cheerleader

Signature of the Parent

Date: _____

Date: _____

THE BAYLOR SCHOOL

RELEASE OF LIABILITY AND INDEMNITY AGREEMENT AND AGREEMENT BY PARENT TO PROVIDE PROOF OF MEDICAL INSURANCE

For and in consideration of the undersigned's child, whose name is listed below, being permitted to participate in The Baylor School's cheerleading tryouts and related activities and to use the facilities and equipment of The Baylor School for the purpose of participating in cheerleading tryouts and related activities (collectively the "Cheerleading Activity"), the undersigned covenants and agrees as follows:

The undersigned understands that The Baylor School does not furnish insurance for the undersigned's child's participation in the Cheerleading Activity, and the undersigned understands and agrees to obtain and maintain health and medical insurance covering the undersigned's child while participating in the Cheerleading Activity and to furnish such proof of such insurance coverage to The Baylor School as it may require.

The undersigned, on behalf of the undersigned and the undersigned's child, hereby releases, forever discharges, and agrees to indemnify and save forever harmless The Baylor School, its trustees, legal representatives, officers, directors, agents, employees, successors, and assigns, and each of them from any and all liability, claims, demands, damages, injuries, costs, losses, expenses, controversies, actions, and causes of action, of whatsoever kind or character; for any injury, death, property damage, or pecuniary loss of any kind which the undersigned or the undersigned's child may suffer or incur in any manner, WHETHER AS A RESULT OF ANY PASSIVE OR ACTIVE NEGLIGENT ACT OR OMISSION OF THE BAYLOR SCHOOL, ITS TRUSTEES, LEGAL REPRESENTATIVES, OFFICERS, DIRECTORS, AGENTS OR EMPLOYEES, OR OTHERWISE, arising out of or in any way connected with the Cheerleading Activity or the facilities or equipment of The Baylor School.

The undersigned acknowledges that the undersigned has read the foregoing release of liability and indemnity agreement and agreement by parent to provide proof of medical insurance and understands and agrees with its terms.

In witness whereof, the undersigned has executed this Release of Liability and Indemnity Agreement and Agreement by parent to provide medical insurance on this _____ day of _____, 20____.

Name of Child

Parent or Legal Guardian

BAYLOR CHEER APPLICATION
Middle School

Please fill out the questions below. It is important for the coach to have this information to insure that your cheerleader is as safe as possible throughout the season(s) before, during and after cheer events. If any questions do not concern your cheerleader or if you are unsure, please leave it blank.

Cheerleader Full Name: _____

Date of Birth: _____ 2019-20 Grade Level: _____

Current School Attending: _____

Address: _____

Contact/Cell Number for Student: (this is used for updates within the cheer team only): _____

Parent/Guardian Name: _____

Parent/Guardian Contact Number: _____

Parent/Guardian Email: _____

Athlete Email: _____

Please list sizes as they would be for Nike or Varsity Attire:

T-Shirt Size: _____ Shorts (such as Running Shorts): _____

Varsity Cheer Shoe Size: _____ Bloomer Size: _____ Sports Bra: _____

Allergies, asthma, past injuries or any other health risks that should be monitored or that may not allow your student to fully participate in cheer activities: _____

Emergency Phone Number: _____

Stunt Experience

Please be honest with your answers.

<i>Position: if you do not have any stunting experience please just put N/A in box</i>	<i>Please mark an X next to every stunt position you are able to execute safely</i>	<i>For all boxes marked with an X, to the left, rate your strongest skilled position (1) to the weakest (5)</i>
Flyer		
Back Spot		
Main Base		
Secondary Base		
Minimal Stunt Experience		

Gymnastics/Tumbling

You must be able to perform these skills on a cheer mat, not a spring floor

SKILL	YES (X) I am able to execute w/o a spot	ALMOST (X) I am able to perform with a light spot	NO (X) I am unable to perform that skill.
Round Off			
Front/Back Walk Over			
Standing Back Hand Spring			
Standing Tuck			
Round Off Hand Spring (1 or more)			
Round Off Hand Spring/Back Tuck			
Round off Hand Spring /Lay Out			

TRY-OUT PERMISSION FORM 2019-20

Student Name: _____ Grade in Fall 2019: _____

Address: _____

City, Zip: _____

Student Phone: _____

Parent(s) or Guardian Name: _____

Parent(s) or Guardian Phone: _____

Parent(s) or Guardian Email: _____

My child has my permission to try-out for cheerleading at Baylor School. I understand that all required forms must be submitted by the first day of clinic. I understand that my child must attend all clinic and tryout sessions (unless excused by the coach), or my child will not be considered for a cheerleading position. I understand that my daughter/son will be evaluated by qualified judges and agree to abide by the decision of the judges and coach in order to build a team. I understand that should my child be elected to a cheer squad, he/she must abide by the rules and regulations set forth by the Baylor School and Baylor School Cheerleading and that I am responsible for the costs laid out in the cost estimate sheet in the time to be specified by the coach when payments are due. I understand that by the very nature of the activity, cheerleading and gymnastics therein carry a risk of physical injury. No matter how careful the participant and coach are, how many spotters are used, or what landing surface is used, the risk cannot be eliminated. The risk of injury includes minor to major permanent injuries. I understand these risks and will not hold Baylor School or any of its personnel responsible in the case of an accident or injury at any time.

Parent/Guardian Signature

Date

Student Signature

Date

