

## 2022-2023 North Forsyth Middle School Basketball Cheerleading Contract

As a chosen member of the North Forsyth Middle School Cheerleading Squad, you represent your school and coach at all times. You are expected to uphold the highest standards of personal conduct both in and out of school. This includes sportsmanship, public displays of affection, attitude, and your manner of dress in and out of uniform. Therefore, you will be expected to conduct yourselves in a manner that would be considered respectful by all.

### ❖ Participation

- Cheerleaders are expected to be at **all** cheerleading activities.
- Excused absences are death in the family or major illness with a **doctor's note**. Chronic illness may result in dismissal from the squad.
- Unexcused absences are non-school related activities, work, mild sickness (including headaches, cramps, etc.). **Doctor/dentist appointments are not excused.** These need to be planned around cheerleading practices and events.
- Cheerleaders must notify the coach if they are going to be absent. Failure to do so will result in an automatic unexcused absence.
- **No one is guaranteed the right to compete** – the coach will select those who she feels will best represent the school at any and all functions.
- Practice schedule will not be changed or altered for any outside activities.

### ❖ All Star Teams

- NFMS must be your first priority.
- Leaving early or missing any practice/activity/game due to an all-star team may lead to dismissal from the squad.

### ❖ Tardiness/Early Leave

- Being tardy and leaving early from a practice or activity will result in extra conditioning and demerits (or other consequences set by the coach).
- If this is a frequent problem or if late notice is given, the amount of time being late to/leaving from practice can add up to an unexcused day of practice.
- Cheerleaders must be in attendance for at least half of the school day of a competition/game/practice in order to participate. Should school be cancelled on the day of a competition/game/practice, the coach will inform you as to whether or not you will still participate. Do not make other plans until notified by the coach.

### ❖ Cheerleading Protocol

- Punishment for conduct unbecoming a cheerleader, including events away from school that could interfere with the overall good of the squad will be left to the coach's discretion and may be grounds for dismissal.
- **No member is irreplaceable and will not be treated as such.** Always remember, for every member chosen, there are many that would love to take their place.

### ❖ Appearance, Uniforms and Equipment

- Hair must be pulled back for all games/practices/competitions.

- Jewelry of any kind may not be worn to any game/practice/competition. This includes belly rings, earrings, rings, necklaces, or bracelets. (Medical alert charms and religious medals are exceptions but must be taped to the body.) This is for safety reasons and is a **National Cheerleading Rule!**
- Cheerleaders may not have nails that can be seen over the fingertips and only clear polish may be worn. (**No acrylic or gel nails.**)
- Sideline uniforms are property of North Forsyth Middle School.
- No squad member may change out of the uniform during an event. (Example: At competition, everyone must remain in full uniform from the time we get to the competition until the time we return.)
- Uniforms will not be worn except for games and designated activities. Uniforms will not be worn outside of these unless the entire squad is together.
- Lost or damaged uniforms are the responsibility of the cheerleader. The cheerleader who lost or damaged the uniform incurs the cost of replacing the uniform.

❖ **Fundraising**

- There will be fundraisers (2) to help with costs; all cheerleaders must participate in all of the fundraisers. TBD.

❖ **Cost**

- **Athletic Activity Fee \$50.00 (DUE by Friday, September 16<sup>th</sup>)**
- **\$325 (Payment Due Friday, October 14<sup>th</sup>)**
  - Includes – choreography and music, uniform rental/cleaning fee, practice clothing, game day spirit wear, bow and bloomers.
  - Each cheerleader is responsible for purchasing their own SOLID WHITE cheer shoes. Shoes used for previous cheer squads are acceptable as long as the shoes are clean and in good condition.

**I have read the North Forsyth Middle School Cheer Contract and I agree to follow the stated rules and regulations. I recognize that there will be no exceptions to this contract without full approval from the cheerleading coach.**

**Basketball Cheer Tryouts and Clinic**

**Clinic: Tuesday, September 6<sup>th</sup> & Wednesday, September 7<sup>th</sup> (4:30-5:30)**

*All football cheerleaders are exempt from tryouts on 9/6 due to the football game.*

**Tryouts: Thursday, September 8<sup>th</sup> (4:30-5:30)**

*Cheerleaders will be able to leave as soon as their tryout is over.*

**\*\*\*If chosen as a squad member for the 2020-2021 NFMS Basketball Cheer season I will be at uniform fittings on Monday, September 12<sup>th</sup>, the mandatory motions clinic on Tuesday, September 20<sup>th</sup>, as well as Choreography Clinic on Monday, October 3<sup>rd</sup> (5:00-7:00 PM) and Tuesday, October 4<sup>th</sup> (5:00-7:00 PM).** *Coach Gibson is working with Ms. Beaty on a solution for chorus members that also want to cheer regarding the October 3<sup>rd</sup> chorus concert.*

Detach this page and return this page along with a completed physical form to Ms. Gibson (Room 442) by **Friday, September 2<sup>nd</sup>**.

# Basketball Cheer Contract Acknowledgement

I have read and agree to all the requirements to become a basketball cheerleader at North Forsyth Middle School. If chosen for the squad, I will be able to attend all mandatory clinics and fittings.

Cheerleader: \_\_\_\_\_  
Signature Date

Parent: \_\_\_\_\_  
Signature Date

Cheerleader Name: \_\_\_\_\_  
Print Name

Parent E-mail Address: \_\_\_\_\_  
Print