HARRISON CHEER TRYOUTS 2024 - 2025

General Tryout Information

- ALL CHEER CANDIDATES MUST JOIN THE TRYOUT REMIND GROUP – Text @hhs24cheer to 81010
 - Parents who join, will be removed to allow for those trying out to join.
- Tryouts are closed.
- o Candidates should come dressed each day in
 - Plain Navy or Kelly green shorts. Nike pro style shorts are okay, as long as you're not wearing a GIGANTIC shirt and we can't tell whether or not you have shorts on.
 - a PLAIN white t-shirt <u>DO NOT wear a</u> <u>colored bra under your white shirt – Points</u> will be deducted
 - athletic/cheer shoes
 - Each candidate's hair should be up in a ponytail with a plain white bow.
 - Nail polish is okay. Nails should be fingertip length
 - No Jewelry! Points will be deducted.
 - Once you have tried out, you're free to leave.

Thursday, February 1

Tryout Packets are available in 202 and www.harrisonhoyacheer.com

• Required Tryout Survey

- If you do not complete the survey, you will not be assigned a try out time.
- Survey will be sent out via Remind
- It will also be available at www.harrisonhoyacheer.com

Wednesday, March 6

- Tryout meetings ALL PAPERWORK DUE AT THESE MEETINGS
 - Page 15 of this packet Explanation of Inherent Risks for Cheerleading
 - Page 16 of this packet HHS Cheerleading Constitution 2024-2025 Agreement Form
 - Page 17 of this packet PHYSICAL EXAM FORM signed by Dr. (good for one calendar year)
 - Page 18 of this packet MEDICAL ELIGIBILITY FORM signed by Dr. (good for one calendar year)
 - Page 19 of this packet Concussion Form
 - Page 20 of this packet Heart Form
- 3:45pm for current HHS students in Main Bldg.
 Cafeteria; parents not required
- 4:45pm for current middle school students in Main Bldg. Café; parents recommended

Thursday, March 7

 3:30pm - Those who have turned in all required paperwork and completed the tryout survey will receive an Email containing the tryout material

• Sunday, March 10

o 3:30pm - Tryout material will be sent out again

Monday, March 11

- Schedule for tryouts sent out via Remind at 4:15pm
- Competition tumbling tryout list will be included too. If your name is on this list, you must attend the tumbling tryout on March 12. Failure to attend any portion of the competition tryout process will result in not being selected to any team.

• Tuesday, March 12

- Competition Tryouts tumbling
- Small Gym
 - Current HHS students 3:45-4:45
 - Middle school students 4:45-5:45

Wednesday, March 13

- Tryout: cheer, chants, dance & jumps
- See schedule sent out on Monday, March 11, for times and locations
- You will tryout individually and will be recorded.

Sunday, March 17

List will go out via Remind - those being considered for competition cheer – Call back on March 20 and March 21

- If you're your name is on the Call Back list, it is mandatory that you attend that call back tryout
 - Failure to attend will result in not being selected to any team.

• Wednesday, March 20

- Competition tryouts stunting
- Small Gym
 - All candidates 4:45-6:00pm

• Thursday, March 21

Competition callbacks, if necessary 4:45-5:45pm

• Friday, March 29

- o 5:00pm Team Lists go out via Remind
- Teams will be listed by the cheerleader's school
 ID#

Monday, April 8, 3:45-6:15pm

- Apparel & Uniform Fittings
 - 3:45pm Varsity/Comp Only
 - 4:15pm JV
 - 4:15pm Senior Comp Meeting
 - 4:45pm Freshman

Wednesday, April 10

Payment plan will be emailed to parents

Monday, April 15

- Mandatory Parent Meeting 1st Payment due at this time
- 6:00pm in the Attendance Bldg. Cafeteria

HARRISON HIGH SCHOOL CHEERLEADING CONSTITUTION 2024-2025

I. GENERAL OBJECTIVES

The vision of the cheerleading program at Harrison High School is to foster and maintain an environment in which athletes further develop their cheerleading skills, build their confidence, embrace personal accountability, and commit to sportsmanship. The coaching staff wants our program to be known for fostering athletes who are resilient, skilled, and confident individuals who excel on the mat, on the sideline and in the classroom while also serving our school and community with compassion and positivity.

II. ELIGIBILITY

In order to be eligible to participate in the Harrison High School Cheerleading Program, cheerleaders MUST...

- A. All 8th graders are academically eligible to tryout.
- B. Current high school students must pass AT LEAST three out of their four courses each semester. If you have minimum day, you must pass all three.
- C. Maintain knowledge and performance expectations as set forth by the coach
 - This relates directly to cheerleading duties including but not limited to performance and knowledge
 of cheers/chants on a sideline, knowledge, and consistent performance of routine on a competition
 squad and maintenance of tumbling and stunting skills regardless of squad.

If a cheerleader quits a squad or is removed from a team for accruing too many points, she will not be allowed to attend the end of the year banquet, will not be considered for end of the year awards and will not be considered for a leadership role, if she would be selected to a team the following year. Upon dismissal, uniforms must be cleaned and returned to the program, no monetary reimbursements will be made upon dismissal.

III. SQUAD SELECTIONS

A. Who's eligible for what team

Rising	*Freshman	*JV	Varsity	JV	Varsity
	Sideline	Sideline	Sideline	Comp	Comp
9 th	Х		**	Х	Χ
10 th		Х	**	Х	Χ
11 th		Х	Х	Х	Χ
12 th			Х		Χ

B. SIDELINE -

- 1. We will be looking for and judging based on the following:
 - You will be judged on the following
 - a. Crowd Leading Skills: Voice (10pts), facial expression (10pts), confidence (10pts)
 - b. Motion Technique: speed/tempo (10pts), motion sharpness (10pts), motion placement (10pts)
 - c. Knowledge: Knows material well, executes cheer/chant with confidence (30pts)
 - d. Competition Candidates will be assessed using the above criteria as well
- 2. *Freshman & JV games are on Thursday nights. You will not be allowed to leave the game early for all star cheer practice. If you think this may be an issue for you, you'll want to tryout for competition cheer only.
- 3. **9th and 10th graders who are selected to Varsity Competition cheer and score high enough, will be placed on Varsity Sideline cheer. This will not be required of competition only cheerleaders.

C. COMPETITION

- 1. In order to be selected for a varsity competitive team, you must have the **required** tumbling (standing back tuck, two-to-tuck, & round off back handspring back tuck), jumps and stunting. The following tumbling skill are **suggested & strongly encouraged**: round off back handspring layout.
 - For example: A stunt group that can perform a switch up/full up is more desirable than one that cannot; A standing back tuck is more desirable than a standing back spring; A round-off back handspring layout is more desirable than a round-off back handspring tuck; A hyperextended touch is more desirable than one that is not even parallel with the ground, etc.
 - JV standing back handspring & round off handspring series

- 2. The coaches will select you for the team(s) for which you are most qualified and for which you are the best fit overall.
 - a. This does not mean that everyone will be selected for a team.
 - b. Preference sheets will not be provided. To be competitive and to build our program as a whole, we must have the most qualified team members. Also, other sports do not allow you to pick the team you're willing to play for.
 - The coaches will place you on a team or teams based on your skill level and grade.
- 3. Competition Cheerleader

Selection process:

- a. The selection process for the competition team will be based on filling the positions required for a successful competitive team.
- As with any competitive team, it is imperative that every position be covered by the most qualified athlete.
- c. Alternates may be selected, as needed.
- d. Alternates may change throughout the season as skills are gained and lost by cheerleaders and as stunts are perfected.
- e. If a cheerleader leaves the squad once he/she is made an alternate, they will relinquish all cheerleading squad assignments in the program.
- f. There are no guarantees that an individual will compete if selected for the competition team.
- g. GHSA allows a MAXIMUM of 16 individuals to perform at a given competition.
- h. Competition Alternates
 - Will attend all practices, taking time not utilized on the floor to improve skills (jumps, tumbling, etc.)
 - Will pay choreography fees, in full by the first day of choreography
 - Will order all competition cheer gear
 - Will be issued a uniform
 - Will attend all competitions, traveling with the team
 - Will attend state competition, traveling with the team and receive state gift, provided account is in good standing
 - Will participate in senior night
 - Will receive senior night sash, flowers for parents, senior pregame dinner, provided account is in good standing
 - If competition only cheerleader, cheerleader will determine what she would like to wear either nice outfit or competition uniform
- i. Competition Cheerleaders
 - Will attend all practices
 - Will pay choreography fees, in full by the first day of choreography
 - Will pay monthly gym fees
 - In event of injury, will continue to pay monthly gym fees
 - In the event of season ending injury, as determined by doctor, will be released from gym fees
 - Will continue to be responsible for all other outstanding fees
 - Will continue to attend practice, when possible
 - Will continue to attend competitions
 - In event of injury, will continue to attend practices and competitions.
 - Failure to do so will result in removal from the team.
 - Exception to attending would be doctor's appointments or physical therapy, which will only be excused when accompanied by a doctor's note.
 - Will order all competition cheer gear; will be issued a uniform; will attend all competitions
 - Will attend state competition, traveling with the team and receive state gift, provided account is in good standing
 - Will participate in senior night
 - Will receive senior night sash, flowers for parents, senior pregame dinner, provided account is in good standing
 - If competition only cheerleader, cheerleader will determine what she would like to wear either nice outfit or competition uniform

IV. CHEERLEADING EVENT ATTENDANCE

- A. Cheerleaders MUST arrange work schedules around all cheerleading activities.
 - 1. Work is NOT an excuse to miss or be late for any cheer event, plan accordingly.
 - *Note: Some cheerleading duties are often scheduled with little advance notice.
- B. All appointments such as doctor's, orthodontists, etc. **MUST** be scheduled around all cheerleading activities. Absences, early release from or late arrival to any cheerleading events is unacceptable and may result in demerit(s) being issued.
- C. The ONLY absences that will be deemed "excused" are:
 - 1. Death in the family
 - 2. Illness Cheer parent must contact cheerleader's coach the day of to make the coach aware of the cheerleader's illness.
- D. If a cheerleader is seen by a doctor for an injury or illness that may affect his/her ability to cheer, a doctor's note must be submitted to the coach and <u>the coach</u> may request the cheerleader to remain at home. A separate doctor's note must then be submitted clearing the cheerleader to resume cheerleading activities.
- E. Freshman & JV Cheerleaders will not be allowed to leave their respective games on Thursdays to attend all star cheer practice.

V. SCHOOL ATTENDANCE

- A. To participate in any cheerleading activities (practice, pep rally, game, competition, etc.), a cheerleader must attend <u>at least</u> half of their scheduled school day.
 - Competition eligibility (with respect to attendance) is determined based on the cheerleader's
 attendance on the last school day prior to the date of the event (i.e., if a cheerleader was not
 in attendance at school on Friday for half of the school day, she would be ineligible to
 participate in a Saturday competition or game).

VI. Participant apparel/accessories (NFHS Spirit Rules Book)

- A. NFHS Spirit Rules Book
 - 1. A coach must not permit a team member to participate if in the judgment of the coach, the participant does not conform to the NFHS rules.
 - 2. **Jewelry must not be worn** except for religious medals, which shall be taped to the body (without a chain) under the uniform.
 - 3. (This includes <u>all</u> piercings. It is NOT acceptable to use a plastic plug to prevent holes from closing up. Since jewelry is not allowed piercings should be done in the off-season. Any cheerleader who fails to comply with this rule will be told to sit out from practice and that practice will count as an UNEXCUSED absence.)
 - 4. Unduly long fingernails, including artificial nails, can become a safety hazard. Therefore, fingernails, including artificial nails, must be kept at a [sport] length appropriate to minimize risk for the participants.
 - 5. Hair must be worn in a manner to minimize risk for the participant *(ex. off the shoulders).* Hair devices, if worn, must be secure and appropriate for the activity.
 - 6. Glitter ... on one's ... hair, face, uniform, costume, or body is illegal.
 - 7. Participants are not permitted to chew gum or have candy in their mouths during practice or performance.
- B. Cheerleaders should not allow anyone to wear their cheer gear.
 Example: Cheer friend wears Hoya Cheer sweatshirt and is not a cheerleader. This is not okay. Your mom can wear your cheer gear because chances are, she paid for it.

VII. BEHAVIOR AND DISCIPLINE

As a member of the Harrison High School Cheerleading Program, cheerleaders are expected to maintain behavior above reproach, exemplifying the cheerleader's role as a leader at the school. Consequences for violating any regulation in this constitution will be at the discretion of the coach and will be handled according to the rules set forth in this constitution (See Section VII of Discipline Plan), rules and regulation set forth by the administration at Harrison High School as well as the Cobb County Public School Athletic and Academic Policies. Keep in mind the following:

- A. Any behavior, which is deemed by the coach or the Administration as reflecting poorly on the intended image of the school/program, is subject to dismissal from the program at the discretion of the coaching staff and the Administration.
- B. Insubordination and/or disrespect to the coaches and/or squad will NOT be tolerated and may be grounds for dismissal from the program at the discretion of the coaching staff and the Administration.
- C. Smoking, vaping, drinking, use of drugs or profanity will NOT be tolerated and subject to dismissal from the program at the discretion of the coaching staff and the Administration. Offenses which fall under Cobb County Public School Athletic and Academic Policies will be dealt with accordingly.

- D. Discipline record will be taken into consideration when selecting the team.
- E. Out of school suspension -
 - 1. First Time Suspension
 - i. 1-3 days OSS
 - During the season suspension Cheerleader will not be able to participate in practices or games/competitions during dates suspended and will be penalized accordingly for missing practices or games/competitions during the suspension
 - 2. Out of season suspension Cheerleader will receive 5 points deduction for each day of suspension to be added to the following season's points, should the cheerleader tryout and make a team

ii. 4-5 days OSS

- 1. During the season suspension Cheerleader will not be able to participate in practices or games/competitions during dates suspended and will be penalized accordingly for missing practices or games/competitions during the suspension
- 2. Out of season suspension Cheerleader will receive 5 points deduction for each day of suspension to be added to the following season's points, should the cheerleader tryout and make a team

iii. 6-10 days OSS

- During the season suspension Cheerleader will not be able to participate in practices or games/competitions during dates suspended and will be penalized accordingly for missing practices or games/competitions during the suspension
- Out of season suspension Cheerleader will receive 4 points deduction for each day of suspension to be added to the following season's points, should the cheerleader tryout and make a team

2. Second Time Suspension

- i. 1-3 days OSS
 - 1. During the season suspension Cheerleader will not be able to participate in practices or games/competitions during dates suspended and will be penalized accordingly for missing practices or games/competitions
 - Out of season suspension Cheerleader will receive 7 points deduction for each day of suspension to be added to the following season's points, should the cheerleader tryout and make a team

ii. 4 days OSS

- During the season suspension Cheerleader will not be able to participate in practices or games/competitions during dates suspended and will be penalized accordingly for missing practices or games/competitions
- 2. Out of season suspension Cheerleader will receive 7 points deduction for each day of suspension to be added to the following season's points, should the cheerleader tryout and make a team

iii. 5-10 days OSS

- We fully expect this to not be an occurrence. However, should this happen
 the cheerleader will be removed from the team. She will not be allowed to
 attend the end of the year banquet, will not be considered for end of the year
 awards. And, her discipline record will be taken into consideration for team
 selection the following year.
- F. Cheerleaders who receive ISS will not be allowed to participate in any Cheerleading activity during the assigned ISS period and will not participate in the next event.
 - This will be considered an <u>unexcused</u> absence and depending on the duration and demerit total, may result in the cheerleader's removal from the program. (See Section VIII Discipline Plan)

VIII. Discipline Plan

To maintain consistency throughout the program and discourage repetitive behaviors that reflect negatively on the cheerleading program, the following discipline policy will be enforced during the 2024-2025 Cheerleading Season. Cheerleaders on multiple squads in one season will have a point total that will be kept separate, one for each squad. The ownership and responsibility of the point system remains with the cheerleader.

- A. Each cheerleader will begin the season with 100 points. A cheerleader will be removed from the squad if her point total falls below 60 points. She will not be allowed to attend the banquet as she will no longer be a member of the team.
 - 1. Football Cheer

Ways to lose points will be the following:

Practice

- -1 point for every minute late to practice
- -5 points no shoes
- -5 points wrong shirt
- -5 points wrong shorts

Game

- -2 points for every minute late to a game or other team event
- -2 points for every minute late returning from 1/2 Time
- -10 points for forgetting poms for game
- -10 points for not wearing hair as instructed to game
- -10 points for not coming dressed & ready to go for the game (including hair); with an additional -2 points for every minute, it takes you to get ready
- -20 points for missing practice (unexcused)
- -30 points for missing a game (unexcused)
- -5 points wearing wrong color bloomers
- -10 points wearing wrong cheer shoes
- -15 not wearing correct game day attire
- -25 wearing wrong uniform

General Behavior

-10 email or report from teacher regarding behavior and/or attitude

- Playoffs
 - If you miss a playoff game, and have previously missed a game, due to something other than illness or death in the family, this will put you over points.
 - You will be removed from the team and not permitted to attend the end of the year banquet, will not be considered for end of the year awards.
 - If you miss a playoff game and have missed no other games during the regular season, your season will end here.
 - You will not be allowed to cheer any playoff games that may follow, including the state playoff game, if applicable.
 - Your ability to attend the banquet will not be affected.

2. Competition Cheer

- -35 Missing a competition (unexcused)
- -20 Missing mandatory practice (unexcused)
- -10 per piece Incorrect practice wear
- -2 per minute Late to practice
- -10 Incorrect clothing/uniform upon arrival to competition
 - -5 if the incorrect sports bra color (when a specific color is required)
- -10 Missing shoes at practice
- 5 No bow at practice
- 2 per minute Late to competition
- - 5 Wearing jewelry to practice or competition
- -10 Wrong sports bra color or bloomer color to competition
- 10 Leaving practice / competition before dismissal

General Behavior

-10 email or report from teacher regarding behavior and/or attitude

IX. CCSD Interscholastic/Extracurricular activities Code of Conduct

IDF-R Interscholastic Activities 7/1/20 RATIONALE/OBJECTIVE: Participation in interscholastic/extracurricular (extracurricular) activities in Cobb County School District (District) schools is a privilege. Students participating in these activities are considered to be school leaders and role models who represent their school and more importantly, depict its character. With leadership comes additional responsibility and student participants must adhere to high standards of conduct. When students violate these standards of conduct, the District may withdraw the privilege of participation in interscholastic/extracurricular activities. The purpose of this code of conduct is to establish a minimum expectation of behavior. RULE: A. PROCEDURES: 1. Time in Effect: Except as specifically provided, the following behavioral expectations and prohibitions apply 365 days a year, 24 hours a day, in and out of the specific extracurricular season, on or off school grounds, and through the use of school or outside technology resources. 2. Parental/Self Reporting: Parents/quardians and/or students must report any violation of this rule or the District's Student Code of Conduct to their high school administration or coach within two weeks (14 calendar days) of the violation. The two-week time frame includes weekends, school holidays and summer vacation. Failure to report a violation may result in additional consequences which may include, but is not limited to, doubling of the student's consequences for the behavior in question. 3. Provisions: a. Sponsors/Coaches should investigate policy violations and report to the school administration. The Principal or designee should make all determinations of penalties, in consultation with the coaches, sponsors and the District Athletic Director, as appropriate, b. Unless otherwise specified, periods of suspension from activities does not include preseason workouts and other preseason activities. Such student's ability to participate in preseason activities will be determined by the Principal or designee in consultation with the coach. During the student's period of suspension, the student cannot have contact with the team during any team activities. c. Students cannot attempt to evade the intent of the Rule by joining a new sport specifically to allow their suspension days to run their course. If a student athlete participates in a sport that he/she had not been previously involved with, he/she must complete the season of the new sport in good standing in order for the suspension days to count. d. Transferring from one District school to another does not relieve the student from the consequences for a violation of this Rule. Should a student choose to transfer outside of the District, the designated school administrator or the school athletic director will contact the new school to inform them of the violation and the resulting penalty. The District may also honor the activity consequences from other private or public-school systems. 4. Notification: a. Elementary/Middle Schools: In addition to providing students with copies of the appropriate Student Code of Conduct (Administrative Rule JCDA-R), elementary and middle schools should make participants in extracurricular activities aware of this Administrative Rule. Page 2 of 4 b. High Schools: In addition to providing students with copies of the appropriate Student Code of Conduct (Administrative Rule JCDA-R), each high school should provide written notification of this Administrative Rule to all participants in extracurricular activities.

B. ALCOHOL/ILLEGAL DRUGS/INHALANTS: The District believes very strongly that use, possession, selling or buying over the counter drugs or products to get high; alcohol; illegal drugs; or prescription drugs in an unauthorized manner at any time is an offense. Such use, possession or distribution by extracurricular participants is banned. All misdemeanor driving under the influence (DUI) offenses will be dealt with according to this section. All felony DUI offenses will be dealt with under Section D, below. Offenses are cumulative at the high school level. • 1st Offense: o Suspension from extracurricular activities, including practice and regular/post season, for a minimum twenty-five (25) calendar days; plus o Suspension from regular/post season contests to equal a minimum of 30% of the number of regular season contests/performances; plus o Student must complete the GRIP (Gaining Results in Intervention and Prevention Program) which consists of one four-hour Saturday session attended by the student and the parent, or another comparable program. If the student cannot attend the program until after the suspension is lifted, they must still attend the program in order to be eligible to compete in their next extracurricular/athletic season. Failure to attend or complete the program as required may result in continued extracurricular/athletic ineligibility beyond the initial suspension. o If offense is during the off season, the first offense suspension will begin on the GHSA start date for the next season with which the recognized athlete is affiliated, o If the student has not completed his suspension at the end of the season, the remaining days will be completed at the beginning of the next affiliated GHSA activity. • 2nd Offense: Suspension from extracurricular activities for a minimum of one calendar year. The student will not be permitted to participate in preseason activities or practice. • 3rd Offense: Permanent suspension from extracurricular activities, including preseason activities and practices. C. TOBACCO [IN-SEASON USE]: Student possession or use of tobacco, or tobacco product substitutes (e.g., tobacco lookalikes), cigarette look-alikes (e.g., electronic cigarettes), hookahs and hookah lookalikes (e.g. electronic hookahs), vaping devices, or vaping cartridges is prohibited. • 1st Offense: Suspension from all extracurricular activities for two (2) school days • 2nd Offense: Suspension from all extracurricular activities for five (5) school days and must sit out 10% of games/matches/performances/competitions. • 3rd Offense: Suspension from all extracurricular activities for ten (10) school days and must sit out 20% of games/matches/performances/competitions. • 4th Offense and Subsequent Offense: Suspension from all extracurricular activities for ninety (90) calendar days. D. FELONY: 1. Guidelines: a. A student who is arrested for, indicted for, convicted of, or charged with a felony or act that would constitute a felony if committed by an adult shall be automatically suspended from interscholastic/extracurricular activities; b. Students will not be permitted to participate in preseason activities; c. DUI: All felony DUI offenses will be dealt with according to this section. Page 3 of 4.2. Duration: a. The student shall remain suspended from extracurricular activities until: (1) The charges are completely dismissed; (2) The charges are reduced to a misdemeanor in which case the student may be subject to penalties outlined in Section E. below, or Section B, for alcohol offenses; (3) The student is found not guilty; or (4) The student serves his/her consequences as outlined below. b. Once the student successfully completes the consequences assigned by the judge or agreed to by the student, including probation or diversion, the student may be permitted to participate in extracurricular activities. Evidence that the probation period has expired, fines have been paid and/or community service has been completed is required. c. If a student has been arrested or charged with an offense, but the matter has been expunged, sealed, removed from a student's record, treated as a "first offender" action, or the behavior has not been prosecuted (nolle prosegui), that student may present or obtain documentation as required by the school to determine the circumstances of the matter and appropriate eligibility consequences, as determined at the discretion of school administration. Such incidents will be reviewed on an individualized basis and a legal determination in the matter may not be sufficient to change the student's consequences. E. MISDEMEANORS: 1. A student who is arrested for, charged with, or found guilty of a

misdemeanor shall receive consequences as outlined below. However, minor offenses that result in fines alone may be dealt with as a violation of Section G.7. below. o 1st and Subsequent Offenses: o Minimum suspension from extracurricular activities for one (1) school day up to a maximum of permanent suspension from extracurricular activities. 2. Drug/Alcohol/DUI: Any student who is accused of a misdemeanor alcohol/drug offense or a misdemeanor DUI will receive consequences as outlined in Section B above. 3. If the student produces proof that the charges are completely dismissed or the student is found not guilty, these consequences may be lifted. If a student has been arrested or charged with an offense, but the matter has been expunged, sealed, removed from a student's record, treated as a "first offender" action, or the behavior has not been prosecuted (nolle prosequi), that student may present or obtain documentation as required by the school to determine the circumstances of the matter and appropriate eligibility consequences, as determined at the discretion of school administration. Such incidents will be reviewed on an individualized basis and a legal determination in the matter may not be sufficient to change the student's consequences. F. PARENTAL/SELF REPORTING OF LAW ENFORCEMENT: Parents/guardians and/or students must report any charges against or arrest of a student or student behavior in which law enforcement is involved, to their high school administration or coach within two weeks (14 calendar days) of the arrest or behavior. The two-week time frame includes weekends, school holidays and summer vacation. Failure to report arrest, charges or behavior may result in additional consequences which may include, but is not limited to, doubling of the student's consequences for the behavior in question. G. OTHER OFFENSES: A student who commits the following offenses may be suspended or permanently dismissed from the team or activity. The head coach in conjunction with the school administration will determine consequences for the following: 1. Hazing: School clubs and student organizations shall not use hazing or degradation of individual dignity (Administrative Rule JHC-R [School Clubs/Organizations and Student Organizations]); 2. Missing practice, rehearsal or activities (unless excused by the coach, teacher, or sponsor); Page 4 of 4 3. Truancy and/or skipping classes; 4. Acting in an unsportsmanlike manner when representing the school; 5. Violating curfew as established by the coach; 6. Any act at school or away from school, which results in any discipline by school administration; or 7. Any act at school or away from school which, in the opinion of the Principal reflects in a negative manner on the school, athletic program, or activity. Adopted: 9/28/00; 8/11/04 Reclassified an Administrative Rule: 9/1/04 Revised: 8/10/05; 6/10/09; 4/14/10 Revised and re-coded: 1/7/13 (Previously coded as Administrative Rule JICDD) Revised: 7/1/13; 7/1/15; 7/25/16; 7/1/18; 7/1/20 Legal Reference O.C.G.A. 20-17-2 Interstate Compact on Educational Opportunity for Military Children O.C.G.A. 20-2-160 Determination of enrollment; determination of funding O.C.G.A. 20-2-315 Gender equity in sports O.C.G.A. 20-2-316 Athletic association defined; high school athletics O.C.G.A. 20-2-411 School fund kept separate; use of funds; separation of school taxes; investments O.C.G.A. 20-2-86 Operation of school councils; training; membership; management; roles and responsibilities Rule 160-5-1-.18 Competitive Interscholastic Activities in Grades 6-12 20 USC 1681 Title IX of the Education Amendments of 1972DF-R Interscholastic Activities 7/1/18

RATIONALE/OBJECTIVE: Participation in interscholastic/extracurricular (extracurricular) activities in Cobb County School District (District) schools is a privilege. Students participating in these activities are considered to be school leaders and role models who represent their school and more importantly, depict its character. With leadership comes additional responsibility and student participants must adhere to high standards of conduct. When students violate these standards of conduct, the District may withdraw the privilege of participation in interscholastic/extracurricular activities. The purpose of this code of conduct is to establish a minimum expectation of behavior. RULE:

A. PROCEDURES:

- 1. Time in Effect: Except as specifically provided, the following behavioral expectations and prohibitions apply 365 days a year, 24 hours a day, in and out of the specific extracurricular season, on or off school grounds, and through the use of school or outside technology resources.
- 2. Parental/Self Reporting: Parents/guardians and/or students must report any violation of this rule or the District's Student Code of Conduct to their high school administration or coach within two weeks (14 calendar days) of the violation. The two week time frame includes weekends, school holidays and summer vacation. Failure to report a violation may result in additional consequences which may include, but is not limited to, doubling of the student's consequences for the behavior in question.
- Provisions:
- a. Sponsors/Coaches should investigate policy violations and report to the school administration. The Principal or designee should make all determinations of penalties, in consultation with the coaches, sponsors and the District Athletic Director, as appropriate.
- b. Unless otherwise specified, periods of suspension from activities does not include preseason workouts and other preseason activities. Such student's ability to participate in preseason activities will be determined by the Principal or designee in consultation with the coach. During the student's period of suspension the student cannot have contact with the team during any team activities.
- c. Students cannot attempt to evade the intent of the Rule by joining a new sport specifically to allow their suspension days to run their course. If a student athlete participates in a sport that he/she had not been previously involved with, he/she must complete the season of the new sport in good standing in order for the suspension days to count.
- d. Transferring from one District school to another does not relieve the student from the consequences for a violation of this Rule. Should a student choose to transfer outside of the District, the designated school administrator or the school athletic director will contact the new school to inform them of the violation and the resulting penalty. The District may also honor the activity consequences from other private or public school systems.
- 4. Notification:
- a. Elementary/Middle Schools: In addition to providing students with copies of the appropriate Student Code of Conduct (Administrative Rule JCDA-R), elementary and middle schools should make participants in extracurricular activities aware of this Administrative Rule. Page 2 of 4
- b. High Schools: In addition to providing students with copies of the appropriate Student Code of Conduct (Administrative Rule JCDA-R), each high school should provide written notification of this Administrative Rule to all participants in extracurricular activities.

- B. ALCOHOL/ILLEGAL DRUGS/INHALANTS: The District believes very strongly that use, possession, selling or buying over the counter drugs or products to get high; alcohol; illegal drugs; or prescription drugs in an unauthorized manner at any time is an offense. Such use, possession or distribution by extracurricular participants is banned. All misdemeanor driving under the influence (DUI) offenses will be dealt with according to this section. All felony DUI offenses will be dealt with under Section D, below. Offenses are cumulative at the high school level.
- 1st Offense: o Suspension from extracurricular activities, including practice and regular/post season, for a minimum twenty-five (25) calendar days; plus o Suspension from regular/post season contests to equal a minimum of 30% of the number of regular season contests/performances; plus o Student must complete the GRIP (Gaining Results in Intervention and Prevention Program) which consists of one four hour Saturday session attended by the student and the parent, or another comparable program. If the student cannot attend the program until after the suspension is lifted, they must still attend the program in order to be eligible to compete in their next extracurricular/athletic season. Failure to attend or complete the program as required may result in continued extracurricular/athletic ineligibility beyond the initial suspension. o If offense is during the off season, the first offense suspension will begin on the GHSA start date for the next season with which the recognized athlete is affiliated. o If the student has not completed his suspension at the end of the season, the remaining days will be completed at the beginning of the next affiliated GHSA activity.
- 2nd Offense: Suspension from extracurricular activities for a minimum of one calendar year. The student will not be permitted to participate in preseason activities or practice.
- 3rd Offense: Permanent suspension from extracurricular activities, including preseason activities and practices.
- **C. TOBACCO [IN-SEASON USE]**: Student use of tobacco or tobacco product substitutes (e.g., tobacco look-alikes, such as BaccOff), cigarette look-alikes (e.g., electronic cigarettes), hookahs and hookah lookalikes (e.g. electronic hookahs) is prohibited.
- 1st Offense: Suspension from all extracurricular activities for two (2) school days
- 2nd Offense: Suspension from all extracurricular activities for five (5) school days and must sit out 10% of games/matches/performances/competitions.
- 3rd Offense: Suspension from all extracurricular activities for ten (10) school days and must sit out 20% of games/matches/performances/competitions.
- 4th Offense and Subsequent Offense: Suspension from all extracurricular activities for ninety (90) calendar days.

D. FELONY:

- 1. Guidelines:
- a. A student who is arrested for, indicted for, convicted of, or charged with a felony or act that would constitute a felony if committed by an adult shall be automatically suspended from interscholastic/extracurricular activities;
- b. Students will not be permitted to participate in preseason activities;
- c. DUI: All felony DUI offenses will be dealt with according to this section.
- 2. Duration:
- a. The student shall remain suspended from extracurricular activities until: (1) The charges are completely dismissed; (2) The charges are reduced to a misdemeanor in which case the student may be subject to penalties outlined in Section E, below, or Section B, for alcohol offenses; (3) The student is found not guilty; or (4) The student serves his/her consequences as outlined below.
- b. Once the student successfully completes the consequences assigned by the judge or agreed to by the student, including probation or diversion, the student may be permitted to participate in extracurricular activities. Evidence that the probation period has expired, fines have been paid and/or community service has been completed is required.
- c. If a student has been arrested or charged with an offense, but the matter has been expunged, sealed, removed from a student's record, treated as a "first offender" action, or the behavior has not been prosecuted (nolle prosequi), that student may present or obtain documentation as required by the school to determine the circumstances of the matter and appropriate eligibility consequences, as determined at the discretion of school administration. Such incidents will be reviewed on an individualized basis and a legal determination in the matter may not be sufficient to change the student's consequences.

E. MISDEMEANORS:

- 1. A student who is arrested for, charged with, or found guilty of a misdemeanor shall receive consequences as outlined below. However, minor offenses that result in fines alone may be dealt with as a violation of Section G.7. below.
- o 1st and Subsequent Offenses:
- o Minimum suspension from extracurricular activities for one (1) school day up to a maximum of permanent suspension from extracurricular activities.
- 2. Drug/Alcohol/DUI: Any student who is accused of a misdemeanor alcohol/drug offense or a misdemeanor DUI will receive consequences as outlined in Section B above.
- 3. If the student produces proof that the charges are completely dismissed or the student is found not guilty, these consequences may be lifted. If a student has been arrested or charged with an offense, but the matter has been expunged, sealed, removed from a student's record, treated as a "first offender" action, or the behavior has not been prosecuted (nolle prosequi), that student may present or obtain documentation as required by the school to determine the circumstances of the matter and appropriate eligibility consequences, as determined at the discretion of school administration. Such incidents will be reviewed on an individualized basis and a legal determination in the matter may not be sufficient to change the student's consequences.
- <u>F. PARENTAL/SELF REPORTING OF LAW ENFORCEMENT</u>: Parents/guardians and/or students must report any charges against or arrest of a student or student behavior in which law enforcement is involved, to their high school administration or coach within two weeks (14 calendar days) of the arrest or behavior. The two week time frame includes weekends, school holidays and summer vacation. Failure to report arrest, charges or

behavior may result in additional consequences which may include, but is not limited to, doubling of the student's consequences for the behavior in question.

- **G. OTHER OFFENSES**: A student who commits the following offenses may be suspended or permanently dismissed from the team or activity. The head coach in conjunction with the school administration will determine consequences for the following:
- 1. Hazing: School clubs and student organizations shall not use hazing or degradation of individual dignity (Administrative Rule JHC-R [School Clubs/Organizations and Student Organizations]);
- 2. Missing practice, rehearsal or activities (unless excused by the coach, teacher, or sponsor);
- 3. Truancy and/or skipping classes;
- 4. Acting in an unsportsmanlike manner when representing the school;
- 5. Violating curfew as established by the coach;
- 6. Any act at school or away from school, which results in any discipline by school administration;
- 7. Any act at school or away from school which, in the opinion of the Principal reflects in a negative manner on the school, athletic program, or activity.

X. TRANSPORTATION

All cheerleaders will be transported according to the team's Game Travel Information Sheet, which will be made available at the post tryout meeting in April. Methods of transport, other than what is determined by the coach will not be allowed. (Parents should not drive their cheerleader separately if the coach has organized a carpool to the event. However, they are permitted to have their cheerleader ride home with them.) Students are not to ride with other students.

XI. UNIFORM RENTAL

- All football cheer teams will purchase the same top and skirt. This uniform will be worn throughout your time in the program.
- Additional uniform(s) for Harrison squads will be rented to cheerleaders by Harrison High School for \$100 per uniform. The rental fee is nonrefundable.
- Alterations.
 - Do not alter the uniforms unless specifically told to do so by Coach Dickmann.
 - o Any alterations will result in the purchase of the uniform @ full price.
 - Each cheerleader will be put in a uniform that fits as prescribed by the coach.
- Uniforms must be returned to Coach Dickmann on the designated return date
- Uniform pieces that are lost or damages with become the financial responsibility of the cheerleader to whom they were issued.
- All uniform pieces must be cleaned at the end of the season (or upon a cheerleader's dismissal/removal from a squad) and returned to the coach ON THE DAY DESIGNATED BY THE COACH for the squad the uniform was assigned.
- DO NOT DRY CLEAN THESE UNIFORMS OR USE FABRIC SOFTENERS.

XII. CCSD PHYSICAL EXAMINATION REQUIREMENTS

- The Georgia High School Association (GHSA) states that all athletes must have a current physical on file at the school to participate in all athletics.
- A physical is valid for one calendar year.
- A hard copy must be turned in at the tryout meeting on March 6.
 - If the packet is not filled out completely, meaning ever single blank is filled in, your cheerleader will not be allowed to tryout.
- AFTER your cheerleader has made a team, her physical must be uploaded to Parent Vue.
 - o If you do not have access, contact your cheerleader's school to obtained required password.
 - o This will be taken care of at the post tryout parent meeting.
 - Please bring your cheerleader's computer log on information with you to the post tryout parent meeting.
- See the Folder o' Fun, handed out at the post tryout meeting, for directions to help you upload.

IV. FINANCIAL RESPONSIBILITIES

A. Fundraising

- Attempts will be made to cut down on the personal cost to the cheerleader.
- Little Hoya Cheer Camp Each cheerleader in the program (regardless of the number of squads she will participate on) is responsible for recruiting and securing 3 LHCC campers.
- Corporate Sponsorship Minimum of one \$50 sponsorship, per team you're on
- > Email fundraising campaign

FINANCIAL OBLIGATIONS

		ESTIMATED MAX TOTAL
	Varsity FB	\$1,500.00
The amounts listed here are ESTIMATES based on <u>purchasing every</u>	Varsity	
item available and not participating fundraisers. By participating in	Comp	\$2,000.00
fundraisers, you can defray your costs.	JV FB	\$1,400.00
	JV Comp	\$1,600.00
	Freshman	
	FB	\$1,400.00

Miscellaneous Fees & Information Regarding Fees:

- Additional fees may be incurred by competition cheerleaders depending on the squad advancing to the State Finals in Macon, GA. Cheerleaders will be required to pay for bus/hotel fees.
- Prices are subject to change based on the number of cheerleaders selected for the program.
- Final price information will be sent out on April 10.
- Items that may be optional depending on what a cheerleader has already purchased from previous years.
- There are also <u>spectator</u> fees for the competitions throughout the season. Fees usually range between \$10 and \$20 per spectator depending on the competition.

TRYOUT/SCORING PROCESS

Stunting:

- Stunt groups will be put together by coaching staff.
 - o Groups will be put together with safety, skill level and experience in mind.
 - Groups may be fluid during the tryout process as coaches determine the best fit within the groups.
- Sideline Cheer minimum desired skills listed
 - Varsity one man grip extension and single leg stunts
 - JV straight up extension
 - Freshman prep up to extension
- Competition Cheer desired skills listed
 - One man grip extension
 - o Single leg stunts heel stretch, arabesque, scale, scorpion, bow/arrow, needle
 - Varied entry into stunt switch up, full up, etc.
 - Varied dismount from stunt full down, pancake, etc.
- Judging
 - Based on execution & DOD

Jumps

- See page 12 for pictures of the different jump types
- All teams
 - Toe touch & jump of choice
 - Competition candidates At discretion of coaches, some may be asked to complete 3 jump series
 - point value not included in final score, may be used for tie breaker
- Judging
 - 5 points max, per jump
 - 5 hyperextended leg(s), pointed toes, soft landing with feet together
 - 4 leg(s) parallel with ground, pointed toes, soft landing with feet together
 - 3 leg(s) parallel to ground, pointed toes
 - 2 leg(s) below parallel, flexed toes
 - 1 jump attempted, leg(s) below parallel, flexed toes, chest dropped

Tumbling:

- Sideline tumbling will not be included in determining the sideline teams
- Competition
 - Desired skills for Varsity standing back tuck and round off back handspring, back tuck
 - Desired skills for JV standing back handspring and round off back handspring, series
- Standing Tumbling Judging
 - Be prepared to show <u>ALL</u> of your tumbling skills on non-spring floor
 - Skills will be judged based on execution and DOD
- Running Tumbling Judging
 - o Be prepared to show ALL of your tumbling skills on non-spring floor
 - Skills will be judged based on execution and DOD

Cheer & Chant

- Cheer and chant will both be judged based on the following criteria. Each category will be worth 30 points, for a total of 90 points.
 - Crowd leading skills voice (10pts), facial expression (10pts), confidence (10pts)
 - Motion technique speed/tempo (10pts), motion sharpness (10pts), motion placement (10pts)
 - Knowledge know material well, executes cheer/chant with confidence (30pts)

Team Selection

• Scores will be used as a guide to put each team together. Coaches ultimately have the final say in the forming of each team.

Most Commonly Used Jumps



TOE TOUCH Keep head and chest up; pull legs to arms; reach for the arch of the foot, not the toes



SIDE HURDLER Bent knee faces the crowd; keep knee on straight leg facing upwards



FRONT HURDLER
Bring straight leg up to chest and between the
arms; back knee points towards the ground;
land with feet together at the same time



PIKE Keep head up; bring legs to arms, arms parallel to the ground

Important 2024 - 2025 Dates (once you've made a team)

Date	<u>Time</u>	Location	Activity	<u>Team</u>
April 8	3:45pm Varsity/Comp Only 4:15pm JV 4:15pm Senior Comp Meeting 4:45pm Freshman	9110 & 9106	Apparel and Uniform	ALL Teams
April 10	No later than 7pm	Use the Pro Sports Link Provided	Place Pro Sports Order Online	ALL Teams
April 15	6:00-7:00pm	Attendance Bldg. Cafeteria	Mandatory Parent Mtg. 1 st Payment Due	ALL Teams
May 17	7:30pm	North Cobb HS	Spring Game	Everyone is invited, but not mandatory
TBD	Added at coaches' discretion	Stingrays Gym TBA	conditioning	ALL Competition
Monday, May 27 - Sunday, June 2	Dead Week – No Practices or Activities	Dead Week – No Practices or Activities	Good time to go on Vacation!	Dead Week – No Practices or Activities
June 3-4	TBD	University of West Georgia	UCA Master Camp	Varsity Competition
June 10-12	8:00am-5:00pm	Small Gym & Pres Gym	Sideline Camp	ALL Sideline
Beginning week of June 17 Mondays	10:30am-Noon	Stingrays Gym Marietta	Summer Workouts	ALL Competition
June 24-27	7:00am-3:00pm	HHS Gyms	Little Hoya Cheer Camp	ALL Teams
Monday, July 1 - Sunday, July 7	Dead Week – No Practices or Activities	Dead Week – No Practices or Activities	Good time to go on Vacation!	Dead Week – No Practices or Activities
July 11-13	9:00am-4:00pm	Stingrays Gym Marietta	Competition Choreography Camp	ALL Competition
Starting August 1	3:45 – 5:00pm Thursdays	Small Gym	Weekly Practice	Varsity Sideline
Starting August 2	TBD Fridays – Weeks Varsity has Home Games	Small Gym	Weekly Practice	Competition
Starting August 5	4:30-6:00pm Mondays	Stingrays Gym Marietta	Weekly Practice	Competition
Starting August 6	3:45-5:00pm Tuesdays	Small Gym	Weekly Practice	JV & Fresh Sideline
Starting August 7	3:45-5:30pm Wednesdays	Small Gym	Weekly Practice	Competition
Starting August 8	6:30am Thursdays – Weeks Varsity has Away Games	Small Gym	Weekly Practice	Competition
August 9	6:30pm arrive on home sideline; game starts at 7:30pm	Harrison	Game vs. East Paulding	Varsity
Starting September 7	All Saturdays *Please hold <u>all</u> Saturdays Aug. 20- Nov. 18 for competitions, including Fall Break week	TBD	Competitions	Varsity & JV Competition
October TBD	3:45-5:30pm Thursdays	Small Gym	Weekly Practice	Competition
November	TBD	TBD	Region & State Competition	Varsity Competition

ALL IN SEASON ACTIVITIES ARE **MANDTORY**

HARRISON HIGH SCHOOL CHEERLEADING PROGRAM EXPLANATION OF INHERENT RISKS FOR CHEERLEADING 2024-2025

THIS FORM DUE AT REQUIRED MEETING ON MARCH 6

Cheer Candidate's Full Name:

Cheerleading is an exciting, time-consuming sport that involves flyers, bases, and spotters. Flyers are lifted into stunts by the bases, with the safety-oriented spotters when needed. Bases and spotters are responsible for catching the flyers when the stunts come down. Cheerleading also requires forceful motions, tumbling, voice projection, and jumping. The cheering area varies greatly from one location to another, inside or outside. Because of these conditions inherent to the sport, participating in cheerleading exposes an athlete to many risks of injury. Those injuries include, but are not limited to: death, paralysis due to serious neck and back injuries, brain damage, damage to internal organs, serious injuries to the bones, ligaments, joints, and tendons, and general deterioration of health. Such injuries can result not only in temporary loss of function, but also in serious impairment of future physical, psychological, and social abilities, including the				
ability to earn a living.				
In an effort to make cheerleading as safe as it can be, the coaching staff will instruct athletes				
concerning the correct techniques for stunts and rules of cheerleading. It is vital that athletes				
follow the coach's skill instructions, training rules, and team policies to decrease the possibility of serious injury.				
We have read the information above concerning the risks of cheerleading. We understand and assume all risks associated with trying out, practicing, and cheering at games/competitions. In signing this form, we assume the inherent risks of cheerleading and waive any further legal action by our heirs, estate, executor, administrator, assignees, family members, and ourselves. Date:				
Signature of Parent (or legal guardian):				

HARRISON HIGH SCHOOL CHEERLEADING CONSTITUTION 2024-2025 AGREEMENT FORM

This form due at required meeting on March 6

My	child		Cobb County ID#	has my		
	mission to be a cheerleader at Har					
	ulations set forth by the coaches o					
_	nes. We have read the Cheerleadi					
_	se may lead to temporary or perma	_	•	the violation of thy of		
		•	•			
	understand that the following for		fully completed and are due at th e	<u>e tryout meeting on, March</u>		
<u>6</u> o	r my child will not be allowed to t	ry out.				
1	Explanation of Inherent Risk for	Cheer Form	page 15 of this packet			
	HHS Cheerleading Constitution 2					
	Current Physical Examination Fo			at *		
				2L .		
4.	Current Clearance Form, signed by			6.1		
			s, and was uploaded to Parent Vue, y	ou must print out a copy of the		
_	Physical Exam form and the Clearance form to be handed in.					
	Concussion Form, page 19 of this	-				
6.	Heart Form, page 20 of this packet	et				
Re	garding tryouts and if my da	ughter is s	selected, we understand the f	following:		
	Required meeting on March 6 – form					
			ndance Bldg. Café; parents not requir	ed		
			s in Attendance Bldg. Café; parents r			
2.	The tryout process and that the coaches will be placing my cheerleader on the team they see as being the best fit.					
	A parent must attend the mandatory					
٠.	7:00pm and that the first payment is			namee Brag. Care from 6.60		
4	We agree to the selection process, agreeing that my daughter will be evaluated by qualified people and my daughter,					
•	and we agree to abide by the decisio			me people and my daughter,		
			submitted by parents will not be ans	wered		
			urned, as the parent is not being coac			
	personally reached of			ned, until your eliceffedder has		
			each out to determine what they can	work on		
5	We understand and agree to all costs					
	•					
٠.	By signing below, we have read and understand the contents of the tryout packet and the 2024-2025 Harrison High School Cheerleading Constitution, including all sections.					
7.	By signing below, we acknowledge that we have read and understand the consequences of certain behavior(s) as					
	outlined in the Code of Conduct included on pages 4-10 of this packet.					
8.	By signing below, we agree that we will abide by this constitution and understand what is expected of our family and					
0.			ownership of culpability and consequence			
	by the program rules.					
9.	We also understand that if my child is chosen as part of a HHS cheerleading squad and quits or is dismissed from the					
٠.	program for any reason, I will receiv			r quits of is distinsted from the		
10	If chosen, to participate as a member			for the uncoming year we will		
10.	participate in all required fundraisers			for the apcoming year, we will		
11	Our cheerleader is committed to atte			on the important dates sheet		
11.	our encorreager is committed to atte	iia, aiia we ii	are made note of, the detivities listed	on the important dutes sheet.		
Pare	ent or Guardian Signature	Date	Student Signature	Date		