

Lake Olympia Middle School Cheerleading Tryout Packet 2021-2022



You will need to review the following three documents:

1. *Lake Olympia Middle School Tryout Packet 2021-2022*
2. *Lake Olympia Middle School Cheerleader Handbook (found online in the Resource Section of LOMS Cheerleading Website)*
3. *Fort Bend I.S.D. Cheerleading Handbook (found online in the Resources Section of the LOMS Cheerleading Website)*

ATTENTION:

It is required that you must download and read the FBISD Handbook and Lake Olympia Middle School Handbook found on the Lake Olympia website cheer page. These documents state what is required of Cheerleaders and disciplinary guidelines set not only by the district, but by the school as well. By reading the documents candidates and candidates parents understand what is expected before trying out.

Try-Out Dates (April 12-14)

Below are the dates for the try-out process.

- **Informational Parent Meeting: Thursday, March 12, 2021 @6:00 p.m. Online in Teams.**
- **Tryout Clinic: Monday, April 5 -Thursday, April 8, 2021 @4:30 p.m.- 6:00 p.m. in the Boys Gym (Lake Olympia Middle School)** ○ All candidates will learn the tryout dance and cheer. At the tryout clinic, we will only go over the tryout dance and cheer. Any other skills needed for tryouts will be shown, but not taught.

Note: You must have a current physical to be able to participate in the Tryout Clinic.

☐ **LOMS Tryout paperwork due:** Friday, April 2 @LOMS 4:30 p.m. – 5:30 p.m.

What Will It Cost? (Tentative)
Varsity/JV Cheerleading Expense List

Varsity/ Junior Varsity Expense Lis	
Camp (to be announced (includes 2-3 days) August (will be announced at tryouts)	\$350
LOMS Uniform	\$250
Warm-Up (personalized)**	\$150
camp outfits (3)	\$200
Midriff (worn under uniform for competitor and cold weather games)	\$50
Shoes **	\$120
Socks **	\$30
Boy cut Bloomers (2) **	\$50
Cheer Backpack ** (personalized)	\$50
Spirit Shirt	\$70
Game Day Bow**	\$30
Hair bows (white sparkle bow, pink breast cancer bow is the same for returners) **	\$60

New Members:	\$ 1410
Returning Members:	\$ 850.00

Payment dates are as follows:

**New & Returning Members April
23, 2021 —\$500.00**

May 21st—calculated after fitting-\$ 455.00

June 18th — \$455.00

Note: The cost does not include taxes.

***The items marked with two asterisks are items that do not need to be purchased by returning members who already have them.*

Please note:

- **These costs are estimates. After the fitting, you will receive an updated total with amounts owed. State sales tax will be added to clothing items.**
- The Varsity and Junior Varsity returning members squads will keep the same warmups and backpacks. New members will order new warm-ups, backpacks, camp clothes, uniform(s), shoes, bloomers, etc.
- Your child will be permitted to keep all items that you purchase. All other items will be returned at the end of the season (i.e.: school issued uniforms, megaphones, and pom poms). Your child is monetarily responsible for the upkeep and maintenance of their school-owned equipment. They must pay for anything that must be replaced.
- Each girl will receive an invoice for the costs listed above. Payments can be made in full or in installments. Payment dates are as follows: April 23rd, May 21st. June 18th, 2021
- **Miscellaneous items may be added to the initial costs as the year continues** (i.e. spirit shirts, sweatshirts, pink out bloomers, etc.); all extra items will be announced well in advance.

How Does It Work?
Tryout Process and Procedures

In order to try out...

- Candidate must turn in all paperwork to Coach Nickerson-Boyd by **March 31st**: This includes **parent signature agreement, candidate release/medical information form, parent permission form, and copy of first and second nine weeks report card. Teacher evaluation sheets. All other paperwork must be completed online. (This includes acknowledgment of rules, UIL Steroid Use and Testing Form, concussion acknowledgement form, original athletic physical signed by a doctor, medical history form, Fort Bend Emergency Form, Fort Bend athletic policies. To find the online and physical forms, go to the Fort Bend website, click on the athletics link, and select the online forms link to the left).**
- Candidate cannot have ***more than two*** F's (grades), N's or U's (conduct), or **out of compliance with attendance laws** on his/her report card through the second nine weeks period.
- If, I do not receive ALL of the candidate's paperwork, the candidate will be in jeopardy of not being able to tryout. It is important that every piece of paperwork is filled out legibly, filled out correctly and turned in on time.**
- Candidates will not be able to participate in Tryout Clinic if they do not have a current physical.**

Physical appearance at tryouts....

- You must wear a plain white T-shirt (***not tight or see-through***), light-colored sports bra, black shorts (***not short or tight***), bloomers, plain white socks and tennis shoes or cheer shoes.
- You must put your hair in a neat ponytail. You may ***not*** wear a bow in your hair.
- You must remove all jewelry (including all piercings) and **fingernail polish**.
- You may wear everyday make-up (no competition make-up).

On April 14...

- Arrive at LOMS (Boys Gym) by **4:30** to warm up and stretch. Tryouts will begin at 5:00 p.m.
- All cheer candidates must stay at LOMS until everyone has performed. Candidates will wait outside the gym when they are not trying out.

- ☐ **Tryouts are closed to the public.** Only candidates, senior cheerleaders assigned to tryouts, coaches, judges, and impartial tabulators are allowed in Tryouts.
- ☐ Once tryouts are over, all candidates must leave. No candidates are allowed to stay and watch other candidates.
- ☐ Results will be announced at school on Monday, April 20, 2021. **The coaches and administrators have no control over who makes the squad.** This is decided by judges brought in by the district.

What Should I Expect? **Being a LOMS Cheerleader**

- ☐ LOMS cheerleaders work hard. The squads train to avoid injury and keep in shape. Weekly workouts will include, but are not limited to, circuit training, yoga, strength training, and more. Appropriate clothing is required at all times—which includes proper undergarments, socks, and cheer shoes. Please see the TMHS cheer by-laws for more details.
- ☐ LOMS cheerleaders practice schedule will vary. On average, practice will be held three days after school. After-school practices are mandatory, as we review cheers, hang signs, practice jumps, tumbling, and stunting.
- ☐ LOMS cheerleaders are a team. If one person is absent, it affects the entire squad. We try to avoid excessive absences. Absences during the week of a pep rally will not be tolerated, as all participating cheerleaders are necessary to execute a successful pep rally.
- ☐ LOMS cheerleaders notify their coaches prior to an absence, not the day of the absence.
- ☐ LOMS cheerleaders understand that **outside cheerleading** are **not excuses** for missing a game or practice. LOMS cheerleading always comes first!
- ☐ LOMS cheerleaders do more than cheer at games. They also decorate hallways, paint signs, host pep rallies, and volunteer in the community. All cheerleaders are expected to participate in these activities.
- ☐ LOMS cheerleaders are part of a year-long sport. They promote and facilitate pride and school spirit. Their job is not easy, but each member of the team works hard and supports each other.
- ☐ LOMS Cheerleaders understand that they represent their student body at all times, on or off campus. They know that their behavior is to be respectable and a positive representation of a young adult in public, on-line, and at school.
- ☐ LOMS cheerleaders have read, understood, and follow the FBISD Cheerleading Handbook, LOMS Handbook and the FBISD student athletic handbook.

What Happens If I Make It?

Dates to Remember April 22 (fitting), April 23 (first installment), End of July or first week of August (cheer camp)

- ☐ A mandatory parent meeting will also be held on Friday, **April 22** at 5:30 p.m. for all parents to discuss the upcoming cheer season. **The first payment is due on Friday, April 23. Money Orders or Cash only.**
- ☐ A fitting will be held on **Thursday, April 22nd @ 7:30 a.m.** (might change)
- ☐ UCA Summer camp will be Announced. We will be meeting (date TBA) members need to plan accordingly.

Tentative Schedule through August:

Thursday, March 5th - Mandatory parent meeting on Teams @5:00 p.m.

Thursday, April 22nd @ 7:30 a.m. -Cheer Fitting

Tuesday, April 27th First practice- after school practice starts (**Mandatory** practice will be held every Tuesday and Wednesday in the month of April and May from 4:45 p.m.-6:00 p.m.)

Camp date and location is pending. Per district policy, if your cheerleader does not attend camp, they will be removed from the squad. **You will not receive a refund on any monies paid. June/July practices-** TBA

August – November: Football Season, in addition, be prepared to work especially hard the week before and of Homecoming.

December – March: Basketball Season

Please Note: **ALL** unexcused absences will earn 5 demerits. Every cheerleader has 5 excused absences (illnesses, club/other extracurricular activities, doctor appointments, etc...) after the 5th excused absence the cheerleader will begin receiving 2 demerits for every excused absence.

LAKE OLYMPIA MIDDLE SCHOOL CHEERLEADER PARENT EXPECTATIONS AND INFORMATION

Each cheerleader is responsible for

Transportation

getting herself to every in-district game and practices on-time. Transportation will only be provided to out-of-district games and playoff games. Please make sure **your child has a ride and is on-time to all games and practices.** Your child is ultimately responsible and will face consequences for being late or not being able to go based on a lack of or undependable transportation.

Be supportive of your cheerleader.

This year will be strenuous on your cheerleader and usually on your schedule, as well. Support your cheerleader knowing that cheering develops cooperative skills, respect for others, and leadership skills that wouldn't otherwise be refined.

If your child makes the cheerleading squad, please don't forget to be added to the distribution list for updates and important e-mails. Email your child's coach.

Most communication about cheerleading will be via email or be handled/told to the cheerleaders directly. Please check your email regularly as communication is key!

Bridget.nickersonboy@fortbendis.com

PARENT/GUARDIAN PERMISSION FORM

_____ has my permission to try out for cheerleader for the 2021-2022 school year at Lake Olympia Middle School.

- I understand that he/she is required to attend all sporting events chosen by the coaches on a monthly calendar. I understand that dates/times may change, and my cheerleader is expected to attend all mandatory events. I understand that the coach will give as much advanced notice as possible. I understand that scheduling flexibility is important during playoffs and that my cheerleader is expected to attend all playoff games.
- I understand that he/she is responsible for participating in all fundraiser activities coordinated by the coaches.
- I understand that the responsibilities of a cheerleader and a mascot are considered at all times more important than other extra-curricular activities.
- I understand that he/she must currently be eligible according to UIL standards and cannot have more than two failing or incomplete grades or unsatisfactory or poor marks in conduct to try out.
- I understand that to participate next year, he/she must be passing all subjects on his/her report card at all times.
- I understand that he/she is *required* to attend cheerleader camp for two days in August, as well as all summer practices.
- I understand that all ballots from the official tryout will be counted by unbiased tabulators to determine the winner, and the coaches have no say in the final results.

I grant the release of legal responsibility of my son/daughter to Fort Bend ISD and the LOMS cheerleading coaches 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 _____

Candidate Signature _____ **CHEER**

CANDIDATE RELEASE FORM

I, _____, do pledge to uphold all student policies and the high standards of the Fort Bend Independent School District. I understand that I am governed by the same rules on any sponsored trip or activity as I am at school. I understand that possession of, having used to being under the influence of drugs and/or alcohol is prohibited and that the school's authority to enforce policy includes the right to inspect personal bags, lodging accommodations, transportation vehicles, etc. I understand that any infraction will be dealt with according to Fort Bend ISD Code of Conduct guidelines and may result in my being sent home immediately from a trip or activity at my parent/guardian's expense.

Student's Signature

Grade

Student ID

FORT BEND I.S.D. CHEERLEADING HANDBOOK VERIFICATION FORM

I have received/downloaded a copy of the Fort Bend I.S.D. Cheerleader Handbook/Constitution. If chosen to be a Lake Olympia School Cheerleader or Mascot, I understand that I will be held responsible for the expectations and consequences set forth.

Candidate Signature _____

Parent Signature _____

Date _____

ACKNOWLEDGEMENT OF RECEIPT OF THE 2021-2022 PARENT/CHEERLEADING/MASCOT FINANCIAL COMMITMENT FORM

I, _____, parent/guardian of _____ have read and understand the estimated cost provided. I agree to pay for the fees accrued for cheerleading. I understand that all payments are due by June 18, 2021 or my cheerleader will forfeit their position on the squad.

Candidate Signature _____

Parent Signature _____

Date _____

Return this form to Coach Nickerson-Boyd by uploading documents to the LOMS Cheer Schoology page. Join Course #6C9R-366W-NT25G to upload all the necessary paperwork by March 31 and no later than Friday, April 2, 2021.

Paperwork Checklist—**be sure everything is signed by the correct party and stapled in order:**

- Parent/Guardian Signature Agreement (the front of this page)
- Parent/Guardian Permission Form
- Candidate Release Form
- Fort Bend ISD Cheerleading Handbook Verification Form
- Acknowledgement of Receipt of the 2021-2022 Parent/Cheerleading/Mascot Financial Commitment Form
- Copy of First and Second Nine Weeks Report Card
- Picture of candidate

Before I submit this Paperwork Checklist, I am documenting that I have reviewed the following items listed below by initialing in the boxes below:

- Fort Bend ISD Cheerleading Handbook
- LOMS Cheerleading Handbook
- Cheerleading Tryout Sequence of Events
- MS Cheerleader Score Sheet 2021-22

Candidate Name: _____

Parent/Guardian Name: _____

Parent/Guardian Signature: _____

Parent/Guardian Email: _____

*****Please note—the completed Athletic Physical with doctor’s signature must be the original form, not a photocopy or reproduction. The only way a reproduction of the physical is accepted is if the candidate currently has an up-to-date physical on file with the LOMS athletic department; however, the candidate is responsible for getting a copy of the form for his/her paperwork for try-outs. **These must be turned in by March 31 and no later than Friday, April 2, 2021 before the Tryout Clinic begins.*****