



April 11, 2024

Dear Prospective Cheerleader and Parent/Guardian,

The 2024 Fall Cheerleading season is coming up quickly and there is some information that I feel may be helpful for you.

Tryouts for the Fall Sideline / Competition Cheer Squads will be held **Wednesday, May 1st** at 5:30pm in the AHS Spirit Room. Practices will be held at the following dates and times: **Monday, April 29th from 4:00-6:00pm** and **Tuesday, April 30th from 6:00-8:00pm** in the AHS Spirit Room. These practices will be used to teach the required material for the tryout. Attendance is required for at least one of the two practices, but attending both (if possible) is encouraged.

Tryouts are used to place prospective cheerleaders on an assigned squad. Squad placement is determined by tryout scores. The teams will be ***approximately*** the following sizes:

Fall Varsity Sideline: 16-20 cheerleaders

Fall JV Sideline: 12-14 cheerleaders

Competition Squad: 11-13 cheerleaders + minimum of 2 alternates

Therefore, some candidates may not make a fall team. To increase your chances of being a cheerleader, it is strongly recommended that you indicate you would accept placement on any squad regardless of your grade.

Winter cheerleading tryouts will be held in the fall of 2024, your placement on a fall squad will NOT determine your placement in the winter; you will need to try out again.

Attached is some additional information and procedures. You will want to be familiar with this information. Please read it carefully, as you will be held accountable for all of the information. A parent/guardian must **review and sign** the Physical Activity Warning, the Cheerleading Pledge, and the Medical Release. The online application should be submitted online and these two pages (pages 7-8 only) are to be turned in at tryout practice; all materials must be submitted prior to trying out.

We welcome those with previous cheer experience as well as newcomers to the sport. Please wear athletic or cheer shoes as well as shorts and a t-shirt or tank top. Remove ALL jewelry (this includes belly button piercings, nose rings, and any hair ties on your wrists) and have your hair up in a pony tail prior to the start of each practice and tryouts. Please bring your own water bottle each day.

I know how stressful this time can be, but I hope that by understanding exactly what is expected, you may be able to relax a little bit and enjoy the process. If you have questions, please email me at dana.logan@ames.k12.ia.us

Sincerely,

Dana Logan
Head Cheerleading Coach

Ames High School Cheerleading Tryouts

Coach: Dana Logan

E-mail: dana.logan@ames.k12.ia.us

Eligibility

- 1) The Cheerleading Pledge/Physical Activity Warning and the Medical Release Form must be signed, by both the prospective cheerleader and a parent/guardian, and returned to Coach Logan by tryout day (not after). The digital application must be submitted online.
- 2) Candidates must be full time Ames High students.
- 3) The only candidates that will be considered for half season participation (1st semester only) in winter cheer are exchange students and seniors graduating early. They will not be eligible to cheer 2nd semester if no longer students.
- 4) Dual-enrolled home schooled students with ACSO are also eligible candidates.

Tryouts: Illnesses/Injuries/Other

- 1) All candidates **MUST** participate in the tryout process.
- 2) Circumstances may arise where special situations need to be considered (a video tryout may be submitted in **rare** circumstances, only at the coach's discretion, and will be made by the cheerleader. If a video tryout is used, it is due by the date and time of in-person tryouts - May 1st 5:30pm).
- 3) If a candidate is injured, they must do what they are able to do, to the best of their ability, but without causing further injury to themselves.
- 4) If a candidate is too ill to try out, contact Coach Logan immediately, and a decision will be made at the discretion of the coaching staff.
- 5) No special considerations will be given to any candidate who did not discuss their situation with Coach Logan prior to tryouts.

Tryouts: Skills & Procedures

- 1) Individual Cheer (learned at practice)
- 2) Jumps (toe touch, front or side hurdler)
- 3) Loyalty (school fight song - learned at practice and/or by [video](#) in advance)
- 4) Sideline Dance (learned at practice)
- 5) Tumbling - minimum difficulty level of standing back-handspring
(Not required, but extra points can be earned)

Tryouts: Judging

- 1) A panel of judges will determine scores. The panel may consist of, but is not limited to, the cheerleading coaching staff, former cheerleaders/coaches, and coaches from other districts.
- 2) Candidates will be selected based purely on their final scores. The athletic director will have access to the scores, but they will not be available to parents and students. No scores will be released at any time.
- 3) All selections are final and tryout scores will stand.

AHS Cheerleading Tryouts

Tryout # _____ Name: _____

Entrance	Points Possible	Points Earned / 5
-Spirit/Smile -Enthusiasm -Showmanship	5	

Tumbling (Optional)	Points Possible	Points Earned / 5
4-5 Standing or Running series including Layout/Tuck 3-4 Multiple Back Handsprings 2-3 Round Off Back Handspring 1-2 Standing Back Handspring *Deduct 1 pt for poor technique	5	

Jumps	Points Possible	Points Earned / 10
Toe Touch	5	
Side or Front Hurdler	5	

Cheer	Points Possible	Points Earned / 10
Motion Technique	5	
Execution/Memory	5	

Loyalty (fight song)	Points Possible	Points Earned / 25
Motion Technique	10	
Execution/Memory	10	
Rhythm (on count)	5	

Dance	Points Possible	Points Earned / 25
Motion Technique	10	
Execution/Memory	10	
Rhythm (on count)	5	

Overall Execution	Points Possible	Points Earned / 20
Voice/Expression	5	
Confidence/Personality	5	
Spirit/Crowd Appeal	5	
Appearance (rules)	5	

TOTAL: _____ / 100

SAMPLE SCORE SHEET

AHS Cheerleading - Rules, Expectations, Consequences:

Attendance

- A. Each cheerleader is expected to participate in all activities in which the squad participates. It is important to realize that **when one person is absent the whole squad suffers**. Excessive absenteeism will result in suspension or dismissal.
- B. All practices and meetings must be attended unless excused by the coach.

The ONLY valid excuses are the following:

1. **family emergency** (also includes funerals or weddings)
 2. **family vacation** (visiting Grandma in Des Moines is not a family vacation)
 3. **school-related required absence** (out-of-state school field trip, ex: DECA)
 4. **personal illness** (in which you also missed school, this also includes COVID-19 quarantines, testing/awaiting test results, etc)
 5. **military service or jury duty**
- C. Routine doctor appointments, dentist appointments, driver's education, study groups, cosmetic appointments, work, babysitting, suspension* from school, or extra-curricular activities (other than those directly associated with the cheer squad or required school activity) are NOT valid excuses. If a scheduled practice, meeting, or event is missed because of these, it is considered unexcused. **If suspended, you may not attend practice or games, and will automatically lose points for anything missed.*
 - D. Any member who does not meet performance expectations during practice, or has one or more absences from practice in one week, may be excluded from participation in that week's performance.

In the event of an excused absence, the coach should be made aware as soon as possible. If a cheerleader is sick, parents must call/email/or text the coach. All unplanned absences are unexcused until notification is received from a guardian OR a doctor's note is given upon return to practice.

Point System

All squads will utilize a point system. At the start of the season, every squad member has 80 points. If at any time a member loses 40 points, the member will be benched for one game (the next game following the absence). If 60 points are lost, the member will be benched for two games (the next 2 games following the absence). If you are a Varsity member and lose 70 points, you will not receive a Varsity letter or pin at the end of the season. **In addition to the point requirements, Fall Varsity members must cheer a minimum of 75% of Varsity events in order to be eligible to Letter. Non-Varsity members that compete at STATE are eligible to letter if they also cheered at 75% of their scheduled games.** If all 80 points are lost, the member will be removed from the squad. Once points are lost, they cannot be gained back. General point breakdowns are as follows.

Unexcused Absence - Game	- 20 points each time
Unexcused Absence - Practice	- 15 points each time
Late arrival/leaving early of practice or game	- 5 points each time
Misconduct/Uncooperative Attitude	- 5 to 25 points each time (based on severity)
Chewing Gum/lack of jewelry removal/hair issues	- 5 points each time
Incorrect or missing bow/no cheer shoes/colored socks	- 5 points each time

**Excused absences will not be figured into the total. An excused absence is defined as personal illness, family emergency, school required absence, or as determined by the coach.

**It is the right of the coach to bench a cheerleader for any inappropriate action during practice or a game in addition to points.



Ames High School Cheerleading Rules and Regulations



These rules were developed with the best interest of the cheerleader in mind. To the coach's best ability, they will be enforced and maintained. If at any time these rules are broken or not maintained, the coaches and the Athletic Director will have the authority to ask the cheerleader to resign. In most instances, one warning will be given; if the cheerleader does not respond appropriately, action will be taken. Hopefully each squad member will take their commitment to cheerleading seriously. Therefore, it won't be necessary to enforce restrictions on anyone. Please refer below for specific details on infractions and their consequences.

Rules

- 1) **Academic Eligibility:** In order to be a member of the cheer squad, a cheerleader may not have failed any classes the previous semester. If the cheerleader has not passed all of their classes, they may not cheer at games for 30 calendar days (the academic suspension period). Attendance at all practices and events is still required.
- 2) **Good Conduct Policy:** Smoking, drinking alcohol, using other illegal substances, and/or being at a party where these activities are taking place will result in a violation. AHS Cheer follows [ACSD's Good Conduct Policy](#). The cheerleader will also be responsible for explaining to their squad, during a team meeting, why they are being suspended. If repeat offenses occur, dismissal from the team is possible.
- 3) **Social Media Policy:** Illegal activity posted to social media will fall under the Good Conduct Policy listed above. Any communication involving cyber bullying / using intimidation or threats (physical or otherwise) will not be tolerated. Harassing behavior will result in at least a 1 game suspension. If a repeat offense occurs, the cheerleader will be dismissed from the squad.
- 4) **Language:** The use of swear words and/or racial/gender/sexual orientation slurs will not be tolerated at practices or events. These expectations align with the district's expectations for language in the classroom.
- 5) **Attitude:** The coach expects personal problems will not threaten the overall potential of the squad. If attitudes do present a problem, it will be resolved by whatever means the coach deems appropriate (individual meeting with coach, team meeting, suspension of one or more cheerleaders, etc). If problems persist, dismissal is not out of the question.

Practices and Events

- 1) A cheerleader must attend ALL practices and events assigned to them by the coach. Absences must be approved by the coach PRIOR to the start of practice. Contact must be made by a parent via email or a phone call to explain their child's reason for being absent. If the cheerleader is late due to meeting with a teacher, the teacher must write the cheerleader a pass to practice.
 - a. Practices will be held Mon-Thurs from 3:45-5:15pm on days in which your cheerleader does not have a game. On game days, instead of attending practice, cheerleaders will meet at a designated spot 45-60 minutes prior to the event to stretch and warm up. Practices will typically not be held on Fridays, but there are some exceptions.
 - b. A cheerleading coach or school admin must be in attendance at all practices held at the school.
 - c. Unexcused absences, tardies, or leaving practice early will result in a point deduction as per our attendance policy, and may result in a penalty depending on the sum of points lost.
- 2) **Absences/Illnesses/Injuries**
 - a. **Practices may not be missed for any of the following reasons:** work, driver's ed, step club, routine medical/dental appointments, cosmetic appointments, music lessons, other sports, group projects, review sessions, school committee meetings, etc. It is your responsibility to plan your schedules accordingly and place cheerleading as your #1 after-school time commitment. If an emergency medical appointment is needed and cannot be scheduled outside of practice time, please have your parent consult with Coach Logan. However, if a parent contacts the coach prior to the cheerleader's absence to explain their child has a hair cut or birthday party to attend; it will still be an unexcused absence because those are not excusable reasons to be gone. If you have an unexcused absence you will lose attendance points as per the attendance policy.
 - b. A written excuse from a doctor, school nurse, or trainer is needed in order to excuse a cheerleader from practicing due to an INJURY. **If benched due to an injury, the cheerleader is still expected to attend all practices and games, and sit in a designated area. Cheerleaders with an isolated injury (ankle, wrist, elbow, pulled muscle, etc) are still expected to wear practice attire and participate in practice to the best of their ability.** (For example: a sprained ankle does not reduce your ability to do crunches; a broken wrist does

not mean you cannot stand and participate in cheers.) After recovering, a note is needed from your doctor or trainer verifying that you are well enough to resume stunting/jumping/tumbling.

- c. If a cheerleader has a written doctor's note excusing them from P.E. class, a cheerleader may not cheer until they are back in P.E. A cheerleader must still attend all practices and events.
 - d. Athletes must make their best effort to attend school for part of the day in order to be eligible to practice or cheer at an event. Leaving school mid-day due to illness means you will not be allowed to come back for cheer practice. **If you're at school for the 2nd half of the day or full day, your attendance at practice is required.**
 - e. All illnesses and/or emergencies are considered excused absences, but must be communicated to the coach prior to practice or as soon as possible.
- 3) Cheerleading is a full-time responsibility and must be your #1 after-school priority. A cheerleader must complete their squad responsibilities before going out for another sport. It is also difficult to maintain a part-time job and be a cheerleader. If a cheerleader plans to work during the cheer season, they must clear their work schedule in order to attend all games & practices (which are announced far in advance).
 - 4) Cell phones are not to be out during cheerleading practices or events (not even during breaks). If a cheerleader is using a cell phone, they will be given a warning to put it away. If this becomes a habit, the cheerleader will be benched for a game. Continuing to have a cell phone out during cheer, after that point, will result in dismissal. If there is some sort of family emergency going on, in which a cheerleader needs access to their phone during practice, discuss the situation with the coach. **If a cheerleader wishes to use a phone to record stunts/cheers, etc. permission must be granted by the supervising coach.**

Uniforms

- 1) Uniforms will be issued by the school prior to the first event. Uniforms must be returned in good condition, BY THE DUE DATE, at the end of the season. **Failure to return a uniform will result in a \$350 bill & will prevent the cheerleader from trying out for future squads until the uniform is returned or the replacement fee has been paid.**
- 2) Athletes must have cheer shoes, black spandex shorts, a bow, warm-ups, etc. These can be purchased from links provided by the coach or can be borrowed from the school's cheer closet. Borrowed items must be returned at the end of the season.
- 3) Uniforms are to be worn on all game days that their squad is cheering. This uniform includes cheerleading shoes and appropriate socks. Cheerleaders that are academically ineligible MAY NOT wear their uniform to school or events until their ineligibility has been resolved.
- 4) Uniforms must not be changed or altered in any way without the consent of the coach.
- 5) Uniforms may not be worn at any event other than designated school events, unless it has been approved by the coach. Uniforms are the property of Ames High School. Never loan your uniform to anyone other than another Ames High School cheerleader without permission from the coach.
- 6) When in uniform you are to be on your best behavior because now you are not only representing yourself, you represent your cheer squad and your high school. **If you stay after a game you cheered at to watch a following game, please change out of your uniform prior to sitting in the bleachers.**
- 7) Failure to wear the appropriate uniform (including cheer shoes) to an event will result in being benched.

Appearance

- 1) Hair will be worn in a ponytail or cheer bun (with long bangs pulled away from the face) for all practices and events. At events, the bow in your hair is part of the uniform. Hair should be up before practices and events begin. Hair should not be dyed any unnatural colors, as this detracts from our uniformed look.
- 2) Make-up should not consist of any unnatural colors; this detracts from our uniformed look. Glitter may not be worn at practice or events; glitter is illegal per the ICCA.
- 3) False eyelashes may not be worn at cheer competitions or state-tournament events (state football, state basketball, state wrestling).
- 4) Hard headbands, claw clips, barrettes, etc. are not to be worn during cheerleading practices or events.
- 5) Jewelry may not be worn at any practices or events. This includes, but is not limited to, earrings, nose rings, tongue rings, belly button piercings, bracelets, rings, necklaces, anklets, etc. All jewelry, even those made of hemp or yarn, must be removed PRIOR to practice and events. The coach will not be responsible for holding jewelry during practice or events, keep it in your bag. Jewelry is not allowed due to stunting and safety concerns. **Do not get anything pierced right before the cheer season because you will still have to remove it.** Refusal to remove jewelry or trying to conceal jewelry without taking it off will result in being benched for a game and possible dismissal if the problem persists.
- 6) Long fake/acrylic nails are not allowed. Nails must be cut so that you cannot see them over the edge of your fingertips. Colored nail polish is allowed.
- 7) Avoid using lotions on your hands/legs just prior to practice or an event. Slippery hands/legs are dangerous for stunting.
- 8) Tattoos (real or fake) may not be visible when wearing your cheerleading uniform; they detract from our uniformed look.

Name: _____

Ames High School Physical Activity Warning & Informed Consent

Cheerleading is a reasonably safe activity as long as certain guidelines are followed. Cheerleading is basically an anaerobic/aerobic activity which includes jumping, stunting, and tumbling. If you have a physical condition that precludes aerobic-type activities, perhaps cheerleading is not the best fit sport for you. However, if this is the case and you still want to try cheerleading, the cheerleader must present the coach with a physician’s written consent to participate, and of course, participate with caution. Also, keep the coach informed of any minor or chronic injuries or conditions that you might have. A physical examination is required by a qualified physician for this sport. **A school physical must be turned in to the athletic department on or before the first day of the season, or participation will be prohibited.**

Although the likelihood is minimized if you exercise carefully, there is always a possibility of injury when you place extra demands on muscles, joints, and ligaments. Injuries that can occur in cheerleading include, but are not limited to, the following: blisters, muscle strains, joint and ligament strains, joint and muscle soreness, abrasions, contusions, stress fractures, broken bones, spinal cord injuries involving paralysis, and even death. However, if you take certain precautions, the likelihood of such injuries can be greatly reduced. Be sure to consistently obey the guidelines:

- 1. Always stretch and warm up appropriately before practice or an event.
- 2. Don’t try a stunt you don’t know how to perform safely.
- 3. Always use qualified and ALERT spotters.
- 4. Always use mats when stunting during practice.
- 5. Always wear appropriate shoes and cheer clothing.
- 6. Always practice in the presence of a qualified coach.
- 7. Never participate in rowdy behavior (laughing, talking, etc) while performing a stunt.
- 8. Report all injuries ASAP to the coach/trainer.
- 9. Follow all doctors’ and trainers’ recommendations.
- 10. Always cheer in an area that is free from obstruction, uneven ground, wet surfaces, cold or rainy weather.
- 11. Do not chew gum when cheering.
- 12. Always have your hair pulled back from face & shoulders.
- 13. Never wear jewelry of ANY kind.
- 14. Get plenty of sleep and be well-rested/alert at practices.
- 15. Always ask for help or advice at any time.

I have read the preceding warning. I fully know, understand, and appreciate the inherent risks of participating in cheerleading. I acknowledge that I (my child) am (is) physically fit for this sport. I am voluntarily participating in cheerleading OR I am voluntarily allowing my child to participate in cheerleading.

Student Signature

Date

Parent/Guardian Signature

Date

Ames High School Cheerleading Pledge

If I am selected to represent Ames High School as a cheerleader, I will regard my selection as an honor and will uphold and maintain the ideals and standards of Ames High School and the community. I also agree to the following:

- 1. I will pass ALL of my classes each semester.
- 2. I will attend ALL practices scheduled and approved by the coach.
- 3. I will abide by the practice and safety guidelines.
- 4. I will not miss practice or an event due to work or other personal business as described in the rules and regulations.
- 5. I do understand that I must pay for all personal clothing and accessories (between \$150-\$500) or arrange to borrow items from the school. If purchasing, payment plans are available based on need. Many items are dual-used between Fall and Winter Cheer and are used for several years.
- 6. I will not smoke/vape, drink alcohol, use illegal substances, or attend parties that involve any of these activities.
- 7. I will follow all rules and regulations (listed in tryout packet p. 5-6) which are set forth by the coach & Ames High School.

I fully understand the stated rules and consequences. **I plan to follow the set rules and accept the consequences should I fail to meet the expectations.** I understand that depending on the infraction, I may be suspended from events or dismissed from the squad.

Student Signature

Date

I have read and support the rules and regulations under which my child will be governed as an Ames High School cheerleader. **I will support the decisions made by the coaching staff regarding consequences for failing to meet the expectations.**

Parent/Guardian Signature

Date

MEDICAL TREATMENT AND RELEASE FORM

Information and Consent for Medical Treatment Form for Cheerleaders

*Coaches: Do not mail this form. Keep and bring completed forms with you to ICCA Events.

This form is to be completed by cheerleaders and their parents and brought to the ICCA event by the coach. The coach is responsible for keeping this form available in case of emergency. Only one form per cheerleader.

School Ames High School Student's Name (Last, First, MI) _____

Age _____ Grade _____ Date of Birth _____ Today's Date _____

Parent/Guardian Name(s) _____

Student's Address _____

City, State, Zip _____

Parent 1's/Guardian's Place of Work _____

Parent 1's/Guardian's Work/Cell Phone Number _____

Parent 2's/Guardian's Place of Work _____

Parent 2's/Guardian's Work/Cell Phone Number _____

In an emergency, when parent/guardians cannot be notified, please contact:

Name _____ Relationship _____ Phone _____

Family Physician _____ Phone _____

Family Dentist _____ Phone _____

Date of last tetanus booster _____ (month/year)

Do you wear: Glasses yes no Contacts yes no Dentures yes no

List any known allergies, drug reactions, or other pertinent medical information. (Diabetes, seizures, history of head injury with unconsciousness or confusion, medication, etc.) Also, list any medications.

Consent for Medical Treatment

Iowa law requires a parent's, or legal guardian's written consent before their son or daughter can receive emergency treatment, unless, in the opinion a physician, the treatment is necessary to prevent death or serious injury.

As parent(s)/ legal guardian(s), of the child named above, I (we) authorize emergency medical treatment or hospitalization that is necessary in the event of an accident or illness of my (our) child. I (we) understand that this written consent is given in advance of any specific diagnosis or hospital care. This written authorization is granted only after a reasonable effort has been made to contact me (us).

Parent's/Guardian's Signature

Date

Parent's/Guardian's Signature

Date

Consent for Treatment endorsed by the Iowa Chapter of the American Academy of Emergency Physicians.