

# Fort Mill Middle School



## Tryout Information Packet

for

Fall 2025

### Cheer Tryout Dates:

**Tuesday, May 13, 2025 - Thursday, May 15, 2025**

The deadline to have ALL forms to Mrs. Smalls is Monday, May 12, 2025 via Google Classroom  
(Class Code: nfhkksp)

**1<sup>st</sup> Practice: Monday, May 19, 2025: 3:30pm – 5:00pm**  
**Parent Meeting: Monday 19, 2025: 5:30pm – 6:30pm**

Dear Cheerleading Candidates and Parents/Guardians,

Thank you for your interest in trying out for the Fall 2025 Fort Mill Middle School Cheerleading Team. We appreciate your enthusiasm and interest in our program. This letter is intended to emphasize the importance of the commitment that goes along with becoming a cheerleader at Fort Mill Middle School. This program is about a lot more than just winning or even cheering at the games. As a cheerleader you are expected to be the standard that other students measure by. This standard is based on your behavior, grades, and commitment. Please be advised that being selected as a cheerleader is not just on cheerleading skills along, it is your citizenship and commitment.

You must meet certain qualifications in order to tryout for cheerleading. All students must turn in the provided forms and have a physical prior to the tryout date. Please read carefully the cheerleading rules of conduct and performance regarding expectations for cheerleaders. Suspension from school, excessive tardiness to class, lunch detention, missing practices and games, and any violation of the rules of Fort Mill Middle School can result in dismissal from Cheerleading at Fort Mill. This needs to be addressed before the fact and not after the fact. We want to express our excitement about the new possibilities!

Cheerleading can be the most rewarding experience of your life. It teaches you to balance your time, work with a team, discipline yourself, learn new skills, perfect your skills, and be an ambassador for your school and community. Please be advised that cheerleading requires a tremendous time commitment. If you are willing to commit, we want you on the Fort Mill Middle Cheerleading Team!

Please read the following packet carefully and return ALL necessary forms to by **Monday, May 12, 2025 via Google Classroom (Class Code: nfhkksp)**. Be advised that forms received after this date may not be considered. Thank you and good luck!

With Jacket Pride,

Marjorie Smalls ☺

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Fort Mill Middle School: 803-547-5553



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\*\* Upload these forms to Google Classroom with Class Code: [nfhkks](#).

\*\*\* Give these forms to academic/core teachers to complete.

++ Upload these forms (with a copy of your birth certificate) to Planet HS on the FMMS Athletic Website.



**Fort Mill Middle School**  
**Cheerleading Clinic, Tryouts Dates & Parent Meeting**

**Mandatory Clinic & Tryout**

**Clinic (Day 1): Candidate Interview & Material Review Clinic:**

When: Tuesday, May 13, 2025  
3:30p – 5:30p  
Where: FMMS Café

**Clinic (Day 2): Candidate Interview & Material Review Clinic:**

When: Wednesday, May 14, 2025  
3:30p – 5:30p  
Where: FMMS Café

**Tryout (Day 3): Material Review & Cheer Tryouts:**

When: Thursday, May 15, 2025  
3:30p – 5:30p  
Where: FMMS Café

**NOTE: Candidates may leave after their tryout.**

**FMMS Cheerleader Parent Meeting**

**What:** General Cheer Information

**When:** Monday, May 19, 2025

**Where:** FMMS Café

**Time:** 5:30p– 6:30p

# Fort Mill Middle School Cheerleading

Dear Parents and Prospective Cheerleader,

Mandatory interview, clinic, and tryouts for the **Fall of 2025** FMMS Cheerleading Team will be on **Tuesday, May 13, Wednesday, May 14, and Thursday, May 15, 2025**. Being a cheerleader is a lot of fun, but also takes a lot of time and is a big responsibility. Therefore, please read everything in this packet **carefully**. Here you will find the rules and regulations for being a cheerleader. If there is any rule or requirement that you cannot follow, we suggest that you do not tryout. All prospective candidates must return the following items by **Monday, May 12, 2025, via Google Classroom (Class Code: nfhkks)**. **Forms received after this date may not be considered.**

## **Important Forms – Return Via Google Classroom**

- Cheerleading Application Form – completed and signed
- FMMS Payment Acknowledgement Form
- UCA Safety Stunt Clinic & Choreography Acknowledgement Form
- Copy of your **3<sup>rd</sup> Nine Weeks Report Card** from 2024-2025
- Emergency Release Form – completed and signed
- Cheer Questionnaire
- Candidate Skill Form
- Head shot of athlete

## **Important Forms – Return Via FMMS Athletic Website**

- Physical Examination Form & Birth Certificate (Physicals must be dated April 1, 2025 or later) – Upload to BIG TEAMS on the FMMS Athletic Website
- Parent's Permission and Acknowledgment of Risk Form – completed and signed  
Upload to BIG TEAMS on the FMMS Athletic Website

## **Teacher Recommendations**

NOTE: Two (2) Teacher Recommendations – (must be completed by teachers from academic/core classes)\*\*

Students may not be allowed to tryout until ALL of this information is completed. **The deadline for having ALL forms is Monday, May 12, 2025 via Google Classroom (Class Code: nfhkks)**. Also, an itemized estimate of the cost for each cheerleader is listed. However, if you are chosen to represent Fort Mill Middle, a detailed informational handout will be provided. Please see the attached itinerary for tryouts.

# Tryout Procedures

The tryout process will consist of:

- Two (2) clinic tryout days, at which skills/routines will be taught and reviewed
- A single tryout day
- **NOTE: Attendance is mandatory for all days!**

Appropriate attire should be worn to clinics each day:

- Shorts (spandex can be worn under Softees) – Appropriate length
- Tee shirt
- Socks and athletic shoes
- Hair pulled back from face
- No jewelry
- No gum
- No wild nail polish colors

Appropriate attire for tryouts

- Shorts / Spandex (no denim)
- White tee shirt
- White socks and athletic shoes
- Hair pulled back from face
- No jewelry
- No gum
- No colored nail polishes

**\*\*\* The numbers of the successful candidates will be listed in Google Classroom by 3:30pm on Friday, May 16th. \*\*\***

# Fort Mill Middle School

## Cheerleading Rules and Regulations

### 2025

Students who are selected to represent the school are expected to conform to a more rigid code of behavior than the general student population. Participation in activities, which represent the school, is considered a privilege, is subject to regulation, and is not an inherent right.

Being a FMMS Middle School cheerleader in the Fort Mill School District implies that you are part of an elite group. You are looked upon as a leader. This being so; you have certain responsibilities and loyalties to your school. Your behavior and attitude in this school should only reflect your position as a leader. Therefore, this handbook is to ensure that you, as a cheerleader will put your best side forward.

**Qualifications:** The following are qualifications for trying out.

1. Candidates must obtain, complete, and return all of the necessary important FMMS Cheer required forms and teacher recommendation forms on or before **Monday, May 12, 2025, via Google Classroom (Class Code: nfhkksp)**. **NO EXCEPTIONS!**
2. Candidates CANNOT be failing any classes on their **3<sup>rd</sup> nine weeks** report cards.
3. Candidates must attend all days of the clinics and tryouts, to be considered
4. Candidates will be expected to abide by the South Carolina High School League rules and Fort Mill School District #4 rules.

**Tryouts:** The following rules will be observed during clinics and tryout.

1. Coaches will determine what dance and/or cheer will be used and instructed for tryouts.
2. Candidates must wear appropriate clothes and shoes for tryouts and practice. Tennis shoes, socks, shorts and t-shirt are appropriate. (Nothing that shows you were a cheerleader in previous years).
3. We are going to take the **top 20-22 students** for our combined 7<sup>th</sup> and 8<sup>th</sup> grade team; female and/or male candidates receiving the best scores will be placed on the team.
4. All forms must be turned in by: **Monday, May 12, 2025, via Google Classroom (Class Code: nfhkksp)**.
5. You MUST attend all days of the clinics and tryouts, to be considered.

**Cheerleading Team:** The following rules will apply to all cheerleaders and managers.

1. Cheerleaders who fail 1 class in a 9-week period may be placed on a 2-week probation. This is to ensure the Cheerleader will have no further grade problems. If more grade problems persist, they will be handled individually. School comes first!!
2. Cheerleaders should report grades to coach within 2 days at the end of every 9 weeks and midterm.
3. All absences must be approved through your Coach. Do not tell someone else, tell your coaches. If you are home sick, parents should e-mail or call coach(es).
4. 3 unexcused absences (practices or games) are cause for dismissal from squad.
5. Missing practices for non-emergencies are unexcused (This includes hair appointments, other team practices, vacations, visits with family or non-emergency doctors' appointments).
6. The coaches and/or squad will select captains.
7. Cheerleaders must be willing to work individually and as a group with the coaches, captain and other cheerleaders.
8. All parts of the uniform will be selected by the coaches and are provided by the school. Camp, camp outfits, shoes, socks, hair bows, bags, and any other required purchases are the responsibility of the cheerleader.
9. Uniforms MUST be kept clean at all times. It is the responsibility of each cheerleader to keep their uniforms in good condition. If the uniform is lost or beyond repair the cheerleader must pay for replacement.
10. Cheerleaders must be on time to all activities and stay for the required amount of time. Only the coach may allow early dismissals.
11. During practices the following rules apply:
  - Follow all FMSD rules.
  - Wear appointed practice outfit.
  - Wear sneakers.
  - Hair must be up and out of the face. In a PONYTAIL and clips used to keep hair out of your face.
  - No jewelry will be worn. Safety is our first priority.
  - No eating or phones during practice. PLEASE leave them in the locker room.
  - Be in practice area within 15 minutes of final school bell.
  - Every cheerleader is responsible for contributing his or her share.
  - No one leaves until the practice area is clean.
  - If you miss a practice before a scheduled game, excused or unexcused, you may not be allowed to cheer at the game. Please schedule all doctors' appointments, hair appointments, trips, non-emergency appointments around the schedule.

12. All cheerleaders are required to attend the Stunt Clinics, Choreography, and at least two (2) summer practices they will take place in one of the Fort Mill School District gyms. **NO EXCEPTIONS!**
13. Cheer schedules of practices and events will be provided prior to the season. NO practices will take place without a coach present.

**Officers:** Captains

1. Will be selected by the coaches and/or team prior to the season.
2. Should be role models for the squad and are responsible for keeping up the morale of the team.
3. Responsible for starting practices on time and will lead warm-ups.
4. Should help decide which cheers and half-time show will be used during the game, prior to practice time.
5. To call cheers at a good rate.
6. Report any problems to the coach, so they may be dealt with in the best possible manner.
7. Failure to perform these duties or 5 demerits, may result in dismissal of duties.

**Games:**

1. All games are mandatory and cheerleaders must stay for the entire game.
2. Cheerleaders must know all the cheers and routines for the game. Sitting out is unacceptable.
3. Cheerleaders are required to dress in full uniform.
4. Hair must be up and out of the face. PONYTAIL!
5. Hair bows must be uniform. No wild hairstyles.
6. NO jewelry will be worn in uniform.
7. NO body art (drawing on oneself).
8. NO nail polish is allowed in uniform. Nails need to be athletic length.
9. Neither chewing gum nor eating is allowed during the game.

## Dismissal from squad:

1. **\*Failure to pay for all required purchases on or before the scheduled date:**

Subtotal A: Due by: **Monday, June 16, 2025**

Subtotal B: Due by: **Friday, July 18, 2025**

2. **\*\*Failure to attend the Stunt Clinics and Cheer Camp, on the scheduled days with the FMMS Cheer team.**

3. Suspension from school. (OSS)
4. ISS is at coaches' discretion.
5. Failure to comply with school and cheerleading rules and regulations.
6. Lack of interest.
7. Failure to cooperate with other cheerleaders and/or coaches.
8. An act, which would cast a reflection on the person's ability to be a leader and to be respected by fellow students.
9. 3 unexcused absences
10. 10 demerits.
11. Any cheerleader who is removed or quits the team may be prohibited from trying-out the next year.

\*\*\*\*NOTE: If there is a problem within the team, see the coach. Cooperation is expected at all times. At practice, the coaches or captains make the final decisions and must be respected at all times. Demerits will be issued for failure to comply with the rules. Negative attitudes will not be tolerated.

## General Rules:

- It is the responsibility of the parents to provide transportation to & from school, before & after a game or practice. If a cheerleader is not picked up within 15 minutes of pick-up time, he/she may not be allowed to cheer the following game.
- Coach must have written permission if you are allowing your child to walk off the school grounds after a game or practice.
- Cheerleaders will cheer at all home football and basketball games and possibly some away games.
- Fort Mill Middle cheerleaders will travel and cheer during football and basketball tournament games.

## Merit / Demerit System:

- Merits are given to cheerleaders for actions performed above the normal duties.
- Demerits are given to cheerleaders for not doing what is normally required.
- Merits and demerits are determined by the coaches and given out by the coaches.
- Once a cheerleader receives 5 demerits a letter will be sent to their parents
- 7 demerits will result in 1 week probation.
- 9 demerits will result in 2 week probation.
- 10 demerits will result in dismissal.

**Merits:** List of some ways to earn merits

- Helping others 1
- Praise from faculty 1
- Attending other after school functions 1
- Making up a new cheer 1
- Tutoring another cheerleader (on own) 1
- Working off demerits: running laps (10) 1

**Demerits:** List of some demerits

- Dirty uniform (any part) 1
- Out of uniform (any part including hair) 1
- Missed practice unexcused 1
- Failure to sign-out after a game 1
- Extensive talking to spectators at a game 1
- Eating or chewing gum at a game 1
- Leaving early from practice or game 1
- Jewelry or nail polish while in uniform 1
- Negative comments from teachers 1
- Skirt not taken off after game 1
- Late to practice or game 2
- Primping in public in uniform 2
- Arguing with another cheerleader 2
- Disrespectful toward coaches, captains or others 2
- Silent lunch/Detention 2
- Missed game unexcused 3
- Public displays of affection 3
- ISS 3
- Suspension 10

**Other violations:**

- Failure to dress properly for practice/game 10 Jumps
- No ponytail (hair in face) at a practice/game 10 Jumps

Any behavior that is considered to be inappropriate and disruptive to the cheering team, that may not be specifically dealt with in this code, will be handled in a manner that the Coach(es) and/or Principal feels is most appropriate for all concerned.

# **Fort Mill Middle School Cheerleading Tryouts**

## **Judge's Score Sheet – Explanation of Criteria**

The criteria below will be used to evaluate you during the clinics and tryouts. Become familiar with them. As you practice, you may want to have someone, a parent/guardian perhaps, evaluate you as the judges would in each of the six categories. Your evaluation actually starts the very first day – **ATTITUDE**, appearance, form, timeliness, following instructions, etc. Candidates will lose points for being late, disrespectful and/or not following instructions given. **Also, candidates will receive points for teacher recommendations and coach's points.**

### **Appearance**

- Confident and enthusiastic
- Neatly dressed; good posture; hair away from face; no jewelry/gum/colored nail polish

### **Knowledge**

- Confidently exhibits cheers/chants/jumps/motions/dance
- Knows the sequence and precision of movements
- Does not look around to others for help
- Few mistakes; recovers quickly without drawing attention

### **Jumps**

- Knows two required jumps (Toe Touch and Herkie)
- Good height, straight back, exact position of legs
- Smooth prep, execution, and landing

### **Chant/Cheer**

- Sharp, precise movements
- Loud, audible voice projection
- Synchronized with other members
- Energetic and full of enthusiasm
- Correct arms, length hand position
- Has correct rhythm and timing

### **Dance Routine**

- Synchronized with other members
- Energetic and full of enthusiasm
- Has correct rhythm and timing
- Knows the sequence and precision of movements
- Does not look around to others for help
- Few mistakes; recovers quickly without drawing attention

### **Gymnastics**

- Cartwheel/round-off
- Back handspring
- Round off/Back handspring

## Jumps

### **Toe Touch**

- Both legs remain straight with knees facing up
- Sit into the jump while keeping chest and head up
- Reach for the arch of the foot, rather than the toes
- Keep back straight
- Land with feet together at the same time and on your toes

### **Herkie**

- One leg bends out to the side while the other remains straight out to the other side
- The bent knee faces down while the straight leg knee faces upward
- Land with feet together at the same time and on your toes

### **Front Hurdler**

- Turn at a 45° angle
- One leg is straight while the other is bent behind you
- Bent knee faces down while straight leg comes up to chest directly in front of the body
- Land with feet together at the same time and on your toes

### **Pike**

- Turn to one side
- Bring both legs up to chest in a pike position together
- Land with feet together at the same time and on your toes

## Basic Cheer Motions

**Beginning Stance** (feet together, hands down by the side in blades, head down)

**Cheer Stance** (Feet shoulder width apart, hands down by the side in blades)

**Clasp** (Hands clasped, under the chin, elbows in)

**Clap** (Hands in blades, under the chin, elbows in)

**High V** (Arms extended up forming a “V” – ‘big donuts’)

**Low V** (Arms extended down forming a “V” – big donuts’)

**Touchdown** (Arms extended straight and parallel to each other – ‘little donuts’)

**Low Touchdown** (Arms extended straight down and parallel to each other – ‘big donuts’)

**Bow and Arrow** (One arm out to side – ‘big donut’ & other arm bent at elbow in a half “T” motion – ‘little donut’)

**Overhead Clasp** (Arms are straight, above the head in a clasp and slightly in front of the face)

**Tabletop** (Arms bent at elbow, fists in front of shoulders – ‘little donuts’)

**Box Motion** (Both arms up in a 90-degree angle, elbows at shoulder height – ‘little donuts’)

**Muscle Man** (Both arms up at a 90-degree angle from a “T” motion – ‘little donuts’)

**Punch** (One arm extended straight up – ‘little donut’, one arm on hip)

**L Motion** (Left/right arm extended to the side – ‘big donut’ with other arm extended in a punch motion – ‘little donut’)

**Diagonal** (Left/right arm extended in a high “V” & the other arm extended in a low “V” – ‘big donuts’)

**T Motion** (Both arms extended straight out to the sides and parallel to the ground – ‘big donuts’)

**Half T** (Both arms are parallel to the ground and bent at the elbows, fists to shoulders – ‘little donuts’)

**Side Lunge** (Lead leg bent with knee over the ankle, back leg straight, feet perpendicular to each other)

**Front Lunge** (Lead leg bent with the knee over the ankle, back leg straight, feet parallel to each other)

## UCA Stunt Clinic & Choreography Camp Information

**UCA Safety Stunt Clinic** allows cheerleaders to learn the latest stunts in cheerleading. UCA Staff will help our team stunt their hearts out – safely! Groups begin with basic stunts and move on to more difficult stunts, based on their skill level. UCA uses S.P.O.T. (safety in Spotting/ Progression/ Organization/ Technique) to ensure great stunts; followed by a Safety Awareness Test.

**Choreography Camp** is a **two (2) days MANDATORY** camp that will teach the routine that we will be showcasing and competing with. This will be a time where we will be spending **two full days** with a choreography team, that will design and make sure we have a complete understanding of our choreography routine. This is crucial for our success this year.

*Cheerleaders will purchase camp wear, which will be the clothes used for practice when school starts in the Fall of 2025. The exact price for these three sets of clothing will be provided at the Parent Meeting.*

**100% participation is expected!**

**WHY camp?** The best way to start a season! It's the first step to becoming a team, and the key to having a safe and successful year.

**To Develop Skill Safety!** Camp will help our team create a safe foundation to build upon throughout the year. As a team, you'll go through the proper progression of skills together, laying the groundwork for a safe season.

**For Team Building!** Camp is the ideal setting for athletes to bond together as a team and set common goals and purpose. This focused time is critical to creating the unity required to transform a group of individuals into a strong team.

**To Create Confidence!** Camp will help give our team the opportunity to succeed in the very beginning of the season. From learning a new cheer or dance routine to performing in front of their peers.

## FMMS Cheerleader General Pricing Sheet

Item	Information	Price
<b>UCA Safety Stunt Clinic</b>	<b>Fort Mill Middle School</b> <b>Date: Saturday, May 17</b> <b>Location: Fort Mill Middle School</b> <b>12:00pm – 6:00pm</b>	<b>\$70.00</b>
<b>UCA Cheer Camp</b>	<b>Fort Mill Middle</b> <b>Date: Wednesday, June 25, 2025</b> <b>12pm-6pm</b> <b>Date: Thursday, June 26, 2025</b> <b>9am – 4pm</b>	<b>\$200.00</b>
<b>***Choreography***</b>	<b>Fort Mill Middle School</b> <b>Dates: Thurs., July 10 &amp; Fri., July 11</b> <b>8am-5pm</b> <b>***Mandatory***</b>	<b>\$150.00</b>
	<b>Subtotal A: UCA Safety Stunt Clinic, UCA Cheer Camp &amp; Choreography</b>	<b>Subtotal A: \$420.00</b>
<b><u>ITEMS TO BE ORDERED</u></b>		
<b><u>IMMEDIATELY</u></b>		
Practice Outfit 1	Bad to the Bow (blue) T-shirt	\$20.00
Practice Outfit 2	Don't Let The Bow Fool Ya' (pink) T-shirt	\$20.00
Practice Outfit 3	And 5,6,7,8 (gold) T-shirt	\$20.00
Practice Outfit 4	Rebel Practice/Gameday T-shirt ~	\$95.00
Sweatshirt	FMMS	\$45.00
Navy Cheer Jacket	Rebel 'JACKETS' (Optional)	\$70.00
Shoes	Rebel Ruthless (Optional)	\$110.00
Cheer Bag	Rebel FM Cheer Bag (Optional)	\$115.00
Megaphone Bag Tag	Gold w/blue writing (Optional)	\$15.00
Comp Hair Bow	Bow	\$25.00
Game Day Hair Bows	White Bow	\$12.00
Navy Honeycomb Bow	Rebel Bow (matches)~	\$18.00
'Cheer for the Cause' Socks	Pink (School Provided)	\$0.00
	<b>Subtotal B: Cheer Gear</b>	<b>Subtotal B: \$565.00</b>
	<b>Subtotal A &amp; Subtotal B:</b>	<b>\$675.00 - 985.00</b>
	<b>NOTE: The fees listed above are very close ESTIMATES as of 5/1/25</b>	

**Due to time constraints, FMMS cheer balances are due by**

**Subtotal A: Due by: Monday, June 16, 2025**

**Subtotal B: Due by: Friday, July 18, 2025**

## Tryout Schedule & Parent Meeting

**Tuesday, May 13<sup>th</sup>:**

Practice	3:30p – 5:30p
3:30p – 3:45p	Sign-in & Dress out
3:45p – 4:00p	Stretch, warm up & jumps
4:00p – 4:30p	Group A: Review cheer, chant & dance
4:00p – 4:30p	Group B: Interviews
4:30p – 5:00p	Group A: Interviews
4:30p – 5:00p	Group B: Review cheer, chant & dance
5:00p – 5:15p	Tumbling Evaluations
5:15p – 5:30p	Pairs for Tryouts are assigned
5:30p	Dismissal –
	<b>*** HAVE RIDES HERE ON TIME***</b>

**Wednesday, May 14<sup>th</sup>:**

Practice	3:30p – 5:30p
3:30p – 3:45p	Sign-in & Dress out
3:45p – 4:00p	Stretch, warm up & jumps
4:00p – 4:30p	Group A: Review cheer, chant & dance
4:00p – 4:30p	Group B: Interviews
4:30p – 5:00p	Group A: Interviews
4:30p – 5:00p	Group B: Review cheer, chant & dance
5:00p – 5:15p	Tumbling Evaluations
5:15p – 5:30p	Pairs for Tryouts are assigned
5:30p	Dismissal –
	<b>*** HAVE RIDES HERE ON TIME***</b>

**Thursday, May 15<sup>th</sup>:**

Tryouts	3:30p – 5:30p
3:30p – 3:45p	Roll call, stretch & warm-up
3:45p – 4:00p	Pin number on, line up outside café in order
4:00p – 5:30p	Tryouts
	You may leave after <u>you</u> tryout

**Monday, May 19<sup>th</sup>**

3:30p – 5:00p	<b>1<sup>st</sup> Practice &amp; REBEL Sizing</b>
5:30p – 6:30p	<b>Parent Meeting</b>

Numbers of the 2025 FMMS Fall Cheerleaders will be posted in Google Classroom by 3:30pm  
 ~~ Friday, May 16, 2025 ~~

**MAY 2025**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12 <b>Cheer Forms</b> <b>Due: By 3:30p</b>	13 <b>Cheer Tryouts</b> 3:30p-5:30p Café	14 <b>Cheer Tryouts</b> 3:30p-5:30p Café	15 <b>Cheer Tryouts</b> 3:30p-5:30p Café	16	17 <b>UCA Safety Stunt Clinic</b> 12:00p – 6:00p
18	19 <b>1<sup>st</sup> PRACTICE</b> 3:30p-5:00p <b>Parent Meeting</b> 5:30p - 6:30p	20 <b>PRACTICE</b> 3:30p-5:30p	21 <b>PRACTICE</b> 3:30p-5:30p	22 <b>NO PRACTICE</b>	23 <b>NO PRACTICE</b>	24
25	26	27	28	29	30	31

**JUNE 2025**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 <b>PRACTICE</b> 10:00a – 12:00p	4	5 <b>PRACTICE</b> 10:00a – 12:00p	6	7
8	9	10	11	12	13	14
15	16	17 <b>PRACTICE</b> 10:00a – 12:00p	18	19 <b>PRACTICE</b> 10:00a – 12:00p	20	21
22	23	24	25 <b>UCA Camp</b> 12:00p – 6:00p	26 <b>UCA Camp</b> 19:00a – 4:00p	27	28
29	30					

**JULY 2025**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>DEAD WEEK</b>		1	2	3	4	5
6	7	8 <b>PRACTICE</b> 10:00a – 12:00p	9	10 <b>Choreography Day 1</b> <b>8:00a – 5:00p</b>	11 <b>Choreography Day 1</b> <b>8:00a – 5:00p</b>	12
13	14	15 <b>PRACTICE</b> 10:00a – 12:00p	16 Possible <b>PRACTICE</b>	17 <b>PRACTICE</b> 10:00a – 12:00p	18	19
20	21 <b>Little Jackets Camp</b> 8:30a - 1:00p	22 <b>Little Jackets Camp</b> 8:30a 1:00p	23 <b>Little Jackets Camp</b> 8:30a 1:00p	24 <b>PRACTICE</b> 10:00a – 12:00p	25	26
27	28 <b>NO PRACTICE</b>	29 <b>NO PRACTICE</b>	30 <b>NO PRACTICE</b>	31 <b>NO PRACTICE</b>	August 1 <b>NO PRACTICE</b>	

**Fort Mill Middle School**  
**Cheerleader Application Form**  
**Fall 2025**

**Student's Name:** \_\_\_\_\_

**Student's school email address:** \_\_\_\_\_

Home Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Student's E-mail Address: \_\_\_\_\_

**Mother's Name:** \_\_\_\_\_ **Cell Phone:** \_\_\_\_\_

Mother's E-mail Address: \_\_\_\_\_

**Father's Name:** \_\_\_\_\_ **Cell Phone:** \_\_\_\_\_

Father's E-mail Address: \_\_\_\_\_

**Emergency Contact & Number:** \_\_\_\_\_

Allergies: \_\_\_\_\_

Current Grade Level: \_\_\_\_\_ Homeroom Teacher: \_\_\_\_\_

Interest/Hobbies: \_\_\_\_\_

PLEASE SIGN AFTER YOU AND YOUR PARENTS HAVE READ THE ENTIRE PACKET. RETURN APPLICATION **via Google Classroom (Class Code: **nfhkksp**) by **Monday, May 12, 2025****. STUDENTS MAY NOT BE ALLOWED TO TRYOUT WITHOUT A COMPLETED APPLICATION PACKET.

\*\*\*\*\*

**I have read all of the rules and regulations for cheerleading as set forth by the coaches at FMMS. I promise to cooperate and follow the instructions of the cheerleading coaches.**

**Student Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

\*\*\*\*\*

**I give my daughter/son permission to tryout for FMMS cheerleading. I have read all of the rules and have explained any of the rules my daughter/son may not have understood. I understand by the very nature of the activity, cheerleading carries a risk of physical injury. No matter how careful the participant and coach are, how many spotters are used, or what landing surface is used, the risk cannot be eliminated. I agree to abide by the final decisions of the judges. In addition, I am also aware of the financial commitment required for cheerleading. Further, I have been informed that stunt clinic and cheer camp are mandatory events.**

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

# UCA SAFETY STUNT CLINIC, UCA CHEER CAMP & CHOREOGRAPHY

We, \_\_\_\_\_ (Parent/Guardian of candidate) and \_\_\_\_\_ (candidate) are aware that if \_\_\_\_\_ (candidate) failed to attend the UCA Safety Stunt Clinic, UCA Cheer Camp & Choreography Camp (\$420.00), on the date(s) selected by the cheer coach, \_\_\_\_\_ (candidate) may be dismissed from the FMMS Cheer team. **NOTE: Choreography Camp is mandatory.**

Signature of Candidate: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

# PAYMENT FOR FMMS CHEERLEADING

We, \_\_\_\_\_ (Parent/Guardian of candidate) and \_\_\_\_\_ (candidate) are aware that the approximate cost of cheerleading at FMMS is between \$255.00 - \$565.00 for Fall 2025. Further, we have been informed that if the total cost has not been received by **FMMS by Friday, July 18, 2025**, \_\_\_\_\_ (candidate) may be dismissed from the FMMS Cheer Team. **NOTE:** Payment arrangements are possible for FMMS Cheer.

Signature of Candidate: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

**Fort Mill Middle School Cheerleading**  
**Tryout Questionnaire**

1. Why are you trying out for cheerleading?

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2. What three characteristics do you feel are most important for cheerleaders to possess?

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3. Name two ways to get students interested in attending sports events.

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4. What is a cheerleader's role at a football game?

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5. What would you do if a member of your cheerleading squad had a bad attitude problem?

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6. How can cheerleader's best represent their school and student body?

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7. Why should a cheerleader be responsible for maintaining good grades?

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8. Have you ever cheered or been involved in gymnastics before? List any previous and/or current cheering or gymnastic experiences:

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**\*\*Please list any activities or sports that might conflict with cheerleading activities (vacations, school clubs, etc). Also, please discuss this information with the coach prior to the start of tryouts.\*\***

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Please list activities that you have been and/or are currently involved in at school or outside school. Please give the name of the advisor/coach you are working with, if it is a current school-related activity.

Activity	Advisor/Coach
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**\*\*Please list any injuries that may prevent you from **fully** participating in cheerleading at FMMS. Also, please discuss this information with the coach prior to the start of tryouts.\*\***

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# Candidate Skill Form



\*\*\* Please complete accurately. This form will give the coaches a better understanding of your skill set and experience. \*\*\*\*\*

- Have you cheered before? \_\_\_\_\_  
If so, when and where? \_\_\_\_\_

- Please check your most recent stunting position:

- Base
- Flyer
- Back Spot

- Please check what you currently perform **without** a spot:

- |   |                                    |
|---|------------------------------------|
| { | Standing Back handspring           |
| } | Standing Back Tuck                 |
| { | Multiple Standing Passes           |
| } | Round off Back Hand Spring         |
| { | Round off Back Tuck                |
| } | Round off Multiple Back Handspring |
| { | Round off Back Handspring Tuck     |
| } | Back Walk Over                     |
| { | Front Walk Over                    |
| } |                                    |

- In a few sentences below, let us know what would make you a great addition to the FMMS Cheer Team:

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# TEACHER RECOMMENDATION

TEACHER'S NAME: \_\_\_\_\_ SUBJECT: \_\_\_\_\_

**Please do not share your recommendation with the applicant.** Please return this form to front office no later than **3:30 pm** on **Monday, May 12, 2025.** Thank you for your help.

Dear Teacher /Administrator/Coach:

\_\_\_\_\_ has applied to be a cheerleader at a Fort Mill Middle School. Please answer the following questions by rating this student from 1-5.

- | 1. Poor   | 2. Fair | 3. Average | 4. Above Average | 5: Superior |
|-----------|---------|------------|------------------|-------------|
| _____ 1.  |         |            |                  |             |
| _____ 2.  |         |            |                  |             |
| _____ 3.  |         |            |                  |             |
| _____ 4.  |         |            |                  |             |
| _____ 5.  |         |            |                  |             |
| _____ 6.  |         |            |                  |             |
| _____ 7.  |         |            |                  |             |
| _____ 8.  |         |            |                  |             |
| _____ 9.  |         |            |                  |             |
| _____ 10. |         |            |                  |             |

Please circle your answer, based on your interactions with this candidate.

- |  |     |           |    |
|--|-----|-----------|----|
| 1. Does this candidate <b>follow through</b> on requested task?                            | Yes | Sometimes | No |
| 2. Has this candidate ever displayed <b>mean/unkind</b> tendencies?                        | Yes | Sometimes | No |
| 3. Have you ever questioned the <b>behavior</b> of this candidate?                         | Yes | Sometimes | No |
| 4. Has this candidate ever displayed a <b>poor attitude</b> toward you or another student? | Yes | Sometimes | No |
| 5. Have there ever been any concerns about <b>honesty</b> in regards to this candidate?    | Yes | Sometimes | No |
| 6. Have you ever assigned this student a silent lunch/recovery room visit?                 | Yes |           | No |
| 7. To your knowledge, has this student served an ISS/OSS this year?                        | Yes |           | No |

**COMMENTS:** (optional) \_\_\_\_\_

Approximate Grade to Date: \_\_\_\_\_ (letter grade will be fine)

# TEACHER RECOMMENDATION

TEACHER'S NAME: \_\_\_\_\_ SUBJECT: \_\_\_\_\_

**Please do not share your recommendation with the applicant.** Please return this form to front office no later than **3:30 pm** on **Monday, May 12, 2025.** Thank you for your help.

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|-----------|---------|------------|------------------|-------------|
| _____ 1.  |         |            |                  |             |
| _____ 2.  |         |            |                  |             |
| _____ 3.  |         |            |                  |             |
| _____ 4.  |         |            |                  |             |
| _____ 5.  |         |            |                  |             |
| _____ 6.  |         |            |                  |             |
| _____ 7.  |         |            |                  |             |
| _____ 8.  |         |            |                  |             |
| _____ 9.  |         |            |                  |             |
| _____ 10. |         |            |                  |             |

Please circle your answer, based on your interactions with this candidate.

- |  |     |           |    |
|--|-----|-----------|----|
| 1. Does this candidate <b>follow through</b> on requested task?                            | Yes | Sometimes | No |
| 2. Has this candidate ever displayed <b>mean/unkind</b> tendencies?                        | Yes | Sometimes | No |
| 3. Have you ever questioned the <b>behavior</b> of this candidate?                         | Yes | Sometimes | No |
| 4. Has this candidate ever displayed a <b>poor attitude</b> toward you or another student? | Yes | Sometimes | No |
| 5. Have there ever been any concerns about <b>honesty</b> in regards to this candidate?    | Yes | Sometimes | No |
| 6. Have you ever assigned this student a silent lunch/recovery room visit?                 | Yes |           | No |
| 7. To your knowledge, has this student served an ISS/OSS this year?                        | Yes |           | No |

**COMMENTS:** (optional) \_\_\_\_\_

Approximate Grade to Date: \_\_\_\_\_ (letter grade will be fine)

**Physical Form (two sheets) -- See attached**

**pp. 26-27**

**Parent's Permission & Acknowledgement of Risk -- See attached**

**p. 28**