

EVERSOLE RUN CHEER CHECKLIST

BEFORE TEAM SELECTION

- Register for team selection at <https://www.eversoleruncheer.com/teamselection>
- Turn in physical to Meghan or Tyler by May 18th
- Read entire program info packet posted on the website
- Review scoresheets so you can maximize your scores
- Ask questions about the team selection process, the season, and our expectations
- Complete the preference sheet and return to Meghan or Tyler by May 18th
- Practice the material you learn at the clinics (also posted on the website)
- Remember, everyone will be offered a place on (at least) one team
- Relax...take a deep breath...smile...you will do great!**

WEEK OF TEAM SELECTION

- Cheerleader/parent meeting - Wednesday, May 18th 3:15-5:00 or 7:30-8:30
 - Sizing for Uniform, Shoes, Warm Up, Etc
 - Collect payment for cheer gear
 - If you are in financial need, the DJHS cheer boosters is willing to help. Please let Meghan know as soon as possible in order to make arrangements. We don't want anyone to miss the opportunity to be part of this program for financial reasons.

AFTER TEAM SELECTION

- Watch your email for updates about summer tumbling/conditioning and camp
- Save the web address: www.EversoleRunCheer.com
- Cheerleaders...download the GroupMe app and watch for invitations to join our team groups. The coaches will use this app to send info directly to you. You can also send messages to them and each other.
- Keep practicing! Start learning the chants and band dances posted on the website. Remember, some are recorded from the front, so your motions should be mirrored.
- Register in Final Forms (this should be available after 6/1)
 - Complete the student signature section
 - Sign up for which seasons you'd like to cheer
 - Ask parent to complete the parent signature section

EVERSOLE RUN

2022-2023 CHEER PROGRAM INFO

Team Selection: Friday, May 20th beginning at 4:00pm (you will get an assigned time)

Place: EMS Gym

Attire: White shirt, dark shorts, tennis shoes and hair pulled back. **NO JEWELRY!**

Clinics: (attendance encouraged, NOT required) (wear athletic attire and tennis shoes)

Monday, May 16 th	5:30 - 7:30
Tuesday, May 17 th	5:30 - 7:30
Wednesday, May 18 th	5:30 - 7:30
Thursday, May 19 th	5:30 - 7:30

*Videos of the team selection material will be posted at on 5/16/22.

Team Selection Information

- We do not cut athletes. Everyone who participates in team selection will be invited to cheer on (at least) one team.
- In order to participate in team selection, athletes must have a physical.
- The coaches will choose teams with the assistance of independent judges. Team placement decisions are final.
- If there are questions concerning team selection, please ask prior to May 20th.
- At team selection, there will be stations in which athletes will be required to demonstrate a variety of skills. The scores from these stations will be combined for an overall score.
- Cheerleading team selections are closed.
- Athletes making the team must exhibit the same skills displayed at team selection throughout the season (on the track and/or basketball court). If the cheerleader cannot exhibit the skills performed at team selection, he/she may be ineligible.
- All skills during team selection must be performed unaided and without a spotter.
- Athletes may repeat a skill if they make a mistake.
- Each athlete trying out will be contacted in the evening after selections have been made at the phone number provided on the team preference sheet.
- He/She will be told which team(s) they have made and asked if they are willing to cheer for the team for which they have been selected.

Optional Summer Practices (for Fall and Winter Cheerleaders)

- Coaches may offer optional practices during the summer for conditioning and tumbling, more info will be available after team selection.

Summer Cheer Camp (for Fall and Winter Cheerleaders)

- Camp is held at Jerome High School August 1-5
- If a cheerleader has conflicts or is participating in another fall sport, they must talk to their coach prior to camp.
- If a cheerleader is absent for any time, they are responsible to learn what they missed before the next practice begins.

Practices / Games / Events

- Eversole Practice – (THIS IS SUBJECT TO CHANGE)
 - Monday-Friday 8:00-10:00am (August 8-16) (for Fall Cheerleaders)
 - Monday-Friday 3:30-5:30pm (August 17-October) (for Fall Cheerleaders)
 - Monday-Friday 3:30-5:30pm (November – February) (for Winter Cheerleaders)
- There are three to five practices per week, and one to three games/events.
- There may be additional practices/games/events added as needed.
- We may participate in community service/volunteerism activities throughout the year.
- If athletes are unable to attend practice for any reason (including illness) please email/text the coaches to let them know.
- For the updated calendar of events, visit www.eversoleruncheer.com
- The cheer teams will be asked to support school spirit by participating in other activities throughout the year.

Season Information

- Decisions of which teams/cheerleaders cheer for what games/events will be decided by the coach.
- Fall Cheerleaders will cheer home football games from approximately mid-August to mid-October.
- Fall Cheerleaders will also attend other home fall sports games/matches to support other Eversole teams.
- Winter Cheerleaders will cheer home boys and girls basketball games from approximately late-November until mid-February.
- Winter Cheerleaders may also cheer tournament games (schedule TBA).
- Winter Cheerleaders will also attend other home winter sports games/matches to support other Eversole teams.
- At basketball games, 7th and 8th grade cheerleaders must be present for both games. When they are not cheering on the sidelines, they will sit in the first 2 rows of the bleachers and actively participate in cheering.
- Cheerleaders must be in the gym/track with 2:00 minutes left on the clock during half time and between games (basketball season).
- Cheerleaders must be in their chant lines ready to cheer with 1:00 minute remaining on the clock during half time at games.
- Cheerleaders will not leave the chant lines without permission from the coach.

Eligibility

- In order to maintain eligibility, a cheerleader must have/do the following:
 - Have passing grade in five academic subjects (based on nine weeks grades).
 - Dublin Schools also has a 2.0 GPA requirement that must be met.
 - Perform the same skills during practices and games, as was performed at team selection.
 - If the three points above are not attained, the athlete may be required to sit out, or may be asked to leave the team. This includes injury related issues that prevent a cheerleader to perform, just as it would in other sport.
- Cheerleaders must attend school in order to participate in a game/event (at least ½ day). If the attendance requirement is not met, athletes may not attend the game/event.

Expectations

- Participants in co-curricular programs are held to a higher standard of responsibility and conduct. They are representatives of their school, the Dublin City School District and the Dublin community.
- By being part of the cheer team, athletes are visible in the community. Athletes' actions are more prominent than those not associated with such an activity. Because of this, exemplary behavior is mandatory at all times, anywhere in the community and at all school functions. Not only do athletes represent themselves, they represent the team, the coaches, the school, the Dublin City School District, and cheerleaders everywhere.
- Missing one game, for a reason other than a death in the family or personal illness, or by permission of the coach, may result in a one game suspension.
- Cheerleaders will be expected to FULLY participate in each practice, game, and activity through the conclusion of their season. This includes wearing the correct practice wear, uniform to school, uniform to a game, having poms, hair pulled back, etc. Failure to do so may be cause and be the reason for the cheerleader to sit out of games, up to being dismissed from the team.
- Being late to an event, game, practice, without prior permission from the coaches, may result in not participating in a game/event up to being dismissed from the team.
- Cheerleaders who do not meet the coaches' expectations for knowing and performing material may result in not participating in an event up to being dismissed from the team.
- Cheerleaders must follow instructions from coaches, teachers, administrators, bus drivers, etc. Not doing so may result in not participating in a game/event up to being dismissed from the team.
- Cheerleaders are asked to leave practice space, locker rooms, performance areas, etc. in the same condition (or better) than when they arrive. They are expected to pick up the area before they leave. Not doing so will result in extra conditioning or cleaning.
- Inappropriate photos or activity on social media will not be tolerated. Cheerleaders are representatives of the school at all times, and should be setting a good example both during and after school hours.
- Cell phones are not permitted at practice or games/events. If parents need their child during these times, please contact the coaches.
- There is no chewing gum or eating during practices or games/events.
- Promoting good sportsmanship by way of example is required at all times.
- Athletes are expected to work as a team, respecting each other's differences and unique abilities.
- Cheerleaders may be required to participate in study sessions after school before practices/games begin. Each athlete will need a quiet activity during these times.

Attendance Policy

- A system of being benched will be used to deal with minor infractions throughout the year (year is defined as the moment an athlete makes the team through the following year's team selection).
- Late to practice: 10 jumps for every minute late (to be done after practice).
- Unexcused absence from practice: not allowed to participate at next game/event.
- Missing part of uniform for event (shoes, bow, skirt etc.): not allowed to participate.
- Social Media Infraction: Not allowed to participate at next game/event and team probation throughout remainder of the season.
- Any cheerleader benched from a game/event or part of a game/event must sit with the coach (and no-one else) in full uniform.
- If a cheerleader is benched at practice, they will be benched an equal amount of time at the following game/event.
- If a cheerleader is benched on MORE THAN 3 OCCASIONS, he/she may be removed from the team.
- Severity of, or repeated offenses may dictate harsher action.
- Athletes must also uphold the criteria in the Dublin Schools Co-Curricular Activity Code and the Dublin Schools Handbook.
- Every attempt will be made to discipline fairly, and to make consequences of actions known ahead of time. Parents will be kept informed of problem situations.

Competition Information

- Fall and Winter Cheerleaders may choose to be part of the competition team at a few competitions during the year.
- Cheerleaders who decide to participate, will be expected to fulfill the commitment to compete and to additional practices. These athletes are held to a higher standard for attendance, and work ethic. They should be pushing themselves to be better at each performance (and practice).
- The competition team is formed to prepare the athletes for high school competition. The program at Jerome is very demanding. Much of this preparation includes the practice and experience of performing.
- Some of the events we attend are strictly performance opportunities and not 'competitions' where we will be ranked against other teams.
- There are additional costs associated with the competition teams, approximately \$425 for 1 team, and \$225 for each additional team.

Uniforms

- Size and fit of the uniform and warm-ups will be determined by the coaches. All athletes must have the same uniform look.
- Athletes will not loan out any piece of their uniform to anyone. Warmups and uniforms are considered part of the cheer wardrobe and should not be worn by anyone other than the cheerleader or for anything other than cheer activities.
- Uniforms are to be kept in good condition and clean at all times. Uniforms or warm-ups ruined, lost, or stolen will be replaced by the individual at their own expense.
- Wash uniforms in cold water, dry flat. DO NOT DRY CLEAN!
- During games, cheerleaders must wear their uniform or warm-up.
- Sweatpants, boots, sandals and other non-cheer clothing may NOT be worn with uniforms.
- Cheerleaders are required to change out of their uniform after each game/event before leaving the school.
- Cheerleaders will wear uniforms to school the day of games unless specified differently by the coach.

Cost Information

- If athletes are selected to be a member of the team and are in financial need, the DJHS cheer boosters may be able to help. Please contact Meghan or Tyler as soon as possible to make arrangements.
- Prices are estimates and subject to change.
- Uniform sizing will be done on May 18th

Expenses

Pay-to-participate (per season)	\$ 30.00
Shoes, Bow, Uniform, Shirts, Bodysuit, Shorts, Poms, Warm-up	\$350.00
Summer Camp	\$131.00

Optional Expenses

Bag	\$ 40.00
Competition Expenses (approximate)	\$425.00
Tumbling	TBD

EVERSOLE TEAM PREFERENCE SHEET

Please ask questions at clinics if you are unsure of how to fill this out.

Turn in to Meghan or Tyler (at clinics) by May 18th, 2021.

Name: _____ 2022-2023 Grade: _____

Athlete Phone: _____

****This is the number we will call on the night of team selection****

Number options in order of 1st preference and 2nd.

_____ Fall _____ Winter

Read and MARK the following choices below:

I would like to cheer BOTH fall and winter seasons:

_____ Yes _____ No

I would like to be considered for the competition team:

_____ Yes _____ No

Information I want the coaches to know about my schedule, my choices, and potential conflicts. Use the back if necessary.

I have read and understand the rules and regulations governing the Eversole Run Middle School Cheer Team. I will abide by the rules and policies to the best of my ability. I understand that I may be removed from the team if I do not maintain the high standards expected of a team member. I understand that though I wish to be on a certain team, I may not be offered a spot on that team.

Athlete Signature _____ **Date** _____

I, the undersigned parent/guardian agree and hereby consent to my child's participation on Eversole Run Middle School Cheer Team. I have read the Eversole Run Middle School cheer rules and policies and accept these guidelines. I understand that failure to follow the cheer rules and policies can mean dismissal from the team.

Parent/Guardian Signature _____ **Date** _____