

# Paola Middle School Cheerleader Tryout Packet 2026-2027

## Important Dates:

### **May 1st (FRIDAY)**

Deadline to turn in the Parent/Participant Permission Form and Squad choice to the office in Mrs. Weatherbie's mailbox.

### **May 4<sup>th</sup> and 5<sup>th</sup> (Monday and Tuesday)**

Cheer Clinic- 3:15-4:00 (Gym) - **MANDATORY to TRYOUT**

### **May 6<sup>th</sup> (WEDNESDAY)**

Tryouts run from 3:00-4:30 (Auditorium). Once you have tried out, you will need to leave the building. You could be done in as little as 10 minutes, but you will need to leave the building immediately after tryouts.

## **PERMISSION SLIPS**

After you and your parents have read the cheerleading constitution, you both need to sign the permission parent/student agreement form and the squad choice form. **Permission Form and Squad Choice** need to be received by the cheerleading sponsor no later than **Friday, May 1st**.

## **TRYOUTS**

Each individual trying out for cheerleading will be judged on motion technique, jump, communication skills, knowledge of material, character, and teacher recommendations. Candidates will do a cheer together in a group of three or 4 and then do a chant individually.

## **CHEERLEADER FORMAT**

Paola Middle School has three cheer squads: Football, Girls' Basketball, and Boys' Basketball. **Candidates may try out for more than one squad, but will only be selected for one squad UNLESS there is room on the other squads and they would like to make a commitment to do more than one.**

**Football season cheerleader restrictions:** Cheerleaders on this squad **CANNOT** play volleyball, football, OR cross country; cheer will be their Fall sport.

**Girls' Basketball season cheerleader restrictions:** Cheerleaders on this squad **CANNOT** play girls' basketball, OR wrestling, Cheer will be their Winter sport.

**Boys Basketball season cheerleader restrictions:** NO Restrictions.

## **REMINDERS FOR THE DAY OF TRYOUTS**

- 1) Wear a white T-shirt (can have writing on it) and black shorts to practice and tryouts.
- 2) Wear athletic shoes that you can jump in easily.
- 3) Wear your hair pulled back in a braid or ponytail or sides up if too short.
- 4) **No jewelry.**
- 5) No gum, food, or drinks in the gym.
- 6) Be stretched out and ready to go at designated starting times.

# Paola Middle School Cheerleader Constitution 2026-2027

## PURPOSE

The purpose of the PMS spirit squad is to promote school spirit, foster a sense of good sportsmanship among students, enhance relationships between schools, and have fun. The Spirit Squad is a service organization for PMS and the community. The organizational goal is to work in harmony with the team management and administration, other athletic teams, and sporting organizations.

## BASIC INFORMATION FROM THE COACHES (PLEASE READ!!!)

You will be very close to one another with all the time you will be practicing and playing games. It is kind of like a second family. If any problems cannot be resolved, then this will result in dismissal from the squad. We expect the best, positive attitudes, and good sportsmanship.

## ELIGIBILITY REQUIREMENTS:

Eligibility Requirements: Cheerleaders must meet school eligibility requirements (they must pass 5 out of their 7 courses - this does not include seminars).

## GRADES:

**Grades come first.** If grades start to fall during cheer season, the coach will discuss with the student and teachers to help them keep their grades up. They may need to stay after school with a teacher to get their grades up.

## GAMES:

The football squad's cheerleaders cheer on the track at **HOME GAMES ONLY** (if the track is wet, we cannot stunt). The Girls' and Boys' Basketball Cheerleaders cheer in the gym at **HOME GAMES ONLY**.

## ACTIVITIES:

Cheerleaders should keep in mind that being a cheerleader requires a lot of time and energy. For this reason, the school suggests that activities be kept to a minimum.

## CONDUCT:

Cheerleaders are the representatives of the school. As such, your behavior must be beyond reproach, especially when you are on the field or the court. There are several areas of consideration in the way a cheerleader must conduct herself, whether in uniform or not. These are for the benefit of the cheerleader; you'll look better!

- Do not chew gum, eat candy, wear jewelry, keep fingernails short, and you must keep hair away from your face and in a ponytail
- Do not leave the floor/field during game time without the permission of the sponsor.
- Do not talk among yourselves during the game.
- Do not practice in front of the crowd.
- Do not stretch out in front of the crowd.
- Refrain from undesirable behavior.
- Keep yourself neat at all times and in complete uniform.
- No rude language or gestures.
- Do not participate in any activity that harms the reputation of the school.
- Do not build stunts that have not been approved by the sponsor per KSHAA rules.
- VIOLATION OF ANY OF THESE RULES WILL RESULT IN DEMERITS, BENCHING, SUSPENSION, OR DISMISSAL FROM THE SQUAD.

## **DUTIES OF A CHEERLEADER:**

- Know the rules of the sport for which you are cheering.
- Watch the game to determine the appropriate cheer to use.
- Be present at all games.
- Cooperation among cheerleaders is an absolute must. You are working together as a squad, not as individuals.
- A cheerleader's primary function at games is the stimulation and control of crowd response.
- Adhere to and promote the sportsmanship code of the Frontier League and Paola Middle School.
- Do not discuss your fellow cheerleaders; if you have a problem, go to the sponsor.
- Attend school the day of the event for which you are cheering. Only absences due to doctor's appointments, school functions, or funerals will be taken into consideration.
- Obey all school policies, rules, and their interpretation by the sponsors and administration.
- Abide by the rules regarding cheerleading and sportsmanlike conduct set forth by the Kansas State High School Activities Association (KSHAA).

## **PRACTICES:**

All practices are required and are held right after school. Practices typically last 1- 1 ½ hours (s) and occur 2-4 times a week. A more detailed schedule will be provided closer to the season. Cheerleaders need to be picked up on time from practices.

All practices and games will be supervised by the coach. Squad members are not released to practice stunts, pyramids, or gymnastics without the direct supervision of the coach.

## **STUNTING:**

Stunts can only be practiced with a coach's supervision; this includes at home. Stunting is secondary to cheerleading. No gloves, hose, bulky tops, sweats, or pants are allowed when stunting. Stunts will be performed as approved by KSHSAA guidelines. We will not do extensions when stunting.

Cheerleading and gymnastics carry a risk of physical injury. No matter how careful the participant and coaches are, how many spotters are used, or what landing surface is used, the risk cannot be eliminated. The risk of injury includes minor injuries such as muscle pulls, dislocations, concussions, and broken bones.

**SAFETY REGULATION:** Both squads will adhere to KSHSAA safety guidelines, which will have been discussed with cheerleaders.

**ABSENCES:** If absences become a problem, the cheerleader will be asked to meet with the coach, and a decision will be reached. She will adhere to the attendance policy or be removed from the squad.

## **UNEXCUSED ABSENCES:**

You will receive two unexcused absences! Anything after that will result in dismissal from the squad. Not showing up for a practice or a game is an automatic unexcused absence.

**Unexcused absences include after-school detention, beauty appointments, dance lessons, or any absence not listed under the excused absences.**

**Excused absences include illness, doctor's appointments, or working with a teacher after school.**

**Failure to inform the coach of an absence before the event will result in an unexcused absence.**

One unexcused absence = one benched game. Coaches and administration reserve the right to determine the legitimacy of absences.

**PARTICIPATION:**

The essence of cheerleading is participation. If a cheerleader is not regularly in attendance at required games and practices, she/he cannot hope to be an effective leader of school spirit. It is an honor to be selected, and many would like to wear your uniform. Therefore, all cheerleaders are expected to work above and beyond what is required.

**DISMISSAL FROM SQUAD:**

Per the Administration and Coach for not following Paola Middle School and KSHAA rules. The administration and the coach have the power and responsibility to make decisions about situations not mentioned in the constitution as they arise.

**FINANCIAL REQUIREMENTS: - \$30 (DUE by Friday, May 15th) if you make the cheer squad**

**Skirt (School-provided and must be returned after the last game)**

**The \$30 will pay for the following-**

- 1) Bow
- 2) T-Shirt Panther Top

**CHEERLEADERS PROVIDE FOR THEMSELVES**

- 1) White Shoes and White No Show Socks (any kind of white athletic shoes)
- 2) Black leggings (OPTIONAL)
- 3) Black booty shorts
- 4) **School Sports Physicals/Paperwork need to be completed and turned in on or the day of the 1st practice.**

**SCHOOL FINANCIAL REQUIREMENTS: - \$50 pay to participate before the first game. You can do this online in Infinite Campus. This pay-to-participate fee is for the entire school year if your child chooses to participate in any other sports.**

**UNIFORMS:**

You must wear your uniform in its entirety on game days. This includes the whole cheerleading uniform - T-shirt top, skirt, briefs, bow, white bra, white socks, and white shoes. **Uniforms should be kept neat and clean.**

# TENATIVE HOME GAMES SCHEDULED

## FOOTBALL GAMES

September 15  
September 22  
October 6

## GIRLS BASKETBALL GAMES

October 19  
October 26  
October 29  
November 2  
November 9  
November 12  
November 16  
November 17  
November 19  
November 30  
December 1  
December 3  
December 7  
December 10

## BOYS BASKETBALL GAMES

January 14  
January 19  
January 21  
January 25  
January 28  
February 1  
February 2  
February 4  
February 8  
February 11  
February 16  
February 18  
February 22  
February 25



**PARENTAL AND CANDIDATE PERMISSION FORM**  
**Paola Middle School Cheerleading**

My child has permission to be a cheerleader at Paola Middle School for the 2026-2027 school year. I have read the constitution and rules and will assist in every way to see that these rules and regulations are upheld. I understand that violating any of these rules may result in temporary or permanent suspension from the squad. I understand that all forms attached must be completed, filled out, and returned to the cheerleading coach by **Friday, May 1st**, or my child will not be allowed to try out.

I understand that my son/daughter will be evaluated by a qualified judge(s), and we agree to abide by the decision of the judge(s).

I understand all costs involved as stated in the rules.

I understand that, by the very nature of the activity, cheerleading and gymnastics carry a risk of physical injury. No matter how careful the participant and coaches are, how many spotters are used, or what landing surface is used, the risk cannot be eliminated. The risk of injury includes minor injuries such as muscle pulls, dislocation, concussions, and broken bones. I understand these risks and will not hold Paola Middle School or any of its personnel responsible in the case of an accident or injury at any time.

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

I am interested in being a cheerleader at Paola Middle School. I understand the risks stated above. If selected, I promise to abide by the rules and regulations set forth by KSHSAA, the coaches, and the principal of Paola Middle School. I promise to cooperate and to follow the instructions of the cheerleading coaches.

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

**IMPORTANT NOTE: This page must be signed by both the parent/guardian and student and turned in to the Paola Middle School office in Mrs. Weatherbie's mailbox by Monday, May 5th, to try out.**

## DECLARATION OF SQUAD CHOICE 2026-2027

Student Full Name: \_\_\_\_\_

CIRCLE your **CURRENT** grade level FOR **THIS YEAR**:    6<sup>th</sup>            7<sup>th</sup>

### DECLARING OF THE SQUADS:

Candidates may try out for one or both of the squads. Designate which squad or squads you are trying out for. If you select more than one squad, you must mark (below) which squad you designate as your 1<sup>st</sup>, 2<sup>nd</sup>, or 3<sup>rd</sup> choice. **PLEASE DO NOT MAKE A 2<sup>ND</sup> or 3<sup>rd</sup> CHOICE UNLESS YOU ARE WILLING TO HONOR YOUR SELECTION TO THE ALTERNATIVE SQUAD CHOICE IF YOU DON'T GET YOUR FIRST CHOICE.** Also, remember that squad restrictions exist for those who plan to participate in other school athletic programs.

\_\_\_\_\_ Football Cheer Squad (**cannot participate in volleyball, football, or cross country**)

\_\_\_\_\_ Girls Basketball Cheer Squad (**cannot participate in girls' basketball or wrestling**)

\_\_\_\_\_ Boys Basketball Cheer Squad

\_\_\_\_\_ **I would also like to be considered for multiple squads if I get my FIRST CHOICE knowing that I must honor the entire season. I am placing a 1 or 2 next to the ones that I would like to be considered for if there is room on another squad(s) that needs filling.**

\_\_\_\_\_ If there is room for extras on Football I would like to be considered

\_\_\_\_\_ If there is room for extras on Girls Basketball I would like to be considered

\_\_\_\_\_ If there is room for extras on Boys Basketball I would like to be considered

### PARENT/GUARDIAN PERMISSION

After reading this information letter concerning cheerleader guidelines, eligibility, selection process, game & practice time commitments, and the financial responsibility involved with being a cheerleader at Paola Middle School, I hereby permit \_\_\_\_\_ to try out for the squad or squads that the candidate has listed above.

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

\_\_\_\_\_  
*Date*

**I send a lot of e-mails to keep parents/guardians informed, so if only 1 parent wants to receive the emails, please only put the parent/guardian who wants them.**

Parent/Guardian(s) - e-mail \_\_\_\_\_

Parent/Guardian(s) - cell phone # \_\_\_\_\_

**Name of your HOMEROOM TEACHER:** \_\_\_\_\_