

# EVERSOLE RUN CHEER TEAM SELECTION CHECKLIST

## BEFORE TEAM SELECTION

- Read entire program info packet
- Register in Final Forms (7<sup>th</sup> graders or new athletes only, 8<sup>th</sup> graders after June 15<sup>th</sup>)
  - Complete the student signature section
  - Sign up for which seasons you'd like to cheer
  - Ask parent to complete the parent signature section
- Complete the cheer questionnaire and return to Meghan by May 18<sup>th</sup>
- Complete the team preference sheet and return to Meghan by May 18<sup>th</sup>
- Complete the competition team preference sheet and return to Meghan by May 18<sup>th</sup>
- Review scoresheets so you can maximize your scores
- Ask questions about the team selection process, the seasons, and our expectations

## WEEK OF TEAM SELECTION


- Cheerleader/parent meeting - Wednesday, May 17<sup>th</sup> 5:30pm
  - Discuss team selection process, cheer seasons, and expectations
  - Answer any cheerleader and parent questions
  - Sizing for uniforms, shoes, 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 to make arrangements. We don't want athletes to miss the opportunity to cheer for financial reasons.
- Practice the material you learn at clinics (it is 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!**


## AFTER TEAM SELECTION

- Save email address EversoleRunCheer@gmail.com to communicate with the coaches
- Watch your email for updates about summer tumbling/conditioning, practices & camp
- Save the web address: [www.EversoleRunCheer.com](http://www.EversoleRunCheer.com)
- Follow @EversoleRunCheer on Instagram
- Register for camp (July 31-Aug 4) [www.eventbrite.com](http://www.eventbrite.com) (search for Jerome Cheer)
- Cheerleaders...download the GroupMe app and watch for invitations to join our group. The coaches use this to send info. You can also send messages to them & 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
- Turn in physical to Meghan (or via Final Forms) by July 31<sup>st</sup> (the first day of camp)

# EVERSOLE RUN CHEER

## 2023-2024 PROGRAM INFORMATION

-  **Team Selection:** Friday, May 19<sup>th</sup> beginning at 3:30pm
  - Cheerleaders will get an approximate assigned time
  - Report to EMS commons, perform in EMS gym
  - Wear (predominantly) white shirt, dark shorts, tennis shoes, hair up, **NO jewelry!**

-  **Clinics:**

Monday, May 15 <sup>th</sup>	3:30 - 5:30
Tuesday, May 16 <sup>th</sup>	3:30 - 5:30
Wednesday, May 17 <sup>th</sup>	3:30 - 5:30
Thursday, May 18 <sup>th</sup>	3:30 - 5:30

  - Attendance is encouraged, NOT required
  - Report to EMS commons (we may move to gym or Depp)
  - Wear athletic attire and tennis shoes, hair up, **NO jewelry!**
  - Videos of the team selection material will be posted at on 5/15/23 **AFTER** the clinic.

### TEAM SELECTION PROCESS

- This program does not cut athletes. Everyone who participates in team selection will be offered a place on (at least) one team.
- The coaches 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 19<sup>th</sup>.
- At team selection, there are stations at which athletes are required to demonstrate a variety of skills. The scores from these stations will be combined for an overall score.
- Team selections are closed.
- Athletes must maintain or improve upon the skills demonstrated at team selection throughout the year. If the cheerleader cannot exhibit the skills performed at team selection throughout the season, they may be benched. There may be a mat at team selection, but during the season, skills must be performed on the gym floor (winter) and on the track (fall).
- All skills 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 decisions 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. They must be prepared to provide a yes or no answer at that time.
- Cheerleaders who commit to a season and later quit will not be permitted to try out the following year.

### SCHEDULE

- Subject to change – always check **WWW.EVERSOLERUNCHEER.COM**
- **Optional Summer Practices**
  - There may be optional practices during the summer, watch your email for info.
  - There may be optional tumbling/conditioning offered, watch your email for info.
- **Cheer Camp**
  - July 31 - August 4 (times TBA) (Fall & Winter Cheerleaders)
  - If an athlete has conflicts, communicate to Tyler or Meghan PRIOR to camp.

## • **Practices**

- August 7 - August 15 - Mon-Fri 8:00-11:00am (Fall Cheerleaders)
- August 16 - October 2 - Mon-Thurs 3:15-5:00pm (Fall Cheerleaders)
- October 30 - February 1 - Mon-Thurs 3:15-5:00pm (Winter Cheerleaders)
- All cheerleaders are welcome to attend all practices. This will only help them improve and grow even in their 'off' season.
- If a cheerleader is absent, they are responsible to learn what they missed before the next practice/game/event begins.
- There may be additional practices/games/events added as needed.
- We may participate in community service or volunteer activities throughout the year.

## **SEASONS**

- Fall Cheerleaders cheer home football games from mid-August to mid-October.
- Fall Cheerleaders attend home fall sports games to support other Eagle teams.
- Winter Cheerleaders cheer home boys and girls basketball games from late-November to mid-February.
- Winter Cheerleaders may cheer tournament games (schedule TBA).
- Winter Cheerleaders attend home winter sports games to support other Eagle teams.
- Cheerleaders may be asked to participate in other activities throughout the year.
- Coaches have the final say which athletes cheer for which games/events.

## **EXPECTATIONS**

- Participants in co-curricular programs are held to a higher standard of responsibility and conduct.
- Being part of the cheer team, means being visible in the community. Athletes' actions are more prominent than those not associated with such an activity. Because of this, exemplary behavior is always mandatory anywhere in the community and at all school functions. Not only do athletes represent themselves, they also represent the team, the coaches, the school, the School District, the community, and cheerleaders everywhere.
- Athletes must uphold the criteria in the Dublin Schools Co-Curricular Activity Code and the Dublin Schools Handbook.
- Inappropriate photos or activity on social media will not be tolerated. Cheerleaders are always representatives of the school and should be setting a good example both during and after school hours. Social Media Infraction: Not allowed to participate at next game/event and probation throughout remainder of the season.
- No chewing gum or eating during practices, games, or events.
- Cell phones are not permitted at practice, games, or events. If parents need their child during these times, please contact the coaches.
- Athletes staying after school on game/event days should do homework, study, or read in the commons before the activity begins. Do not to congregate in the locker rooms or hallways. Be quiet and respectful of the other activities and programs at Eversole.
- Cheerleaders should 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.
- FULLY participate in each practice, game, and activity. This includes trying to improve every day, just showing up is not enough. This also includes wearing the correct practice wear, uniform pieces, having poms, hair pulled up, etc.

- Follow instructions from coaches, teachers, administrators, bus drivers, etc.
- Promote good sportsmanship by way of example.
- 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.
- At basketball games, 7<sup>th</sup> and 8<sup>th</sup> grade cheerleaders must be present for both games.
- When not cheering on the sidelines, cheerleaders will sit in the first 2 rows of the bleachers with the coach and actively participate in cheering.
- Cheerleaders must be in the gym or on the track with 2:00 minutes left on the clock during half time and between games.
- Cheerleaders must be in their chant lines ready to cheer with 1:00 minute remaining on the clock during half time at games.
- During games, cheerleaders will not leave their chant lines without permission from the coach.
- Lockers are available in the locker room; cheerleaders should bring their own lock.
- We suggest they keep the following items in their locker:
  - Water bottle
  - Hair ties and bobby pins
  - Change of clothes
  - Cheer bag: cheer shoes, poms, practice wear, uniform pieces

## POLICIES

### • **Attendance**

- Athletes who are unable to attend for any reason (including illness) should email/text the coaches to let them know PRIOR to the practice/game/event.
- Missing a practice/game/event, for a reason other than personal illness, a death in the family without PRIOR permission of the coach, may result in a one game suspension.
- Substitutions for missing cheerleaders may be made as deemed appropriate.
- The coaches (or staff appointed by the coaches) will supervise all practices/games/events. Cheerleaders are not to start activities without supervision.
- Being late to a practice/game/event (without PRIOR permission from coaches)
  - First offense: 10 jumps for every minute late (to be done after)
  - Second offense: 10 jumps for every minute late + sit for same time at next game/event
  - Third offense: 10 jumps for every minute late + sit for first half of next game/event
  - Fourth offense: 10 jumps for every minute late + sit for entire next game/event
  - Fifth offense: dismissal from team

### • **Benching**

- A system of being benched will be used to deal with infractions.
- A cheerleader benched at a game/event will sit with the coach (and no-one else) in full uniform.
- A cheerleader benched at practice will be benched an equal amount of time at the following game/event.
- A cheerleader benched on more than five occasions may be dismissed from the team.
- Reasons to be benched: (this list is not all inclusive)
  - Not having a passing grade in five academic subjects (based on nine weeks grades).
  - GPA below 2.0
  - Not attending school for at least ½ day (not permitted to attend game/event).

- Not FULLY participating in each practice/game/event.
- Not wearing the correct practice wear, uniform to school, hair pulled back, etc.
- Not meeting the coaches' expectations for knowing and performing material.
- Not maintaining skills demonstrated at team selection.
  - This may include injury related issues that prevent a cheerleader to perform.
- Not following school rules or meeting coach's expectations including having an un-cooperative attitude.
- Not following instructions from coaches, teachers, administrators, bus drivers, etc.
- Displaying unsportsmanlike behavior.
- Not changing out of uniform after game/event before leaving the school.
- Not working together as a team and respecting another's unique abilities.
- Missing part of uniform for game/event (shoes, bow, skirt, poms, etc.)
- Severity of, or repeated offenses may dictate harsher action.
- Every attempt will be made to discipline fairly.
- Parents will be kept informed of problem situations.

## **COMPETITION**

- Fall and Winter Cheerleaders may choose to be part of the competition team.
- The number of teams formed is based on interest, time constraints, athlete commitment, coach availability, performance opportunities, and more.
- Cheerleaders who wish to participate, will be expected to fulfill the commitment to compete and to attend additional practices.
- These athletes are held to a higher standard for attendance and work ethic. They should push 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 the 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 \$450 for 1 team, and \$250 for each additional team.
- We hope to host a competition this year. It could be a big fundraiser for us. More details to come.
- The team will fundraise to help with the costs of competition. More details to come.

## **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.
- Uniform pieces ruined or missing will be replaced at the athlete's expense.
- Warm-ups are owned by the school and loaned to the cheerleaders. The warm-ups issued to each athlete need to be returned to the school in good condition. Any warm-up deemed to be misused or ruined will need to be replaced at the athlete's expense.
- Cheerleaders should label ALL uniform pieces (except school owned gear).
- Wash uniforms on gentle cycle in cold water, dry flat. DO NOT DRY CLEAN!

- Cheerleaders must wear the correct uniform pieces to practices/games/events.
- 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.

## COSTS

- If you are in financial need, the DJHS cheer boosters is willing to help. Please let Meghan know as soon as possible to make arrangements. We don't want athletes to miss the opportunity to cheer for financial reasons.
- Prices are estimates and subject to change.
 

• Pay-to-participate (per season)	\$ 30.00
• Shoes, Bow, Uniform, Practice Wear, Shirts, Poms	\$360.00
• Summer Camp	\$162.00
• Bag (optional)	\$ 44.00
• Competition Expenses (optional & approximate)	\$450.00+
• Tumbling/Conditioning (optional)	TBD

## PARENTS

- Cell phones are not permitted at practice, games, or events. If there is an emergency and you need your child during these times, please contact the coaches. Note: unfortunately, cell phones have very spotty service inside the EMS school building.
  - Meghan 614-657-4117
  - Tyler 614-378-0992
- We do our best to dismiss practices at the designed time; in turn, please pick up your cheerleader promptly at the conclusion of the day.
- There will be lots of opportunities for you to be involved, we may reach out for help with:
  - Awards, gifts, meals, celebrations, & fun stuff
  - Fundraising, organizing, & volunteering
  - Team gear, team building, & competition hosting duties
- Parents are asked to allow their cheerleaders to communicate with the coaches first with any questions, comments, concerns, or grievances.
  - Part of their growth as a young adult is to learn to be responsible for their own commitments. This includes when they will be late or missing a practice due to illness or a scheduled appointment. We want them to take ownership.
- Before you contact the coaches with a question, please complete the following:
  - Ask your cheerleader if they know the answer.
  - Ask your cheerleader to reach out to the group chat for the answer.
  - 95% of the time we have answered it at practice.
- Before you contact the coaches with a grievance, please complete the following:
  - Talk to your cheerleader about the situation in detail, many times, there is a disconnect between the circumstances and the complaint.
  - Wait 24 hours from the time of the situation before you reach out.

# CHEER TEAM PREFERENCE SHEET

Please ask questions at clinics if you are unsure of how to fill this out.  
**Turn in to Meghan (at clinics) by May 18<sup>th</sup>, 2023.**

Name: \_\_\_\_\_ 2023-2024 Grade: \_\_\_\_\_

Athlete Phone: \_\_\_\_\_  
\*\*\*\*This is the number we will call on the night of team selection\*\*\*\*

**Number options in order of 1<sup>st</sup> preference and 2<sup>nd</sup>.**

\_\_\_\_\_ Fall      \_\_\_\_\_ Winter

**Read and MARK the following choices below:**

I would like to cheer BOTH fall and winter seasons:

\_\_\_\_\_ Yes      \_\_\_\_\_ No

Information I want the coaches to know about my schedule, my choices, and potential conflicts. **Please list all potential conflicts for both seasons.** Use the back if necessary.

I have read the cheer program information and understand the expectations and policies governing the Eversole Run Middle School Cheer Team. I agree to abide by these guidelines and understand that I may be benched or removed from the team if I do not maintain the high standards expected. I understand that though I wish to be on a specific team, I may not be offered a place on that team.

**Athlete Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

I, the undersigned parent/guardian agree and hereby consent to my child's participation on the Eversole Run Middle School Cheer Team. I have read the cheer program information, agree to abide by these guidelines, and encourage and uphold the high standards expected of my child. I understand that their failure to meet these expectations may lead to their being benched or removed from the team. I understand that though my child may wish to be on a specific team, they may not be offered a place on that team.

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

# COMPETITION TEAM PREFERENCE SHEET

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

**Turn in to Meghan (at clinics) by May 18<sup>th</sup>, 2023.**

Name: \_\_\_\_\_ 2023-2024 Grade: \_\_\_\_\_

## On which team(s) are you interested in participating?

These are the teams we **MAY** offer this year. Selecting a team does not mean you will be offered a spot on that team.

\_\_\_\_\_ TUMBLING      \_\_\_\_\_ BUILDING      \_\_\_\_\_ NON-TUMBLING

\_\_\_\_\_ GAME DAY      \_\_\_\_\_ GAME DAY BUILDING      \_\_\_\_\_ NONE

### Standing tumbling skills you can do today:

- \_\_\_\_\_ None of these
- \_\_\_\_\_ Backhandspring
- \_\_\_\_\_ Toe Touch Backhandspring
- \_\_\_\_\_ Backhandspring Tuck
- \_\_\_\_\_ Cartwheel Backhandspring
- \_\_\_\_\_ Aerial
- \_\_\_\_\_ Tuck
- \_\_\_\_\_ Cartwheel Tuck
- \_\_\_\_\_ Toe Touch Tuck
- \_\_\_\_\_ Pike Tuck
- \_\_\_\_\_ Triple Jump Tuck
- \_\_\_\_\_ Cartwheel Full
- \_\_\_\_\_ Handspring Handspring Full
- \_\_\_\_\_ Full
- \_\_\_\_\_ Other: \_\_\_\_\_

### Standing tumbling skills you are working on:

- \_\_\_\_\_ None of these
- \_\_\_\_\_ Backhandspring
- \_\_\_\_\_ Toe Touch Backhandspring
- \_\_\_\_\_ Backhandspring Tuck
- \_\_\_\_\_ Cartwheel Backhandspring
- \_\_\_\_\_ Aerial
- \_\_\_\_\_ Tuck
- \_\_\_\_\_ Cartwheel Tuck
- \_\_\_\_\_ Toe Touch Tuck
- \_\_\_\_\_ Pike Tuck
- \_\_\_\_\_ Triple Jump Tuck
- \_\_\_\_\_ Cartwheel Full
- \_\_\_\_\_ Handspring Handspring Full
- \_\_\_\_\_ Full
- \_\_\_\_\_ Other: \_\_\_\_\_

### Running tumbling skills you can do today:

- \_\_\_\_\_ None of these
- \_\_\_\_\_ Backhandspring
- \_\_\_\_\_ Backhandspring Series
- \_\_\_\_\_ Front Walkover
- \_\_\_\_\_ Tuck
- \_\_\_\_\_ Backhandspring Tuck
- \_\_\_\_\_ Backhandspring Series Tuck
- \_\_\_\_\_ Layout
- \_\_\_\_\_ Arabian
- \_\_\_\_\_ Full
- \_\_\_\_\_ Other: \_\_\_\_\_

### Running tumbling skills you are working on:

- \_\_\_\_\_ None of these
- \_\_\_\_\_ Backhandspring
- \_\_\_\_\_ Backhandspring Series
- \_\_\_\_\_ Front Walkover
- \_\_\_\_\_ Tuck
- \_\_\_\_\_ Backhandspring Tuck
- \_\_\_\_\_ Backhandspring Series Tuck
- \_\_\_\_\_ Layout
- \_\_\_\_\_ Arabian
- \_\_\_\_\_ Full
- \_\_\_\_\_ Other: \_\_\_\_\_

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



# EVERSOLE CHEER QUESTIONNAIRE

Turn in to Meghan (at clinics) by May 18<sup>th</sup>, 2023.

Name: \_\_\_\_\_ 2023-2024 Grade: \_\_\_\_\_

Why is becoming a cheerleader at Eversole Run important to you?

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How would you react if you and your best friend did not make the same team?

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What would you do if one of your teammates was treating another student inappropriately?

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What would you do if your teammates were treating the coach inappropriately?

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What will you do as a cheerleader to promote school spirit?

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Just for fun – tell us your best joke!

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