

Montgomery Ridge
Intermediate
School
Cheerleading

2023-2024
Try-out Packet



Dear Families,

Thank you for your interest in being a member of the 2023-2024 Montgomery Ridge Intermediate School Cheerleading Squad. Please acquaint yourself with the enclosed information and expectations with regard to being considered for membership of the squad. Be especially aware of the time and energy it takes to be an effective student leader responsible for guiding student conduct at extra-curricular activities and during the school day, both on and off campus.

On the following pages, you will find a list of dates & events. All interested candidates must complete and submit these forms in order to try out. Your teachers will be given an evaluation form to fill out. This is factored into your final try-out score.

Additionally, please make sure to sign the permission form attached to this packet. By signing this you are agreeing that you have read and agree to the expectations of MRIS cheerleading. All selected cheerleaders will be expected to abide by the standards and guidelines stated in the document. Cheerleaders who fail to adhere to the standards and guidelines will be penalized.

Being a Montgomery Ridge Intermediate School cheerleader is an honor. Cheerleading helps students form friendships, enrich communication, develop group dynamics skills, and responsibility. It also gives them countless opportunities to foster leadership skills that will prove beneficial later in life. With your support, we can work together to make this year at MRIS a successful and memorable one.

I look forward to meeting each of you personally. If at any time you have questions, please do not hesitate to email me.

Sincerely,

Carly Lidvall

Montgomery Ridge Intermediate School

2023-204 Cheerleader Tryout Schedule

Tryout Packet (Application, Emergency Treatment, Permission Form, Teacher Evaluations) due

Friday, March 31– please return to MRIS Office or Ms. Lidvall

Teachers should place recommendations in Ms. Lidvall's box or email recommendations to: carly.lidvall@maryville-schools.org.

Mandatory Clinic

Monday, April 3 thru Wednesday, April 5

2:45- 4:15 pm

MRIS Gym

Attire: black shorts, plain white t-shirt, white socks, cheer/tennis shoes, and white bow ***NO JEWELRY**

Tryout Performance

Thursday, April 6

3:00 until finished (~4:30 pm)

MRIS Gym

Attire: black shorts, plain white t-shirt, white socks, cheer/tennis shoes, and white bow ***NO JEWELRY**

The entire clinic and tryout performance is CLOSED — only cheer candidates, coach, judges, and tryout helpers will be allowed in the tryout area.

Each candidate must complete the tryout application, emergency treatment form and submit requests of his/her teachers' evaluations by the above dates in order to be eligible to attend the mandatory clinic and tryouts.

It is highly recommended that families and candidates view the cheerleading informational video available on the school website. It discusses any frequently asked questions regarding costs and responsibilities.

Candidates will learn & perform cheers, chants, jumps, and a dance routine. Candidates will be judged on their cheerleading skills by the performance of chants, cheer, dance, jumps, and spirit (which can include tumbling but does not have to) during the tryouts. Cheerleader candidates will also be assessed on their motions, facial expressions, voice, and attitude during mandatory clinic days. Squad selection will be based off clinic evaluation, outside judges' tryout scores, teacher evaluations, overall academics, and school spirit. Candidates **must** be available and in attendance for all clinics and tryouts. Tryout numbers will be assigned at the clinic and will be placed on candidates so they will be visible at all times during the tryouts.

Mandatory practices after school will be on Tuesdays and Thursdays, 2:45 – 3:45 for the entire months of August, September and October. A more detailed schedule will be provided once a basketball game schedule is published. Games are generally on Monday, Tuesday, and/or Thursday nights.

2023-2024 MRIS Cheer Panel Tryouts

What?	Judges Panel Tryout
Who?	All candidates who have completed the mandatory clinic
When?	Thursday, April 6- starting at 3:00 pm
Where?	MRIS Gym
Attire?	Black shorts, plain white t-shirt, cheer/tennis shoes, hair in a ponytail with a white bow. *<u>NO JEWELRY</u> .

Tryout numbers must be visible at all times during the tryouts.

Tryouts are closed and friends, family, rides, etc. should remain outside of the building until candidates are dismissed.

Group Performance

- Candidates will perform in groups of 2 or 3.
- Candidates will perform one dance and one cheer that they have learned during clinic.

Individual Performances

- Each candidate in the group will be called one at a time to perform
 - 2 jumps (toe touch and a jump of choice)
- Tumbling is not mandatory, however, candidates that can tumble will have the option to demonstrate.
- When each member of the group is finished with their individual performance, the group will exit together.

After each group has completed their tryouts, the candidates may leave. The judges will calculate the candidates' scores. By 6:00pm, the MRIS website will be updated with the 2023 MRIS squad members. Judges will have cheer credentials and will be instructed to judge the candidates based only on the mastery of the skills they see demonstrated during the tryouts.

2023-2024 Tentative Price List

New MRIS Cheerleader	
Uniform Purchase	\$115.00 approx.
Practice T-Shirt	\$15.00
Bow	\$15.00
Summer Camp	\$50.00
*Briefs	\$15.00
*Cheer Shoes	\$50.00-\$75
*Poms	\$30.00
Total:	Approx. \$300
*Veteran Cheerleaders exempt	

Additional (optional) items are available to purchase for an additional charge:

Long Sleeve Sweatshirt (~\$50.00)

Personalized Cheerleader Backpack (~\$45.00)

More information about optional items will be available after uniform fittings.

****Please note: Prices are approximate, and items could be slightly more/less than stated.*

In addition to the above items, the following will also be required:

- Sports Physical (due by summer camp) - Forms are available to take to your child's doctor.

Cheerleader Application
(Turn in to Ms. Lidvall)

First Name: _____ Middle Name: _____ Last Name: _____

Birthdate: _____ Locker # _____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Cell Phone: _____

Student Email: _____

Grade Level : _____ Homeroom teacher: _____

Mother's Name: _____

Work Phone: _____ Cell phone: _____

Email: _____

Father's Name: _____

Work Phone: _____ Cell phone: _____

Email: _____

Cheerleaders are expected to behave in a manner that is becoming to the individual, as well as to Montgomery Ridge Intermediate School. They should be aware that they are a representative of Maryville City Schools and Montgomery Ridge Intermediate School and should act accordingly.

Cheerleading is a very time consuming responsibility. Attendance is **mandatory** at all cheerleading activities; other extra-curricular activities are not excused absences from the responsibilities as a MRIS cheerleader (e.g., competitive cheer/dance).

I have read the information provided regarding tryouts, regulations, costs and the standards of cheerleading at MRIS and will abide by the rules if selected as a MRIS cheerleader.

Candidate Signature

Date

Permission Form
(turn in to Ms. Lidvall)

My child, _____, has my permission to try out for a cheerleading position at MRIS. If selected to be a cheerleader at Montgomery Ridge Intermediate School, I understand that s/he must abide by the rules and regulations set forth by the cheer coach, athletic director, and the principals of Montgomery Ridge Intermediate School. I have read the rules and regulations and understand that violation of any of these rules may lead to probation, temporary suspension, or removal from the squad.

I understand:

- My child must complete & submit all required paperwork by the assigned deadline.
- My child's teachers from last year will be asked to provide an evaluation of my child.
- My child must have and maintain a "C" average in all academic courses.
- My child must attend all practice and tryout sessions, or my child will not be considered for a cheerleading position.
- A parent/guardian must attend the parent meeting. If a parent is not available at that time, the parent must contact Ms. Lidvall by email to schedule an appointment to meet at another time.
- My child will be evaluated by coach and judges, and we agree to abide by their selection decision.
- I will be responsible for the estimated costs associated with cheerleading described in this packet.
- Cheerleaders must commit to cheer for the full basketball season.
- Any cheerleader resigning from the squad before completion of season will not be allowed to tryout the following year.
- Cheerleaders must be reselected each year.
- The very nature of this activity carries a risk of physical injury.
- Cheerleading involves a tremendous time commitment. By trying out, my child and I agree that cheering at MRIS will take precedence over other outside commitments such as extra-curricular activities.

My child and I have read and fully understand the commitments required to be considered for the MRIS cheerleading squad and the rules, which govern the tryout procedures. If selected, we will honor these commitments, abide by these rules, and sign the MRIS cheerleading constitution.

Candidate Signature

Date

Parent or Guardian Signature

Date

Emergency Treatment – Sports Medical Form
Parent's Consent Form
(Turned into Ms. Lidvall)

Emergency Treatment

Many hospitals and doctors will not treat a child without parental consent (unless in a matter of life or death). It is requested that you complete the information below so that if your child requires a visit to the hospital while under the supervision of the school, this will allow the hospital to treat the injury.

Emergency Information:

Student's Name: _____ **Grade:** _____

Age: _____ **Date of Birth:** ____/____/____

Address: _____

City: _____ **State:** Tennessee **Zip:** _____

Parent/ Guardian 1 Name: _____

work phone: _____

cell phone: _____

Parent/ Guardian 2 Name: _____

work phone: _____

cell phone: _____

Another person to contact: _____

Relationship: _____ **Phone number:** _____

Insurance Company: _____

& Group Number: _____

ALLERGIES: _____

I authorize necessary treatment for _____.

Parent/Guardian's Consent:

I hereby give my consent for (student's name) _____ **to represent Montgomery Ridge Intermediate School in the sport of Cheerleading.**

Parent/Guardian Signature: _____ **Date:** _____

Teacher Evaluations (turn in to Ms. Lidvall)

Please provide a list of current teachers who you will be requesting to submit evaluations on your behalf. Please have the four (4) academic teachers fill out the evaluation.

Cheer candidate:

Subject

Teacher

Teacher Evaluation

Please take the time to complete & submit the following recommendation form
by 3:00pm on Friday, March 31.

Cheer Candidate: _____

Category	Score 1-3 (1 low – 3 high)		
Academics – effort, turns in work	1	2	3
Attendance – punctual & prepared	1	2	3
Attitude – cooperative, pleasant	1	2	3
Behavior – respectful of you & classmates	1	2	3
Leadership – influences others, proactive	1	2	3
Reliability – trustworthy, honest	1	2	3
School Spirit – participates, shows pride	1	2	3

Additional comments:

Staff Member

Place completed forms in Ms. Lidvall's box.

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