



Online Application Due 3/13/2022 by 11:59PM

Football Sideline Cheerleading & Competition Cheerleading Tryout Information Packet

Enclosed is information regarding cheerleading tryouts for the Hillgrove High School Football and Competition Cheerleading squads. To try out for the Hillgrove cheerleading program, you must meet all eligibility requirements as outlined by the Georgia High School Association, including that you live in the Hillgrove district, currently are enrolled in Hillgrove or a Hillgrove feeder middle school and that you are academically eligible at the time of tryouts. **Online applications must be completed by 11:59pm on 3/13/2022. LATE APPLICATIONS WILL NOT BE ACCEPTED.** Applicant must ensure there is a current CLEARED physical uploaded in the SY2021-2022 Athletic Registration online in ParentVUE in order to try out for the 2022 Football and/or Competition Cheerleading program.

\$25 non-refundable tryout fee due on the 1st day of tryouts – Monday, March 28, 2022. (Cash or Money order accepted)

Program Details & Time Commitments

Parents and applicants should discuss the applicant's decision and consider the time & financial requirements involved with each squad. Being selected as a part of the HHS Cheerleading program is a privilege that requires dedicated commitment.

Varsity Football Sidelines (11th – 12th plus Varsity Comp eligible)

- Summer conditioning - Wednesdays
- Overnight Spirit Camp – June 10-12, 2022 – Location TBA
- Pre-Camp practice/Instruction for JV/9th camp – July TBD
- Fall Practice Days- Mondays and Thursdays as needed throughout the season
- Varsity Football Games (Friday nights) – Including all playoff games

Varsity Football Performance (Varsity Comp only eligible)

- Summer conditioning – Wednesdays
- Fall Practice Days- Mondays and Thursdays as needed throughout the season
- Varsity Football Games (Friday nights) – Home games only

JV Football Sidelines (10th – 11th grade eligible)

- Summer conditioning – Wednesdays
- Stunt Clinic – TBD @ Hillgrove
- Fall Practice Days- Mondays and Thursdays (until games begin)
- JV Football games (Thursday nights)

Freshman Football Sidelines (9th grade only)

- Summer conditioning – Wednesdays
- Stunt Clinic – TBD @ Hillgrove
- Fall Practice Days- Mondays and Thursdays (until games begin)
- Freshman Football games (Thursday nights)

Varsity Competition Squad (9th – 12th graders)

- Choreography Camp – June 8-9 – 1pm-8pm at Hillgrove
- Summer Practices - tentative (Tue, Thu – 9AM – 11PM) Conditioning – (Wed – TBD)
- Fall Practices (Tues 3:45 – 5:30 Hillgrove, Wed – 4:15 – 6 Stingrays)
- All Scheduled Competitions (Saturdays) – Including Region & State weekend

JV Competition Squad (9th – 11th graders)

- Choreography Camp (July - TBD) – @Stingrays/Hillgrove
- Summer Practices – tentative (Tue, Thu – 9AM – 11PM)
- Fall Practices (Tues 3:45 – 5:30 Hillgrove, Wed – 4:15 – 6 Stingrays)
- All Scheduled Competitions (Saturdays)

Basketball Cheerleading Tryouts will be held during Fall 2022.

Cheerleading Tryout Information for the Football Sideline & Competition Squads - *The previous year on the sideline and/or competition squad does not guarantee a position on the upcoming 2022 squad*

Tryout Clinic/Evaluation schedule

Monday, March 28	5:00 – 6:30	all grades - Material Clinic – at Hillgrove
Tuesday, March 29	5:00 – 7:00	rising 9 th & 10 th - Evaluations – at Hillgrove
Wednesday, March 30	4:00 – 6:00	rising 11 th & 12 th - Evaluations – at Hillgrove
Thursday, March 31	5:00 – 7:00	all grades - Comp Evaluations – at Hillgrove

Attendance is important. If there is an issue, please speak with or email Coach Spiegel Jennifer.Spiegel@cobbk12.org

- All material will be online – Prospective cheerleaders should practice material before tryouts & come prepared
- Time for tumbling practice is given, but tumbling will not be taught for tryouts

Tryout Locations:

Hillgrove High School Auxiliary Gym, 4165 Luther Ward Road, Powder Springs, Ga. 30127

**Please note that all instructional clinics and tryouts are closed to spectators. Coaches must have the opportunity to give all tryout applicants their undivided attention, and those tryout applicants have no distractions to deter their focus.*

(During the clinic, prospective cheerleaders may wear appropriate attire of their preference)

Tryout Day Dress Code:

- Solid Black cheer shorts/spanks
- White T-Shirt or White Tank Top with NO LOGO's or anything printed or cheer related wording. Bra Straps should NOT be visible.
- Hair needs to be pulled back in a clean, tight ponytail with a coordinating bow.
- Cheer or athletic shoes with no-show socks.
- **NO JEWELRY OR GUM & NAILS SHOULD NOT BE PAST THE FINGERTIPS PER NFHS & GHSA!**

Selection:

Squads will be formed based on evaluations/assessments compiled by the coaching staff, the fulfillment of requirements, and the coaches' final decision. Please remember that consideration of *team purpose, cheerleader maturity, and stunt groups* must be given in determining the squads. **Multiple groups consisting of a flyer, two bases, and a back spot are needed for all squads and will factor into the formation of each squad, especially on the Varsity sideline & Competition squads.**

Eligibility

To try out, you must meet all eligibility requirements as outlined by the Georgia High School Association, including residing in the Hillgrove district, attending Hillgrove OR a feeder school for Hillgrove, and being academically eligible **at the time of tryouts**. The Cobb County Athletic Handbook can be viewed online.

<http://www.cobbk12.org/centraloffice/athletics/Student-ParentAthleticHandbook.pdf>

2022 Tryout Announcements:

Tryout results will be posted online at the Hillgrove Cheer Website the weekend of 4/2/2022

www.hillgrovecheer.org

IMPORTANT DATES:

2022 HHS Cheerleader New Squad Meetings:

If selected for a squad, cheerleaders must attend a mandatory meeting

- All Squads meet with coaches - Monday, April 11, 2022. Time & Location – TBD.

2022 Hillgrove High School Cheerleading Booster Club Meeting:

A **MANDATORY** Booster Club meeting will be held on **Monday, April 11, 2022**. Location TBD.

- Each cheerleader MUST have at least one parent/guardian in attendance.
- Booster Club Dues of \$250 & \$100 camp deposit are due at this time for the upcoming season and can be paid via the cheerleading portal. Cheerleaders participating on Comp and Football Squads will owe an additional booster club due of \$50.
- **Cheerleading Dues - \$250:** Amounts received as cheerleading dues cover the following organization expenses: expenses incurred for uniforms, signs, music, group activities and the year-end replacement costs. A detailed budget will be presented to Booster Club Members for discussion and approval. All costs are projected and represent estimated costs.
- **Extra Squad Dues - \$50:** Amount covers additional fees associated with participating on more than one squad.

TRYOUT GENERAL INFORMATION:

Sideline Squads

The selection for Sideline Squads is based on the applicant's evaluation & skills assessment (cheer, chant, fight song, dance, toe touch) as well as a combination of positions needed (flyers, bases, spotters). Applicants will be selected from each of the rising 9th – 12th grades for the upcoming school year.

- 9th grade students will be placed on the freshman squad
- 10th & 11th grade students will be placed on JV squad
- 11th and 12th-grade students (non-comp) will be placed on Varsity squad
- If your athlete makes the Varsity Competition Squad, they will be placed on the Varsity Sideline or Varsity Performance squad regardless of grade.

Competition Squad (9th – 12th graders – Varsity & 9th – 11th graders - JV)

Selection for the Competition Squads is based on the applicant's evaluation & skills assessment and will be determined by the coaches of which combination of positions (flyers, bases, spotters) will make the squads the most competitive.

Applicants interested in joining the 2022 Competition Cheerleading Program will be assessed in the following areas:

- Stunts/stunting positions – bases, flyers, back spots
- Tumbling – standing and running
- Triple Jump combo Dance/Choreography
- Overall impression- appearance, attitude, work ethic

Per GHSA, only 16 athletes may take the floor & compete. **The previous year on the competition squad does not guarantee a position on the upcoming 2022 squad.** If a cheerleader on the Varsity squad does not perform to expectations, she may be replaced at any time during the season.* Skills checks will be held throughout the season.

Basic skills required for all squads:

- * The desire and positive attitude of wanting to be a part of the squad
- * Being coachable - Ability to listen to and follow instructions
- * Cheer motion knowledge and skill (placement and sharpness)
- * Voice volume in cheering (being able to lead a group by calling a cheer/chant and being loud)
- * Rhythm in dancing (must be able to dance to a song with the correctly taught motions and stay on the beat)
- * Learning memory (must be able to learn multiple cheers and dances and memorize them, then be able to perform them in front of an audience)
- * Jump knowledge and skill (height, flexibility, and motion sharpness are factors)
- * Maturity and leadership ability is a must for all teams, as you are considered Ambassadors for the school.

Expectations for the skills listed above are higher for Varsity Squads

Hillgrove High School Athletic Physical Process

HILLGROVE WILL NO LONGER ACCEPT A PAPER PHYSICAL FORM. Instead, parents must register their student on their ParentVUE site for students in grades 8-12.

For detailed instructions, go to the link below for the Athletic Registration User Guide.

You may also contact our Athletics Clerk, for more information at chanelle.scott@cobbk12.org

ParentVUE Login: <https://parentvue.cobbk12.org/>

ParentVUE Form: <http://www.cobbk12.org/hillgrove/downloads/parentvue-acceptable-use-policy-and-user-agreement.pdf>

Athletic Registration User Guide: <http://s3.amazonaws.com/vnn-aws-sites/9531/files/2016/03/8d662aae55c063f3-Athletic-Registration-User-Guide-for-Parents.pdf>

Applicant must ensure there is a current physical uploaded in Athletic Registration online in ParentVUE and turn in completed online tryout application by 3/13/2022.

*IF YOU DO NOT HAVE A PHYSICAL ON FILE, YOU WILL NEED TO HAVE ONE BY TRYOUTS, OR YOU WILL NOT BE ABLE TO PARTICIPATE

HHS Cheerleading 2022 Estimated Costs:

The following is an ESTIMATE of costs for items needed by each cheerleader. Payments can be split up at discretion of Booster club & parents/guardians. Parents/Guardians are encouraged to communicate with the Booster Club and/or Coach Spiegel as soon as possible when learning of special family or economic needs that will bring about the conflict.

Estimated total Costs

V Sideline Only	\$1500	4 payments of \$375
V Performance Team	\$2700	6 payments of \$450
V Sideline/Comp	\$3600	6 payments of \$600
V Sideline/JV Comp	\$2700	6 payments of \$450
JV Sideline Only	\$1000	4 payments of \$250
F Sideline Only	\$1000	4 payments of \$250
F/JV Sideline/JV Comp	\$2250	6 payments of \$375

- **Fundraising Commitment - \$150:** This money can be earned back if cheerleader participates in raising funds through cheerleading Little Hawks Camp. Cheerleaders have an opportunity to earn back fundraising monies from this event – up to \$150. Cheerleaders should recruit a minimum of (2) campers that pay to attend the camp to earn back fundraising dollars.
- Returning cheerleaders will not have to replace items that have been purchased in previous years which are still being used as long as everything is still in good condition and approved by Coach Spiegel.
- Miscellaneous items may be required to be provided by cheerleaders and parents such as socks, hair bands ,etc
- State Fees (transportation, hotel, meals, activity, etc) will be added to your cheerleaders portal if he/she completes the process

Hillgrove High School Cheerleading General Information

The purpose of the Hillgrove cheerleading program is to promote school pride, unity and to lead the student body in demonstrating spirit and support for the teams, coaches, and all athletes. Hillgrove cheerleaders are expected to demonstrate good sportsmanship at all times. A cheerleading handbook will be distributed to all new cheerleaders with detailed information related to the cheerleader's responsibilities and the cheerleading program at Hillgrove High School.

General Behavior

Interscholastic/Extracurricular Activities Code of Conduct Rule: IDF-R

The HHSC program follows the Cobb County Schools rule for Student Conduct with Interscholastic/Extracurricular Activities, **Rule: IDF-R**. Participation in interscholastic/extracurricular (extracurricular) activities in the Cobb County School District (District) schools is a privilege. Students participating in these activities are considered to be school leaders and role models who represent their school and, more importantly, depict their character. With leadership comes additional responsibility, and student participants must adhere to high standards of conduct. When students violate these standards of conduct, the District may withdraw the privilege of participation in interscholastic/extracurricular activities. The purpose of this code of conduct is to establish a minimum expectation of behavior

Hillgrove Hawks Cheerleaders who are under age 18 and are considered minors. Parents/Legal Guardians are responsible for reinforcement of acceptable behavior and should familiarize their child with Rule: IDF-R. Parents/Legal Guardians should also be familiar with all rules and regulations for the HHSC program

Student-Athlete Social Media Guidelines - CCSD

Given consideration to accessibility and use of social media in today's society, the Cobb County Schools Athletic Department is recommending guidelines to assist our athletes in developing the skills needed to make positive decisions while using social media outlets. The need to understand what social media is appropriate and what is not is paramount, as many employers and colleges now view the potential candidate's social media activities before asking them to join their organization. This is especially evident in collegiate athletics where students have had scholarships revoked, served suspensions, and are occasionally removed from teams.

The below guidelines should be used to assist student-athletes in deciding what to post on social media outlets. They provide a set of parameters to stay within when deciding to post statements and photos. Coaches will assist by being a resource athlete can turn to for advice.

Attendance - HHSC

Cheerleaders **MUST** be present and on time to all practices, games, playoff games & events, performances, fundraisers, pep rallies, camps, competitions, and any other activities designated by their coach.

Transportation

Transportation may or may not be provided by the Cobb County School District. In the event transportation is not provided by CCSD, transportation will be the parent's & student's responsibility. Student drivers should not drive other students to/from practices/competitions. When parents and students volunteer to drive their vehicles on school system business, such as sporting events or other school activities, the Cobb County School District does not provide liability insurance or medical insurance; the volunteer is the liable party.

Academics/Grades

HHS is a school with high expectations for its students. The cheerleading program at HHS will work to promote each cheerleader's success in the classroom as well as on the sidelines and the mat. Cheerleaders must be passing all classes. Athletics is NOT an excuse for failing grades. If a student is struggling with a class, the coach may place the student on an academic contract and/or bench the student until the grade is up to par. Grades will be checked on all athletes throughout the season.

Appearance

All cheerleaders are expected to keep a neat personal appearance at all times.

Uniforms & Equipment; Cheer Clothing & Apparel

Uniforms are selected & designed by the Hillgrove High School Head Coach. Each cheerleader will be provided with the required full uniform (shell, skirt, and liner). Each cheerleader and their parents/legal guardian are financially responsible for all additional items needed (shoes, socks, hair bow, pom poms, spirit wear). Only members of the Hillgrove Cheerleading program should wear any cheerleading uniform and apparel.

Financial Responsibilities

The HHSCBC program is self-sustaining. HHSCBC does not receive any financial contributions from Hillgrove High School or the Cobb County School System. Fees are voted on and approved by the HHSCBC Executive Board. Program expenses are communicated in advance to cheerleading candidates so that parents/legal guardians have a realistic expectation of program costs. Payment schedules will be provided to selected cheerleaders at the Booster Meeting after the squad has been chosen.

- Cheerleaders are responsible for the cost involved in camp and all cheer apparel.
- Cheerleaders are responsible for the replacement cost of any school property that is lost or damaged. (Uniforms and equipment)
- Every effort is made to provide opportunities for cheerleaders to earn money to help offset the financial obligations. ALL cheerleaders must attend and participate in all required fundraising activities, or possibly offset participation by covering those funds from personal funds or sponsorships.

Fundraising Commitments

If fundraising is determined to be useful and necessary by the approval of the Athletic Director and Head Cheerleading Coach, the HHSCBC Executive Board will communicate to the HHSCBC membership.

Those athletes/parents who cannot meet the financial commitments must participate in all fundraisers with time and find community contributions. Sponsorships are also another option to make-up for cheer expenses.

Fundraising Opportunities

Who:

Competition Squad
Sideline Squads
Sideline Squads:
Varsity Football:
Sideline & Comp Squads:
Sideline Squads:
Varsity Squads:
All Squads:

What/When:

Sponsorship Program - April 2022
Sponsorship Program - April 2022
Little Girls Camp – July TBD
Middle School Camp – July TBD
Car Wash – summer & fall TBD
Hillgrove Classic Cheerleading Competition – Oct 22, 2022
Halloween/Circus Jams – TBD (if Hillgrove continues to host)
Region – Nov 5, 2022(if Hillgrove continues to host)

Additional fundraising may occur throughout the season at the Coaches' discretion.

Dates and times are estimates and are subject to change. They do not include fundraisers, pep rallies, school events, and/or other miscellaneous performances that may be required of a cheerleader to prepare for and attend. Everything is under the Coaches' discretion.

Coaches' Rights

The coach reserves the right to "bench" a cheerleader for disciplinary or performance reasons. Reoccurring issues with discipline can result in the dismissal of a cheerleader. The inability of a cheerleader to perform at the skill level of tryouts may result in being replaced and/or dismissal from the squad.

Hillgrove High School Cheerleading Booster Club

The purpose of this organization shall be to provide support for the Hillgrove High School cheerleading program. The booster club helps supplement the school budget with covering the costs of items such as, but not limited to, transportation fees; uniform needs; spirit materials such as tape, butcher paper, paint, welcome goody bags; the end-of-the-year banquet and award costs for cheerleaders & coaches; holiday parties; coaching needs; etc.

Varsity Letter

Only Varsity Cheerleaders can letter. The following requirements must be met to receive a Varsity Letter:

- You must finish the season academically eligible (refer to the student handbook).
- You must attend & participate in all practices, games unless excused by the coach.
- For competition, you must compete in a minimum of 1 competition.
- You must abide by and follow the CCSD student-athlete code of conduct throughout the season.

[Click here](#) for the 2022 Online Tryout Application. Must be submitted by 11:59pm on 3/13/2022 to be eligible to complete the tryout process.

Tryout Material – click on links below

1. **[Chant](#) – Hawks Unite – 2022 Tryouts**
2. **[Cheer](#) – Get on your feet – 2022 Tryouts**
3. **[Fight Song](#) – updated – 2022 Tryouts**
4. **[Dance](#) – 2022 Tryouts**
5. **Required Jumps – 2022 Tryouts**
[Sideline](#) – Toe Touch
[Competition](#) – 3 jump combo – pike – hurdler-toe touch