

Hiram High School



2023-2024 Varsity & JV Cheerleading Tryout Packet

Name: _____

If you have any questions, please do not hesitate to contact:

Coach Pauldin at spauldin@paulding.k12.ga.us

Coach Holmes at cholmes@paulding.k12.ga.us

Coach Walker at swalker@paulding.k12.ga.us

Coach Blakely at marieblakely@myyahoo.com

Coach Hodge at jhodge@paulding.k12.ga.us

Packet Includes:

- Tryout Information & Important Dates
- Tryout Sequence of Events
- HHS Cheer Important Dates
- Application
- Parent/Guardian Permission Form
- Cheer Candidate Release Form/ Hiram High School Verification Form/Financial Commitment Form
- Advisor Seal of Approval; Paperwork Check List and Returning Instructions
- Athletic Participation, Insurance, and Consent Form
- PCSD Permission to Participate in Athletic Team

Attention: It is required that you download, read, and understand the Athletic Handbook available at https://hiramathletics.com/wp-content/uploads/2019/09/ATHLETIC_HANDBOOK_Student-Parent_2019.pdf

Tryout Information

To tryout you must:

- Have a current physical (Official HHS Forms) if you already have a physical on file with cheer or another sport you are cleared for tryouts. If you do not have one on Rank One, you will need to get your physical done after April 1, 2023, for it to be valid for one year.
- Athletic Participation, Insurance, and Consent Form
- PCSD Permission to Participate in Athletic Team
- Complete Rank One Electronic Forms
 - Go to www.hiramathletics.com
 - Click on "Women's Sport"
 - Go to the Cheerleading page
 - Click on "Forms" tab
 - There you will see the following link for Rank One
<https://pauldingdistrict.rankonesport.com/New/NewInstructionsPage.aspx>
 - Create an account and sign all forms
- Turn in a copy of Term 1 and Term 2 Grades (full name must be clearly shown) students are required to be on grade level at the time of tryouts. Grade level is as follows:
 - 5 credits end of 9th grade year – 11 credits end of 10th grade year – 17 credits end of 11th grade year
- **Turn in tryout packet with all required documents signed by the correct party by email or the first day of tryouts to Coach Pauldin, Holmes, walker, Blakely, or Hodge.**

Important Dates:

- Mandatory Cheer Interest Candidate & Parent Meeting:
 - **April 12, 2023 @ 6:00** via Zoom
- Clinic Dates:
 - **April 17, 2023, 4:00-6:00PM** (Football) **5:00-7:00PM** (Basketball)
 - **April 18, 2023, 4:00-6:00PM** (Football) **5:00-7:00PM** (Basketball)
 - **April 19, 2023, 4:00-6:00PM** (Football) **5:00-7:00PM** (Basketball)
 - You will learn a cheer, chant, jumps, and dance from the current graduating seniors
 - This is a closed clinic.
 - Physical Appearance:
 - Well fitted athletic attire, sports bra, tennis shoes/cheer shoes
 - Hair pulled away from face in ponytail
 - Must remove ALL jewelry
- HHS Tryouts:
 - Varsity and Junior Varsity FOOTBALL Tryouts ONLY on **Thursday, April 20, 2023, at Main Gym**
 - Varsity and Junior Varsity BASKETBALL Tryouts ONLY on **Friday, April 21, 2023, at Main Gym**
 - Tryouts are closed to the public! Only candidates, senior cheerleaders, coaches, judges and impartial tabulator are allowed in.
 - Physical Appearance:
 - All black well fitted athletic attire, sports bra, tennis shoes/cheer shoes
 - Hair pulled away from face in ponytail
 - Must remove ALL jewelry
 - **Results will be announced by Sunday, April 23, 2023, on the Band App**
 - If you make the team, **MANDATORY uniform fitting on Wednesday, May 10th, 2023 @ 3:30PM in Coach Holmes room (404)**
 - If you have questions regarding scores, please contact the coach for that team.

Cheerleading Tryouts

The Monday, Tuesday and Wednesday of Tryouts:

We use the Band App to communicate and all jumps, chants, cheers, and dances, will be uploaded for the candidates to use as reference during tryouts.



The Thursday (Football) and Friday (Basketball) of Tryouts each candidate will:

1. Candidates will remain in designated waiting area until random number is called.
2. When number is called, spirit from the door to the beginning of the mat in groups of twos.
3. Wait for the judges to say "GO".
4. One by one SPIRIT or TUMBLE into you spot.
5. Complete your best JUMP.
6. Perform the CHANT.
7. Perform the CHEER.
8. Wait for the music to start and then perform the DANCE.
9. Wait to be released and then spirit to the door on the opposite side.
10. Exit the gym and you are free to leave.

Hiram High School Cheer

Important Dates 2023-2024

Immediately following tryouts, both teams will have the following **MANDATORY** commitments.

FOOTBALL (V & JV) Payment Dates and Parent Meeting:

- Wednesday, May 10th, 2023 Uniform Fitting starting @ 3:30
 - Mandatory for both parent and cheerleader
- Saturday, July 1st, 2023 1st Payment Due
 - Camp registration and HHS shirt
- Tuesday, August 1st, 2023 2nd Payment Due
 - Cheer Uniforms
- Friday, September 1st, 2023 3rd Payment Due
 - Warmup
- Sunday, October 1st, 2023 4th Payment Due (remaining balance)

BASKETBALL (V & JV) Payment Dates and Parent Meeting:

- Wednesday, May 10th, 2023 Uniform Fitting starting @ 3:30
 - Mandatory for both parent and cheerleader
- Saturday, July 1st, 2023 1st Payment Due
 - Camp registration and HHS shirt
- Sunday October 1st, 2023 2nd Payment Due
 - Cheer Uniforms
- Wednesday November 1st, 2023 3rd Payment Due
 - Warmup
- Friday, December 1st, 2023 4th Payment Due (remaining balance)

****Acceptable payment options: Revtrak (extra fees)****

Summer Practices:

- No summer practices

Cheer Camp

- TBD @ Paulding Gymnastics

Practice Dates:

- 1st day of Football practice August 1st, 2023 3:30-5:30PM
- 1st day of Basketball practice Starting in Sept. 3:30-5:00PM

Please Note: Every effort is made to give notice of events in advance. Some events may have to be added/changed after the calendar has been made. Participation in other activities may conflict with cheer. HHS cheer must be your first priority. Unexcused absences from cheer responsibilities will result in consequences such as demerits, probation, suspension, and/or dismissal.

****Dates/Times are tentative and subject to change****

HHS Cheer Application

2023-2024

Please clearly print all of the following information!

Personal Information

Name:		Phone:
Address:		Zip:
Grade Level for 2023-2024 School Year:	Overall GPA:	Date of Birth:

Medical Information

Doctor:	Phone:
Allergies (if so, please list):	
Medications (if so, please list):	
Dietary Restrictions (if so, please list):	

Parent/Guardian Information

Name:	Relationship:	Phone:
Email Address:		
Name:	Relationship:	Phone:
Email Address:		

Other Information

1. Are you currently a member of any club, organization, sport requiring extra practice time?

If so, please list: _____

2. What dates will you be out of town that you already know of ahead of time? _____

3. Please list any other obligations that may interfere with HHS Cheer. _____

Parent/ Guardian Permission Form

_____ has my permission to try out for cheerleader for the 2023-2024 school year at Hiram High School.

- I understand that he/she is required to attend all sporting events chosen by the coach(s).
- I understand that dates/ times may change, and my cheerleader is expected to attend all mandatory events.
- I understand that the coach(s) will give as much advance notice as possible.
- I understand that he/she is responsible for participating in all fundraiser activities coordinated by the coach(s).
- I understand that the responsibility of a cheerleader and a mascot are always considered more important than other extra-curricular activities and/or after-school job.
- I understand that he/she must be currently eligible according to GHSA standards.
- I understand that he/she cannot have more than a total of one failing grade and cannot be out of compliance with attendance laws on Term1 and Term 2 grading reports according to the handbook.
- I understand that to participate next year, he/she must have enough class credits to be eligible according to GHSA standards.
- I understand that he/she is required to attend cheer camp, as well as all in season practices.
- I grant the release of legal responsibility of my son/daughter to the Hiram High School Cheer Coach(s) while on any project or activity concerning cheerleading responsibilities.

I will show good sportsmanship by accepting the decision of the judges' scores and the final results of tryouts.

Parent Signature: _____ Date: _____

Parent Printed Name: _____

Candidate Signature: _____ Date: _____

Candidate Printed Name: _____

Athletic Handbook Verification Form

I have read a copy of the Athletic Handbook. If chosen to be a Hiram High School Cheerleader or Mascot, I understand that I will be held responsible for the expectations and consequences set forth.

Parent Signature: _____ Date: _____

Candidate Signature: _____ Date: _____

Advisor Seal of Approval

Name _____ School _____

Cheerleaders are a representation of our high school. They should always adhere to all district/campus rules. If you believe this student would be a good representative and has no documented conduct issues on campus or cheer squad, please sign and date below.

Advisor Name (Print): _____

Advisor Signature: _____ Date: _____

Acknowledgement of Financial Responsibility

I, _____, parent/guardian of _____ have read and understand the estimated cost of being a Hiram High School Cheerleaders or Mascot. I agree to pay for the fees accrued for cheerleading. I understand that all payments are due by December 1, 2022.

Parent Signature: _____ Date: _____

Candidate Signature: _____ Date: _____

After fitting dates, each member will receive an invoice from the coaches for your personal payment responsibilities. Below is an EXAMPLE of general expenses.

2023-2024 HHS Varsity SINGLE Cheer Fees - Approximate Merchandise Cost				
Full Name: _____				
Monogram: First Initial: _____ Middle Initial: _____ Last Initial: _____				
Non-Negotiable Items:	Quantity:	Size:		Appx. Cost
*Warm-Up Jacket Only	1			\$125
*Warm-Up Pants Only	1			\$100
*Uniform Rental	1	Top: _____ Skirt: _____		\$125
*HHS Shirt	1			\$25
*Socks	1			\$10
*Cheer Bow	1		N/A	\$15
*Pink out/Gold Out Package	1		N/A	\$45
*Activity Fee	N/A		N/A	\$125
*Participation Fee	N/A		N/A	\$100
*Cheer Bag	1		N/A	\$40
*Skills Cheer Camp	3 Days		N/A	\$130
*Raincoat (FB)	1			\$20
Total for Non-Negotiables				\$880
Negotiable Fees (Don't Buy If You Already Have These):				
Game Day Poms (Metallic Gold)			N/A	\$25
Cheer Bloomers				\$10
Away Game Day Dinners	7 (FB) /10 (BB)		YES or NO	\$70/\$100
Total Cost To Purchase All (Do Not Include Any Pricing for Items Below This Line):				
To Be Purchased At Home:				
Tumbling Class: \$140 (2 x Month @\$70)	N/A		N/A	N/A
All Whites Cheer Shoes	N/A		N/A	N/A
All White Sports Bra	N/A		N/A	N/A
Thick Black Leggings	N/A		N/A	N/A
Black Jeans	N/A		N/A	N/A
Please mark selection and quantity carefully. Once we place the order, it cannot be changed and payment is required. All items with a * next to it, must be purchased by all cheerleaders. All cheerleaders new to the program will need one of everything listed above. If returning, and all previously purchased item still look nice and fit appropriately, you will only need the items marked with a *.				
Payment Schedule:	1st Payment	2nd Payment	3rd Payment	4th Payment
Football Girls	JULY 1st	AUGUST 1st	SEPTEMBER 1st	OCTOBER 1st
Basketball Girls	JULY 1st	OCTOBER 1st	NOVEMBER 1st	DECEMBER 1st
By Signing Below, I agree to pay for all items selected above:				
Parent Name in Print _____				
Parent Signature: _____				

ATHLETIC PARTICIPATION, INSURANCE, AND CONSENT FORM

****Parents signature needed in four places***

PLEASE PRINT

Name _____ Male _____ Female _____
(Last) (First) (Middle)

Address _____
(Street) (City) (Zip)

The student is domiciled at the above address located in the _____ School District.
(School must be notified if student moves from the above address)

Have you attended this Paulding County school for at least one full school year? Yes _____ No _____

You live with (Name of Parent/Parents/Guardian) _____

Date of Birth _____ Telephone (Home) _____ (Work) _____

Date entered 9th grade _____ Grade level for this school year _____

PARENTAL CONSENT FOR ATHLETIC PARTICIPATION

WARNING: Although participation in supervised inter-scholastic athletics and intra-scholastic athletic clubs may be one of the least hazardous in which students will engage in or out of school, **BY ITS NATURE, PARTICIPATION IN INTER-SCHOLASTIC ATHLETICS INCLUDES A RISK OR INJURY WHICH MAY RANGE IN SEVERITY FROM MINOR TO LONG TERM CATASTROPHIC, INCLUDING PERMANENT PARALYSIS FROM THE NECK DOWN OR DEATH.** Although serious injuries are not common in supervised athletic programs or athletic clubs, it is possible only to minimize, not eliminate this risk.

Participants can and have the responsibility to help reduce the chance of injury. **PARTICIPANTS MUST OBEY ALL SAFETY RULES, REPORT ALL PHYSICAL PROBLEMS TO THEIR COACHES, FOLLOW A PROPER CONDITIONING PROGRAM, AND INSPECT THEIR EQUIPMENT DAILY.**

By signing this permission form, you acknowledge that you have read and understand this warning. **PARENTS OR STUDENTS WHO DO NOT WISH TO ACCEPT THE RISKS DESCRIBED IN THIS WARNING SHOULD NOT SIGN THIS PERMISSION FORM.**

I (We) hereby give consent for _____ to:

(1) Compete in athletics at _____ School of the Paulding County School District in Georgia high School Association approved sports **EXCEPT THOSE CROSSED** out below:

- | | | | | |
|---------------|------------|---------------|--------------|-----------------|
| Baseball | Basketball | Golf | Volleyball | Tennis |
| Cross Country | Football | Softball | Wrestling | Weight Training |
| Rifle Team | Soccer | Track & Field | Cheerleading | Swimming |
| Lacrosse | | | | |

- (2) To accompany any school team of which the student is a member on any of its local or out-of-town trips;
- (3) and, I hereby verify that the information on both sides of this form is correct and understand that any false information may result in my son/daughter being declared ineligible.
- (4) Parents should contact Head Coach for information regarding injuries to their son/daughter.

This acknowledgement of risk and consent to allow participation shall remain in effect until revoked in writing.

_____ *SIGNATURE(S) OF PARENT(S) OR GUARDIAN(S)	_____ DATE
_____ SIGNATURE OF STUDENT-ATHLETE	_____ DATE

**PAULDING COUNTY SCHOOL DISTRICT PERMISSION TO PARTICIPATE
IN ATHLETIC TEAM ONE-DAY SCHOOL-SPONSORED TRIPS**

CONSENT

I hereby consent for _____ (student's name) to participate in school-sponsored trips, excluding overnight trips associated with inter-scholastic athletic competitions. I understand that transportation may or may not be provided by the Paulding County School District. In the event transportation is not provided by the Paulding County School District, transportation will be the student's responsibility.

If any emergency medical procedures or treatment are required by the student during the trip, I consent to the trip supervisor(s) taking, arranging for, and consenting to the procedures or treatment at his/her discretion.

I release and waive, and further agree to indemnify, hold harmless or reimburse the Paulding County School District, the Board of Education, its successors and assigns, its members, agents, employees and representatives thereof, as well as trip supervisors, from and against, any claim which I, any other parent or guardian, any sibling, the student, or any other person, firm or corporation may have or claim to have, known or unknown, directly or indirectly, from any losses, damages or injuries arising out of, during, or in connection with the student's participation in the activity, any trip associated with the activity, or the rendering of emergency medical procedures or treatment, if any.

Signature of Parent (s) or guardian(s) _____ Date _____

INSURANCE INFORMATION

Please INITIAL one of the following statements regarding insurance coverage for your son/daughter for the _____ school year, then sign below:
_____ My son/daughter is adequately and currently covered by accident insurance that will cover injuries sustained while participating in inter-scholastic Athletics (including, but not limited to, Varsity, Junior Varsity and 9th grade Football), and intra-scholastic clubs and activities.

Company Providing Insurance: _____

Name of Insured: _____

Policy Number: _____

_____ I wish to purchase the Benefit Plan provided by the Paulding County School System. (A signed copy of this Benefit Plan should be stapled to this form.)

***SIGNATURE(S) OF PARENT(S) OR GUARDIAN(S)** _____

Date _____

AUTHORIZATION

I understand that per the Georgia High School Association a **Preparticipation Physical Evaluation** must be performed by a physician to medically screen each student who participates in the athletic programs of the Paulding County School District. I further understand that a basic medical screening (the required physical exam) is general in nature and limited in its scope and does not indicate or assure me that my child is completely free from impairments. If I wish for a more detailed physical exam to be performed upon my child/ward then it is my responsibility to arrange and pay for such an exam. If this more detailed exam is performed, it is my responsibility to notify the Paulding County School District, and its appropriate employees, of any potential medical problems uncovered by any physical exam given to my child/ward other than the general physical required by the school system for athletic participation. I agree to fully waive any and all claims of whatever nature, fully and finally, now and forever, for my child/ward, for myself, my estate, my heirs, my administrators, my executors, my assignees, my agents, my successors, and for all members of my family, and to indemnify, release, defend, exonerate, discharge and hold harmless the Paulding County School District, their schools, their trustees, officers, Board members, Board of Education, employees, agents, coaches, athletic trainers, physicians, and any other practitioner of the healing arts (an "Indemnified Party") from any and all liability, personal or property damages, claims, causes of action or demands brought against the Paulding County School District or indemnified party arising out of any injuries to my child/ward or to his or her property or losses of any kind which may result from or in connection with his or her participation in any activity related to the athletic programs provided by the Paulding County School District.

My signature below attests that I have read, understand and concur with the information on this form, and that I give consent for my child to participate in the athletic programs as stated above.

***SIGNATURE(S) OF PARENT(S) OR GUARDIAN(S)** _____

Relation to Student: (Please Check One)

DATE _____

Mother _____

Father _____

Other _____

Phone (W) _____ (H) _____ Mobile _____

Paperwork Checklist

Please return all necessary paperwork to any of the coaches via email or by the first day of tryouts.

Coach Pauldin at spauldin@paulding.k12.ga.us

Coach Holmes at cholmes@paulding.k12.ga.us

Coach Walker at swalker@paulding.k12.ga.us

Coach Blakely at marieblakely@myyahoo.com

Coach Hodge at jhodge@paulding.k12.ga.us

Make sure all paperwork is signed by the correct party and **returned** in order:

- Cheer Member Application
- Parent/ Guardian Permission Form
- Athletic Handbook Verification Form
- Advisor Seal of Approval
- Acknowledgement of Financial Responsibility Form
- Athletic Participation, Insurance, and Consent Form
- PCSD Permission to Participate in Athletic Team
- Copy of First Term and Second Term Report Card
- Copy of Class schedule
- Official Sport Physical Form (if needed) (*Only valid if it is currently not expired on Rank One*)