

Molalla River Middle School Cheerleading

1. Practice

- a. Practice will be every Tuesday and Thursday after school from 3pm to 4:15pm from October 24th to March 2024
- b. Practices will be held in the fitness center above the main gym unless otherwise notified.
- c. Athletes will need to arrange for parent pick up at the school at 4:15pm or arrange for bus service leaving at 4:30pm. (transportation will take up to 2 weeks to arrange through the school district.)

2. Paperwork and Fees

- a. Athletes will need to sign up through Family ID located under the athletics section on the middle school website.
- b. The sports fee for cheerleading is \$75.00 checks are to be made payable to MRMS. Athlete fee can also be paid online through school pay on the schools website. Athletic fees should be paid by first practice in order to participate.
- c. All athletes must have a sports physical to practice or perform (a new physical is required every 2 years).

3. Uniforms

- a. We do have a budget for cheerleading uniforms. Therefore, each cheerleader and parent will be responsible for all costs associated with being a member of the cheer team.
- b. We will be conducting fundraising throughout the season to offset the financial cost, but ultimately each member is responsible for all cost.
- c. All payments should be on time and subject to late fees.
- d. Once fees are paid, they are non-refundable.

4. Practice and Performance Dress Requirements

- a. All athletes will be required to follow a school dress code for practices and performances.
- b. Please come ready to practices dressed down in appropriate attire.
- c. No jewelry at practices and games
- d. Hair must be pulled back or out of eyes and face.
- e. Nails must be kept short.
- f. At games cheerleaders will be in full uniform with hair in a ponytail unless otherwise notified. If any part of your uniform is missing for games or performance the athlete will be at risk of not participating.

5. Games and Performances

- a. All cheerleaders are required to participate in weekday or weekend games unless there is an excused absence provided to coaches.
- b. Transportation to and from games and performances will need to be provided by parents and guardians.

- d. Cheerleaders need to bring their own filled water bottles for practices, games, and performances.
- e. Please have your athletes eat a well-balanced meal before any event.
- f. Cheerleaders need to be at games 30 minutes prior to stretch and warm up.

We are excited about this year's upcoming cheerleading season, and we look forward to working with your child to develop their skills. Below are some expectations and guidelines that will be required of your athlete. If you have any questions, please feel free to contact the cheerleading coach.

Athlete expectations:

1. Attend school and practice.
2. Give one hundred percent to each and every practice and performance.
3. Follow all school rules while at school, practice, and games.

Missing Practices (excused)

Regular attendance at school and practice is expected. You must attend school to attend practice unless pre-approved by coach (doctor appointments, family emergencies, illness, etc.) Athletes not attending practice with an excused absence may not participate in that week's game/performance.

Eligibility

The Friday prior to each game/performance athletes will need to show the coach their student vue passing grades in all classes. Students not passing one or more classes will not participate in games or performance.

Molalla Middle School Cheerleading

Head Coach: Melody Smith

503-341-6715

Melody.mae90@gmail.com

Molalla Middle School Cheerleading Intent Form

Name _____

Phone _____

Email _____

Parent Phone _____

Parent email _____

Grade _____

List your previous cheerleading, dance, or gymnastic experience:

List other sports, activities, or jobs you will participate in during the school year:

Why do you want to be a cheerleader?

Tell us a little about yourself:

Traits of a cheerleader: Dependable, punctual, love, enthusiasm, endurance, diligence, responsible, determined, joyful, helpful, sincere, a go getter!

Can you think of more?

Athletes Pledge

Individual and team success in sports results from commitment, the extent to which you are able to make such commitments reflect your maturity as well as your dedication to your family, friends, and school team. Your coach already has made a similar kind of commitment. For these reasons, we ask you to read and agree to the following pledge.

To be a worthy representative of my teammates and coaches, abiding by school and community expectations, and reflecting my teams' values of commitment and hard work.

To maintain my health and fitness levels by following the training rules of the program.

To reflect the knowledge that a commitment to victory is nothing without the commitment to hard work in practice.

To attend every practice unless excused by my parent/ guardian and/or coach.

To understand that my future as a responsible adult relates more to my academic than my athletic activities.

To find the time to satisfy my family relationships and responsibilities.

To accept the responsibilities of my team membership: cooperation, support of my teammates, shared responsibilities, positive interaction, and mutual respect.

To reflect my belief that true strength involves gentleness, and that even the toughest athlete is sensitive to others.

To follow the training rules and contact regarding no drugs and alcohol.

I have read the above statements and promise to live up to them.

Athlete printed name _____

Athlete signature _____

Parent Permission For participation

My child _____ has my permission to be a cheerleader at Molalla Middle School. I understand that my athlete must abide by the rules and regulations set by the coach and the administration of the school. I understand that my child has a commitment to the team and is to attend all scheduled practices, games, and performances, and other related events.

I understand all costs involved, as stated, are the responsibility of the cheerleader and parents.

I understand that violation of any rules and regulations may lead to temporary or permanent suspension from the squad.

I understand by the very nature of cheerleading can carry a risk of physical injury, no matter how careful the participants and coaches are or what landing surface is used the risk cannot be eliminated. The risk of injury includes minor injuries such as pulled muscles, dislocation, sprains, or broken bones. The risk also includes catastrophic injuries such as permanent paralysis or even death from landing or falls on the back, neck, or head. I understand these risks and will not hold Molalla River Middle School or any of their coaches responsible in case of accident or injury at any time.

Parent/guardian _____ date _____

Parent/guardian _____ date _____

Online Video and Photo Release Form

I, the undersigned, hereby irrevocably agree to give the Molalla Middle School and High school Cheerleading coaches and Molalla Middle School the right to use any cheerleading related photographs/film/video/audio or other type of recordings taken of my athlete for the purpose of the Molalla Middle School Cheerleading website, social media, and promotion of the cheerleading team.

Cheerleaders printed name _____

Cheerleaders signed name _____

Parents printed name _____

Parents Signature _____

Date _____

Molalla Cheerleading

Dear parents,

Cheerleading practice will be held after school from 3pm to 4:15pm in the fitness center above the main gym. Before practice students can utilize their time to do homework and have a snack in the cafeteria. Students will need to be picked up at 4:15pm from the school or they can take the bus home. The bus service provided will leave promptly at 4:30pm. This service will need to be signed up for ahead of time so they can manage the after-school bus route.

Participation Letter

I wish for my child to participate in Molalla River Middle School Cheerleading. We have read and understand all the information presented in this letter.

Parent Signature: _____ Date: _____

Athlete Signature: _____ Date: _____

Printed Name of athlete: _____

I will need bus service after practice:

YES or No

If yes:

Address: _____

If NO and bus service is not needed please list who has permission to pick up your student from practice:

