



Millbrook High School Cheerleading

Welcome! We are looking forward to another great year of Millbrook Cheerleading! Wildcat Cheerleaders are expected to show the highest athleticism, sportsmanship, moral code of ethics, and standards of Millbrook High School.

We cheer for football, both men's and women's basketball, and compete in multiple cheer competitions during the fall and winter seasons. We are committed to developing not only the athlete, but also the character and value of the person. Not only do we emphasize cheerleading, we also believe in, and support, strong academics, school pride, service, and unity within the squad.

On the following pages, you will find information regarding rules, regulations, tryouts, and costs for the 2017-2018 cheerleading season.

We look forward to a great season and anticipate the excitement and level of competition this 2017-2018 sports season will bring to us. We hope everyone is working hard, and we wish you all the best of luck.

Go Wildcats!

Kayla Perry
Varsity Head Coach
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2017-18 MILLBROOK HIGH SCHOOL CHEERLEADING TRYOUTS

REQUIREMENTS: (IN ORDER TO TRYOUT!)

- Students and a parent/guardian must sign the attached permission slip.
- Students must meet the WCPSS eligibility requirements for the 4th quarter of the previous year
- Students must attend *all days of tryouts*.
- **Students MUST have an updated Wake County High School Athletic Participation Form (and current physical examination) filled out and turned in BY THE 1st day of TRYOUTS.**
 - This can be found at the MHS Athletic Webpage along with the physical examination form (<http://mhs.wcpss.net/athletics/index.html>).
- **Students who make the team must be ready to attend all practices beginning after tryouts.**

TRYOUT DOCUMENTS: The following must be turned in on the **1st DAY** of tryouts.

1. Permission slip/conduct agreement
 2. Color Photo (a normal headshot)
 3. Copy of second semester report card
 4. WCPSS Athletic Participation Form and Physical Form
- **YOU MUST HAVE A COMPLETED PHYSICAL WITH YOU THE 1ST DAY OF TRYOUTS****

REQUIRED DATES:

- Tuesday, August 1st Tryout Session 1 @ 5:30pm-7:30pm MHS in Gym 2
Doors will open by 5:00pm to begin collecting paperwork.
- Wednesday, August 2nd Tryout Session 2 @ 5:30pm-7:30pm MHS in Gym 2
- Thursday, August 3rd Tryout Session 3 @ 5:30pm MHS – Gym 2
- Monday, August 7th Practices will begin 4:30-6:30pm
Mandatory Parent/Cheerleader Meeting @ 6:30pm in the Cafeteria

**A calendar will be posted for the practice schedule when teams are posted.

OPTIONAL OPEN GYM DATES: July 10th, 12th, 24th and 26th from 5:30pm – 7:00pm in Gym 2

You **MUST** have a **completed** WCPSS Athletic Participation Form and Physical on file to participate. **NO EXCEPTIONS.**

Millbrook High School Cheerleading Tryout Expectations

- **Jumps:** Single and double jumps
- **Stunting:** One-legged skills and 360 cradles
- **Tumbling:** Minimum of a double jump to back-handspring and round-off back-handspring for Varsity
- **Motions**
- **Dance**
- **Voice/Projection**
- **Overall:** Confidence, effort, work ethic, good at following directions, leadership skills, sportsmanship
- **Attire:** Hair pulled completely back (ponytail), proper athletic shoes (cheer shoes for flyers), NO jewelry, and NO fake nails. Clothing expectations are as follows:

Tryout Sessions 1 and 2

Blue or black shorts

White or grey top

Tryout Session 3

BLACK shorts

PLAIN white top

ABSOLUTELY NO JEWELRY! NO EXCUSES!

Please do not get anything pierced that you cannot take out and make sure your nails are cut!

Expectations:

Practices and games are mandatory. The season lasts from August to March. Squads will have two to three practices each week in addition to games. Both squads should plan on competing in at least three competitions. Calendars will be distributed as early as possible.

We expect you to place our practices before anything else. This includes all-star cheerleading. If you choose to commit to both teams you must speak with the coach before tryouts to see if a plan can be worked out.

Eligibility:

All Millbrook Cheerleaders are expected to have and uphold at least a 2.0 GPA. Cheerleaders may be asked to submit regular grade reports to the coaches to maintain eligibility. **If an F appears on your report card as a quarter or final grade, you will be dismissed from the team.**

If a cheerleader has more than **10 absences from ANY period** at MHS, they will be ineligible to try-out for the 2017-2018 season. **If any cheerleader has 10 absences from ANY period at MHS after tryouts, they will be dismissed from the team.**

Behavior:

All Millbrook High School guidelines must be followed at all times. All official cheerleading decisions will be made by the coaching staff. All coaches are to be given respect and cooperation by cheerleaders and parents at all times. Lack of respect will not be tolerated and can be grounds for dismissal from the team.

- Cheerleaders are expected to promote a positive image for the school community - your peers, parents, teachers, and other community members.
- Any cheerleader using alcohol, drugs, or tobacco will be dismissed immediately and suspended from tryouts for a year. Evidence of drinking, including, but not limited to photographs, will be grounds for dismissal.
- Inappropriate online behavior including provocative pictures, threats, foul language, and “bad-mouthing” will be grounds for dismissal.
- During cheerleading season, cheerleaders are **not permitted** to participate in any other sports at Millbrook.
- WCPSS requires that athletes be present the entire school day to be eligible for practices and games.

Payment for the 2017-2018 Cheerleading Season

These prices are an estimation of expected costs for the 2017-2018 cheerleading season.

Estimated Prices per Cheerleader : NEW ATHLETE

Competition and Team Fees	\$200.00
Mandatory Apparel (items and prices listed below)	\$235.00
Warm-ups	\$84.00
Bag	\$32.00
Poms (for new cheerleaders)	\$20.00
Long-Sleeve T-shirt	\$20.00
Short-Sleeve T-shirt (2)_=	\$20.00
Briefs	\$10.00
Hair Bows	\$15.00
Winter gear (ear warmers and gloves)	\$10.00
Sweatshirt	\$24.00
Sweatpants (<i>Optional</i>)	\$20.00

Estimated Prices per Cheerleader : RETURNING ATHLETE

Competition and Team Fees	\$200.00
Mandatory Apparel (items and prices listed below)	\$79.00
Long-Sleeve T-shirt	\$20.00
Short-Sleeve T-shirt (2)_=	\$20.00
Hair Bows	\$15.00
Sweatshirt	\$24.00
Sweatpants (<i>Optional</i>)	\$20.00

Payment

Payment for mandatory apparel will be once the team is chosen. There will be a fundraising opportunity to help reduce the cost of the competition/team fees.

**STATEMENT OF PERMISSION AND CONDUCT
DUE ON THE FIRST DAY OF TRYOUTS**

We the undersigned, have read, understand, and agree to the rules for Millbrook High School cheerleading. We realize fully the responsibilities and duties involved. We also accept full responsibility and will not hold the school or its staff accountable for any injuries, damages, losses, or death, which may occur at a cheerleading function. By signing this, we state that we understand the MHS cheerleading policies and will abide by the expectations throughout the season if chosen to be part of the MHS cheer family.

STUDENT'S NAME (PRINTED): _____

STUDENT'S SIGNATURE: _____

PARENT/GUARDIAN'S NAME (PRINTED): _____

PARENT/GUARDIAN'S SIGNATURE(S): _____

ADDRESS: _____

PHONE: _____

2017-2018 GRADE LEVEL: _____

Checklist of other documents for tryouts:

- WCPSS Participation Forms (including completed physical)
- Photo
- Report Card